

Linda L. Fitch

Calling All Power Animals

If you had to energetically call 911, who would be there for you instantly – without question or judgement?

Do you have the number of these friends, allies or guardians memorized or in your favorites?

Do you even know who they are?

There is an ally or guardian who is there for you – no matter the time of day or night. To guard, guide, listen, protect and assist you, whether you are going through a difficult or challenging time, manifesting abundance, or bringing a lost soul part back for a client.

This is your power animal.

As a practicing shaman, teacher and coach, I have taught students from all walks of life how to use the power of journey to come into balance and right relationship in their lives, and to create and manifest the life they've always dreamed of.

Over my 20 years of teaching and leading journeys, students have asked me over and over again not just about how to journey, but if I could record my guided journeys and make them available for download, so they could revisit and experience them whenever they needed to.

Well, the answer is finally YES!

This free [Power Animal Journey](#) is a way you can personally “experience” the power of journey.

You can also experience additional journeys through [The Shaman's Journey](#) audio collection, or learn more with the free companion eBook, [The Shaman's Gift](#), an introduction to “how” to journey.

A power animal is one of the classic shamanic journeys – and an ally you need! It’s also one of the first journeys I recommend those new to journey experience.

At times, you may feel overwhelmed by the intensity of life’s conflicts and challenges – or even just day-to-day living. You might even find it hard to make time for your spiritual practices.

Your power animals are here to help.

In order to stay neutral or not get hooked into the challenges swirling around you, it’s important to be in good relationship with your power animals. You have two that are always with you throughout your life, and others that show up at different times, for different things.

Call on them. Your power animal guardians are here so you can have the time and space to gracefully know yourself better, to bring your internal journey into alignment with your spiritual purpose.

They have your back – and sides and front too!

Bringing in Your Guardians: How to work with your Power Animals

1. Do you “know” your two primary power animals? The ones that have chosen to work with you this lifetime? If you don’t know them, go on journey and find them.
2. Are you in good relationship with them? Do you recognize their different faces, the different ways they show up for you, their breath, their unique voice, or smell?
3. If your relationship with them could use some “friendship” or a deeper connection you can:
 - Create an altar to call in or to feed them
 - Dialog with them in meditation – journal their wisdom
 - Invite them into dream time
 - Invite them to sit with you, be with you, talk to you.... All the time
 - Ask them for assistance with specific personal challenges and/or conflicts
 - Stay awake and aware to their wisdom wherever it may show up: in words or images on Facebook; raven flying over your car; hummingbird at the feeder; coyote crossing the road; fox in your yard; bear in your dreams; or elephant in a journey.
4. If you know some of the others that may have already come to you in different stages of your life, do the same things above to deepen your friendship with them.
5. And... most importantly, live in a place of gratitude with them! **Thank you, thank you, thank you** should become a mantra for your relationship with them... and it then becomes a mantra for all the animals (four-legged and two-legged, finned, furred and feathered).... And eventually every thought has the opportunity to become a prayer of gratitude... for the world.

With so much gratitude for you,

Linda Fitch

PS: Please consider this your personal invitation to join me in Peru on the Holy Mountain of Salkantay (all power animals and guides welcome). This beautiful video captures last year's exquisite and powerful journey to the sacred mountain. You can watch it here.

Or perhaps Northern Peru or the Amazon jungle are calling you?

You also have an open invitation join me for an online class, private session or in-person workshop. You'll find more details about each on my website.

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