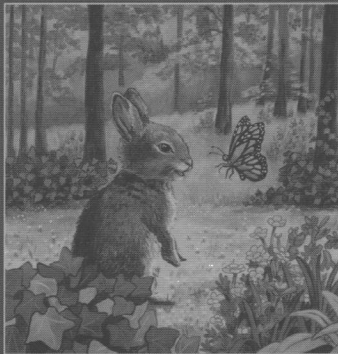


# Children's Spirit Animal Cards Guidebook



by **Dr. Steven D. Farmer**  
with **Jessica Camacho**  
Illustrations by **Pamela Anzalotti**  
For Ages 3 and Above

Children's  
Spirit Animal Cards  
Guidebook



by Dr. Steven D. Farmer  
with Jessica Camacho  
Illustrations by Pamela Anzalone  
For Ages 3 and Above

  
Satiama

Inspired Words • Tools for Transcendence

Published 2011 by Satiama, LLC  
(www.satiama.com)  
PO Box 1397  
Palmer Lake, CO 80133

Published and distributed by Satiama, LLC  
(www.satiama.com)

ISBN: 978-0-9832687-0-3

Guidebook cover, box and cards graphic design by  
Michelle Williams

All illustrations by Pamela Anzalotti  
Illustrations © 2010, Satiama, LLC.

All art and illustrations may not be reproduced by any  
means, electronic or otherwise, without first obtaining  
permission from Satiama, LLC (www.satiama.com)  
Card text and booklet by Dr. Steven Farmer, © 2010

All Rights Reserved. No part of this book may be  
reproduced or transmitted by any mechanical,  
photographic, or electronic process or in any form of a  
phonographic recording; nor may it be stored in a retrieval  
system, transmitted, or otherwise be copied for public or  
private use--other than for "fair use" as brief quotations  
embodied in articles and reviews--without prior written  
permission of the publisher, Satiama, LLC. The intent of  
the author is only to offer information of a general Nature  
to help you and your children in your quest for emotional  
and spiritual well-being. In the event you use any of the  
information in this guidebook for yourself or for others, which  
is your constitutional right, the author and the publisher  
assume no responsibility for your actions.

Printed in China

For Serena, Jaden, Arianna,  
all the children of the Earth  
and the next seven generations.

## CONTENTS

### Children's Guide To

How To Use These Cards.....	1-5
Bear .....	6-7
Beaver.....	8-9
Buffalo.....	10-11
Butterfly.....	12-13
Cougar.....	14-15
Coyote.....	16-17
Crow.....	18-19
Deer.....	20-21
Dolphin.....	22-23
Eagle.....	24-25
Elephant.....	26-27
Fox.....	28-29
Horse.....	30-31
Hummingbird.....	32-33
Ladybug.....	34-35
Lion.....	36-37
Lizard.....	38-39
Monkey.....	40-41

Rabbit.....	42-43
Raccoon.....	44-45
Swan.....	46-47
Turtle.....	48-49
Unicorn.....	50-51
Wolf.....	52-53

Opportunities To Give Back To The Animals.....	54
---	----

Guide For Parents.....	55-78
------------------------	-------

About The Authors.....	79
------------------------	----

**Children's Guide To How To Use These Cards**  
**by Dr. Steven D. Farmer**  
**with Jesseca Camacho**

These cards can help you with questions you have about anything going on in your life, offering advice and suggestions to help you deal with the different problems and concerns you might encounter while growing up. They're easy to use and fun to work with and will give you a helpful message by drawing a card any time you're curious or need some advice. Once you've become familiar with the cards and the messages on each of them you can refer to the extended messages in this guidebook.

As for Spirit Animals, they're not just the animals themselves, but the essence of those animals. They're an extension and a unique expression of Spirit/God and will convey their messages to you through these cards as well as in other ways. Whenever animals show up often or in a very unusual way, whether in their physical form or as a symbol (such as in a picture, dream, statue, or even these cards), you can be sure that Spirit/God has

an important message for you that is being communicated through that animal.

Whenever you feel the need for some advice, shuffle the cards, ask Spirit/God to give you a helpful message, and pull one or more of the cards from the deck. See what kind of advice that particular Spirit Animal may have for you, then read the section in this booklet about that Spirit Animal where you'll find a more extensive message from that Spirit Animal.

