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# Recognizing Your Power Animal and Its Messages

By Nancy Freier & Sreper, Angel of the Great White Light

Many years ago I wanted to know who my Power Animal / Spirit Guide was. I never thought I would learn it in the way it came to me. I was taking an art class given by my friend and artist Jeanine Semon. Her paintings have often graced the cover of The Inner Voice magazine. We were painting in her second floor art studio when she noticed a Cardinal flying just outside the window. She said to me, "I think he's trying to get your attention!" Since she was well-versed in power animals, this was basically an introduction that began the odyssey of my discovering the Cardinal was my power or totem animal. These birds have followed me on my journey since that time. I don't see him often, but when I do there's a sacred message for me. There have been many such messages through the years!

Cardinals, or as I like to say "redbirds" are noted for bringing through messages from loved ones who have passed on. "When a Cardinal appears, a loved one in Heaven is near," as the saying goes. Some years later at a class reunion in 2007, I shared my interest in Power Animals and Spirit Guides with a high school friend, adding that mine was the Cardinal. This friend asked me to pick him up the next day, and we drove to High Cliff State Park located directly across Lake Winnebago from Neenah, where I live. Oddly enough, I had never been there before. My friend had a mischievous grin on his face as he led me up a trail to a tall statue of an Indian Chief that stood sentinel over the lake. I walked to the front of it and engraved on the plaque was, 'REDBIRD, Chief of the Winnebagos!'

My mouth dropped open in total amazement! You see, all my life across the lake in Neenah, I spent a lot of time at Neenah's Kimberly Point Park – praying, meditating, contemplating, writing, journaling and processing life. I had always felt someone was listening to and watching over me! Turns out someone had been listening; and, it was Redbird from the other side of the lake! I am thrilled every time I see a Cardinal, not to mention the ongoing love and guidance I receive from Redbird.

## **Q. Sreper, what is the purpose of having a personal power animal totem?**

We say to you that animals are on the Earth to connect with you and to guide you through the stages and the ages, and through the hills and the valleys. Consider them to be your angels in physical form, who guide your every step.

Power animals simply have been given charge by your own Higher Self. They act as signposts along your highway. Connecting with them allows you to open your spiritual awareness in ways that are otherwise not possible. As a result of your evolvment on Earth; you, the birds and the animals have assumed an identity and a role, as it were – of a plan they are to accomplish while they are there with you. The problem is, you have mostly forgotten your connection to these beings who, generally speaking, are there to call you back to the remembrance of your oneness with them. If you want to know who your spirit guide or power animal is, simply call it in. Ask the spirit world to reveal it to you.

Then start to notice what animal appears to you and make note of the messages you are given, usually simultaneously. It could be the animal itself that appears, or you might see a picture of the animal on TV, in a book or a magazine. You might also find a symbol (a red

feather) for example. When I lived in the desert in California, there were no Cardinals so Spirit got creative by showing me a Redbird logo painted on the side of several railroad cars while I was stopped at the RR signal! Another time I'd see them on TV in a Cadillac commercial.

Pay close attention to what appears either in the physical or in another way, especially if (and how) it repeatedly comes to you. You might find you are being drawn to certain animal figurines, prints or other artwork. It may be just a simple knowing in your heart of a special connection to an animal.

Once you know who your power animal is, you will want to establish a relationship with it. Call upon that animal, bird or insect whenever you need their archetypal energies to enhance your journey. They are your true allies in spirit and a helper in any situation.

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