

Spiritual Practices and the animal equivalent

Affirmations – to remind us of our truth

Animals never question who they are. They assume they are strong enough, fast enough, good enough. Even when they might seem to lose confidence from many failed hunts or not getting to king of the mountain, they don't maintain that as a limiting belief like we do, they don't let it stop them from living fully.

Forgiveness – To free our mental space to accept more love into our life; to stop letting the past control our time now

Animals don't hold grudges or see a need for forgiveness. Their sibling might attack them, but the next minute they're cuddling up together. They may learn to stay clear of someone but they quickly will come back at the first sign of being welcomed. Neglected and abused animals show us this constantly. Animals take you as you are now.

Gratitude – remind us life is to be cherished and there is much good, despite any other indications. To focus our attention on the good things we want more of.

Generally speaking, animals don't need to be reminded to think of the good, they live it. Their contentment indicates their pleasure of the outcome of an event.

Tapping – to clear blocks from negative emotions

Animals, left to their own devices, don't suffer from negative emotional blocks, when something doesn't feel right they shake it off, run it off. But animals that live in close contact with humans are different, they are so in tune with our energy that they do begin to mimic the same emotional issues we have. This is why it's important to keep our own energy system clear, and to allow our pets to move, play, run as they need to.

Feat to Faith – clear limiting belief and remind us of our truth.

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Spiritual Mind Treatment Prayer – – Remind us of our truth, manifest a change in circumstances

Animals don't need to pray to God, they live in the Divine Natural Order of life and accept the ups and downs as is. They accept the entire circle of life, even in their grief or love, they allow it to consume them and then move on.

Meditate – to be present, and be in the Presence

Animals are present. They are present when sitting observing their surroundings and when on the prowl. They can bring us to presence by simply watching them.

Spiritual Team; CSO; Spirit Guides- provide us insights and help

Animals don't need to ask for guidance, they are guided as they are always connected inside the divine natural order.

17 seconds – raise our vibration, bring joy in

Animals don't have the ups and downs we do, or don't hang on to them. They are in natural vibration by maintaining their presence in the divine natural order of life

Visualization – manifestation

Animals cocreate their world naturally by being connected at all times. They don't need to have a specific time to think about what they want to create. They continually create their good.