A lot of times you'll find that you already have a good idea what the advice might be and the message will only support what you thought was true. Sometimes you will be surprised at the message and it might only make sense later if it doesn't right away.

### **Three Different Spreads**

Whenever you have a question or concern and want some helpful advice using these cards, first ask your question out loud. Then carefully and slowly shuffle the cards. From

there you have a choice of drawing one, two, or three cards for your layout or "spread."

#### **One Card**

Draw one card and see what the message is. This is useful for insight and advice on a specific question.

#### **Two Card Spread**

One at a time, draw two cards and set them in front of you. The first card tells you what you can't see right now (unconscious influences). The second card gives you a message about whatever concerns or issues you're asking about.

#### **Three Card Spread**

This is a more general reading, one where it's best to simply ask, "What does Spirit/God want me to know right now?" Then one at a time, draw a total of three cards and lay them in front of you in the order in which you pulled them from the deck. Once these are laid out in front of you, the cards will relate messages as follows:

**Card 1:** This card identifies the issue or area of

concern

**Card 2:** This card will suggest ways you might be resisting or blocking yourself

**Card 3:** This card holds the key to resolving your concerns or questions

You may find that the messages on the card or cards will give you some ideas about your question, or the particular Spirit Animal that's shown will trigger some meanings for you. If you want more information you can read a longer message from that Spirit Animal in this guidebook.

Usually you'll understand the message you receive right away; however, sometimes they might be a bit puzzling. If they aren't clear, just think about them for awhile. If they're still not clear, do another reading later on or ask your parents for help in understanding the message.

Using these cards in this way will help you sharpen your intuition, which is that kind of knowing that can't always be explained logically. This knowing, or intuition, is really one of the primary channels through which Spirit

communicates. The more you can learn to use your intuition, the easier life becomes.

So enjoy using these and know that they are more than merely cards, but a powerful tool for helping you to deal with the joys and difficulties that you encounter in life. And they're a lot of fun, too!

# The Spirit Animals

## Bear

Stand up for yourself

BEAR SAYS:

This is a time to stand up for yourself and trust your instincts. Be brave when facing others who don't approve of you or don't like what you have to say, especially when you express something you truly believe in. It's not about you being right and making the other person wrong, but about trusting in what you believe. Although it's nice when others agree with you, it's really not necessary that they do, but it is necessary to treat them with respect, no matter what.



Standing up for your self is also different than taking a stand against someone or

something. It takes courage to do so, but it also takes courage to know when to let go and when to compromise. If in doubt, ask a trusted adult, such as your mother or father, to support you or guide you in a different way to handle the situation.

### ACTIVITY

- \* The next time you notice an uncomfortable feeling with what someone wants you to do and you'd rather not do it, just respectfully say "No, I'd rather not."
- \* If there's a cause that you feel strongly about, such as helping animals, make a plan about what you want to do about it, and then do it.
- \* Whatever the rules are at your home, such as not being allowed to watch movies that are more than G- or PG-rated, follow those rules when you're out with friends or at a friend's house, no matter what kind of pressure you feel from your friends.

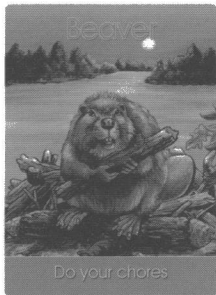


# Beaver

Do your chores

BEAVER SAYS:

You might have heard the expression, "busy as a beaver," but I'm telling you we're not always that busy. I get things done as quickly as possible and try to do my best when I have some chores to do. I don't even think of what I do as chores, but more that I'm making important contributions to my family, friends, and to my community.



So, today, check with your parents or friends and see if there's anything they want you to do. Then do what they've asked, do your best, and try not to look at any of these tasks as a chore. Instead, think about how good it feels to help someone else out, even with easier chores like taking out the trash or drying the

dishes. Especially in your family there are a lot of ways you can help out by doing different jobs. And do them with a smile.

## ACTIVITY

- \* Look around your house and find one or two chores to do that contribute to the upkeep of the home and do them before you're even asked.
- \* Finish something you started but had put aside, like writing a story or doing an art project.
- \* Whenever you are doing any of your chores, try to do them graciously and with a slight smile on your face knowing you are helping others.

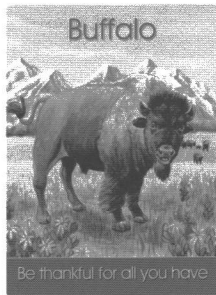
# Buffalo

Be thankful for all you have

## BUFFALO SAYS:

I'm sure there are times you find yourself wishing you had more toys, games, or the latest electronic gadgets, feeling bad because you see what the other kids have that you don't. You might even complain about not having those things, feeling sorry for yourself that somebody has more things than you do. The more you think that way—that you don't have enough—the more you will feel sad and grumpy and overlook all the things that you do have.

Instead, for the next few days, notice all the things you have in your life that you can feel grateful for. Be thankful for the food you eat, the people that love and care for you, the



books and toys you have. Be thankful for your friends, the place you live, for the trees, plants, and animals. Be thankful for how well your body works, how it keeps you alive, how it heals itself. All that you have in your life is ultimately a gift from God, so show your appreciation and gratitude by saying "thank you" as much as possible. See how much better you feel when you do.

## ACTIVITY

- \* Make it a point today to say thank you as much as you can for anything that someone does for you. Especially thank your parents for things they do for you.
- \* At the dinner table, invite everyone to say at least three things for which they are grateful about today.
- \* Write out a "gratitude list" which can be part of your journal and add at least one or two items each day.
- \* Throughout the day take a minute every so often, pause, breathe, and think about the things you appreciate.

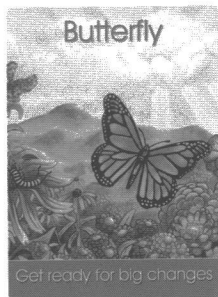
# Butterfly

Big changes are happening

## BUTTERFLY SAYS:

I started out as a caterpillar, but after wrapping myself in a cocoon for a while, I came out all pretty and started flitting about. Nature took its course. It took awhile, but then big changes like this usually do. You're going through these kinds of changes right now. You may still feel like a caterpillar or like you're in a cocoon, but get ready! Lots of things are changing as you grow up. Aside from your body changing and growing, a lot is happening inside you too—all a part of growing up. You're already feeling different about yourself, but it's still you and will always be you.

These changes may involve new challenges at school, a move, or new tasks



to tackle. I'm sure you're going to like most of these changes, but others may be a little scary at first. Just trust that you will succeed in dealing with them. Just like what happens with me, Nature is taking its course with you. And if you do get scared, just ask one of your parents, a friend, or even me to help you through them.

## ACTIVITY

- \* Make a list of ways that you have changed in this last year, including physical changes and ways you do things differently.
- \* Write in your journal about how these changes make you feel.
- \* Take note of any positive benefits that have come from recent changes.
- \* Confide in your parents, a relative, or a friend about what kinds of changes are going on for you and how you feel about them.

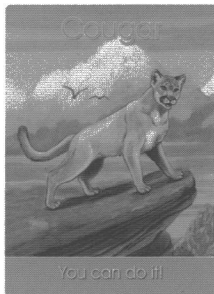
# Cougar

You can do it!

## COUGAR SAYS:

There are times when you feel like no matter what you try to do you won't be able to do it, whether it's making something artistic, getting better grades in school, or doing something you have never done before. To learn and to grow you have to try new things, even if you don't think you can do them well. You have to s-t-r-e-t-c-h yourself and reach a little beyond what you think you can do. That's sometimes the only way you can find out what you can do.

And it doesn't matter whether or not you succeed. If not, you can at least say you tried. If you do succeed, you build more and more confidence in yourself. One of the keys is in



your thinking. If you think, "Oh, I can never do this," then you won't even try. Or if you do try, you won't put all your effort into it. Like The Little Engine That Could, just believe that you can do it and keep trying until you accomplish what you set out to do. When you tackle something that seems difficult or challenging, it will also help to ask for my help, and I will be there in spirit.

## ACTIVITY

- \* Whenever there's something hard that you're faced with, tell yourself over and over, "I can do this," and perhaps even look at yourself in the mirror while saying it as if you're talking to another person.
- \* Think of times in your life when you didn't think you could do something but you found out you were able to do so. Write about it in your journal.
- \* Make a list of all the things you have accomplished in the past year and as you do, notice how you feel.

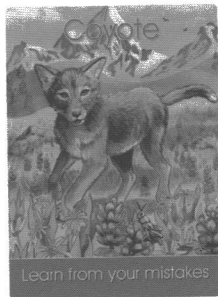
# Coyote

Learn from your mistakes

COYOTE SAYS:

Okay, everyone makes mistakes. It's bound to happen, but don't let it upset you. The problem is when you make the same mistake over and over thinking that something will be different, but it always turns out the same. If you do something like trying to ride your bike backwards again and again and fall and hurt yourself each time, or jump down from a place that's too high and hurt yourself and then try it again, you're not really learning from your mistakes, especially ones that might be dangerous.

But I also know you have to try out new things sometimes to see if you can do them and I sure wouldn't want you to stop doing



that. But if it keeps going wrong or it doesn't happen the way you wanted or expected it to happen, then it's time to try a different approach. Whatever mistakes you've made recently, learn from them. Take the lesson seriously, but don't let that stop you from trying other things. It's important to avoid dangerous stunts, but also important not to look for danger when it's not there.

## ACTIVITY

- \* Recall a recent mistake you made and list one or two of the main lessons you learned from it.
- \* Sometimes what we call mistakes are simply learning experiences, so look at your mistakes in this way without judging yourself.
- \* Think of at least three things that you learned through trial and error.

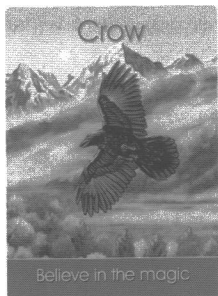
# Crow

Believe in the magic

## CROW SAYS:

There's a whole lot of magic in the world, but we can get so caught up in seeing it as ordinary that we miss it. How beautiful and magical it is to plant something in the ground and see it grow over time! Or how a caterpillar weaves a cocoon around itself and eventually out comes a completely different creature—a butterfly! Or even how the sun rises and sets every day.

You also have that magic in you—it's just a matter of believing in yourself and appreciating the miracles that happen around you every day. It isn't necessary to have a magic wand, but know that you can influence your world by what you believe, because your



thoughts have an incredible amount of power. If you think that something can happen and can feel what it will be like to have it happen, then it most likely will happen. That's how powerful you are! It might not happen right away or exactly as you imagine it happening, but stick with it and watch how whatever you really put your mind to comes true.

## ACTIVITY

- \* Start a collection of stories about miracles and keep them in a folder.
- \* Notice the magic in the world that we take for granted, such as a rainbow after a rain, how the moon changes over a month's time, the rise and fall of the ocean's tides, or the awesome display of stars at night.
- \* Whenever you hurt yourself in any way, whether or not you require a doctor's treatment, take note of how magically and remarkably well your body heals itself.
- \* Be aware of how the thoughts and beliefs you focus on are more likely to become true.

# Deer

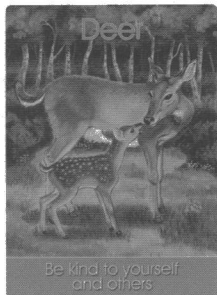
Be kind to yourself and others

DEER SAYS:

There's something called the golden rule that you may have heard of, which says, "Do unto others as you would have them do unto you." Another way of saying this is that whatever you put out will come back to you. So

if you're kind to others, people, animals, and plants, then that kindness will come back to you. If you're mean to others, then you'll find meanness comes right back at you.

Of course there will be moments when you don't feel so kindly toward others, but try to get back on track by doing something nice for someone. And don't forget to be nice to yourself. If you get angry or upset with yourself, let it go as quickly as you can,



perhaps by talking to a trusted adult or a friend and getting their help. This doesn't mean you always have to be nice, but just do your best as much as you can. And don't try to be perfect—just be kind!

## ACTIVITY

- \* Today do at least two nice things for someone else and see how it makes you feel.
- \* Help out your sister or brother with a chore.
- \* Look for opportunities to help others, such as helping a younger child with a task or cleaning up after others.
- \* Be willing to apologize to someone if you have hurt their feelings, whether or not you meant to do so.
- \* Share something with another child, such as food or a toy.

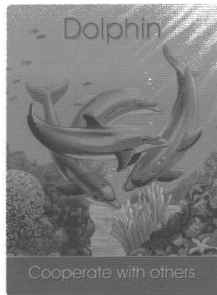
# Dolphin

Cooperate with others

## DOLPHIN SAYS:

I'm sure there are times when you need a little help from your parents or your friends, and just the same, there are times when someone needs your help. Offering to help or asking someone if they need help can make you feel good. It's an act of kindness and often leads to the same kinds of favors being returned to you. It's particularly rewarding when you are part of a group that is helping each other out, such as in team sports like soccer, but it doesn't have to be only at those times or in those places.

Right now it's an important time to cooperate with others in getting things done. 'Cooperate' means to operate together, such



as when you're playing a game with friends, taking turns and trying to be as fair as possible with everyone, including yourself. You can help your parents, too, by asking them how you can help. See what happens when you use teamwork to play or to get things done. It makes it easier and more fun for everyone!

## ACTIVITY

- \* Help out a friend who is troubled or is having a problem.
- \* Whenever your parents tell you what to do, cooperate with them.
- \* Whenever you have a disagreement or even a fight, try to work things out by finding a solution that will work for everyone by compromising.
- \* In any teamwork, do your best to play fair and get along with others.



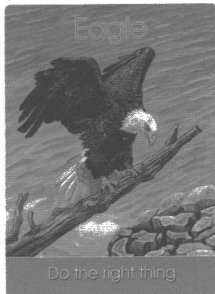
# Eagle

Do the right thing

EAGLE SAYS:

As you're growing up you will be faced with a lot of choices. Some of these will be fairly easy, such as what you want for breakfast or what game you want to play with friends. Other choices will be a little more difficult, such as whether to take that piece of candy from a friend, knowing that they had taken it from another person without their knowing it. Another choice would be when some of the kids at school are teasing a new kid, and you aren't comfortable joining in the teasing but you feel pressure from your friends that are part of the teasing.

Let's suppose your father has left a few dollar bills lying out on the kitchen table and



he seems to have forgotten they are there. Would you take them? What would be right thing to do in any of these situations? What's the most important thing, that you have that piece of candy or refuse it because it was taken without permission? Would it be more important to join in with your friends so they wouldn't tease you or to stand up for the kid who is being teased? Or take the money on the table knowing your father wouldn't really miss it or tell him that he left it there? I'm sure you would know the right thing to do.

## ACTIVITY

- \* Think of a time when you were faced with these kinds of choices and made the right choice, then write or draw a story about this time.
- \* When faced with a tough decision, stop and think about what the important adults in your life would say about what choice to make.
- \* If you see somebody, even a friend, doing something wrong, especially if it may be harmful to them or to others, tell a trusted adult about it.
- \* Try your best to do the right thing in any situation, even if it is scary or others may not like you for it.

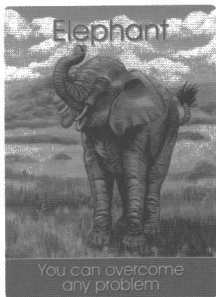
# Elephant

You can overcome any problem

## ELEPHANT SAYS

I'm sure sometimes you feel like you're faced with what seems like insurmountable problems. You had some trouble with one of your subjects at school, one of your parents got upset with you, a friend you usually play with for some reason didn't want to hang out with you today or you've lost something and just can't seem to find it. Whether it's one particular problem or one of those times when it seems like nothing is going right, it can be quite overwhelming. When you're overwhelmed it's hard to think straight or figure out what to do.

So the first thing is to pause for a few minutes, take some deep breaths and tell yourself, "I am relaxed," as you breathe.



Remind yourself that most problems you face are not as big as you think they are, and that you have a number of resources that can help solve just about any problem.

The first resource to turn to is your parents and other trusted adults. If it helps to solve the problem, you can use the internet and books to research ways other people have solved similar problems or find specific steps to take to resolve the situation. But you must always strongly believe that you can solve the problem. Just remember that you don't have to go it alone.

## ACTIVITY

- \* When confronted with a difficult challenge, repeat the phrase, "I can do it!" several times and feel what happens in your body before and after.
- \* Find the good things that came out of facing and solving a problem and write one or two of those down in your journal.
- \* If you've tried solving the problem alone but haven't done so, don't give up completely, ask for advice or help from a relative or friend.

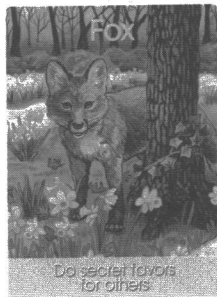
# Fox

Do secret favors for others

FOX SAYS:

Sometimes people think we're kind of sneaky, but that's not really true. We do try to be careful about being seen because we're sort of shy, but believe it or not, we also really like to do things for each other and for other animals. So, today, try and do some things without anyone knowing it's you doing it. These are called secret favors, where you don't take credit for it or let whoever you're doing these things for know it was you.

For instance, put the newspaper on your neighbor's porch without being seen. Pick some apples and leave them for a friend or for your family and don't let on that it was you who did so. Pick up some trash and put it in



the recycler or trash can. Do any of these or other things without letting people know it was you doing a secret favor. It's nice when others show their appreciation for what you do, but it can also be fun to do things for someone else and they have no clue that it was you who did it!

## ACTIVITY

- \* Today do at least two secret favors for someone else and notice how it makes you feel.
- \* Do a secret favor for one of your friends at school and, once they notice it, don't tell them it was you.
- \* Do something special in secret for one or both of your parents and, again, don't let on that it was you.

# Horse

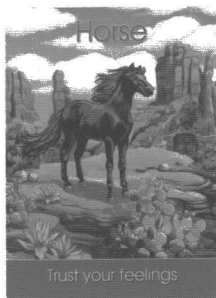
Trust your feelings

## HORSE SAYS:

It's so tempting sometimes to just go along with something. Like when a friend invites you somewhere that you know is off limits and even though it just doesn't feel right, you ignore your true feelings and go there anyway.

Other times something doesn't feel right in your stomach and so you decide to listen to your feelings, like when someone you meet makes your stomach tight or upset for no obvious reason, so that you keep your distance. This is often called your intuition.

On the other hand, if you try something out like dance, soccer, or swimming, and it feels good, you keep at it. Regardless of whether they are good or bad feelings, listen to them.



Those sensations in your body, especially in your stomach or gut, can be a clue as to what your real feelings are. They help you know what and who to avoid and what or who you can trust. The more you practice paying attention to and trusting your truest inner feelings, the more you will make the right choices.

## ACTIVITY

- \* In your journal write about the last time you trusted your feelings about something and you turned out to be right.
- \* When you're playing any games, see if you can sense, through your intuition, what the next move will be or the next roll of the dice.
- \* To develop your intuition sit quietly out in Nature and just listen to the sounds around you as you breathe. What do you hear?
- \* Take responsibility for your feelings and don't blame others.

# Hummingbird

Cheer up

HUMMINGBIRD SAYS:

There are days when you'll find yourself in a bad mood or just feeling kind of cranky, and nothing seems to make you feel better. The first thing you should always do is check to see if you're wearing your H.A.T. In other words, whether you're Hungry, Angry, or Tired -- H.A.T. If any of these are true, do what you can to take care of these first. Doing so will help you get out of a bad mood.

Get some good nutritious food if you're hungry; talk to someone about your anger if that's the case; or get some rest if you're tired. Take care of what you need first, then try smiling a little bit and then focusing on all the good things that are in your life. It's amazing



how when you smile at others they will usually smile back. You will both feel a little bit better—and that might make you feel happy and cheerful!

## ACTIVITY

- \* Try a "dolphin smile," where you turn the outer edges of your lips up just a bit, stand up straight, and then check out how you feel when you do so.
- \* Whenever you're feeling low be sure to take care of your H.A.T. first and then see how that affects your mood.
- \* Do something silly or goofy just for the fun of it.
- \* If you're in a bad mood, talk with a family member or friend about what's bugging you.

# Ladybug

Notice the little things

LADYBUG SAYS:

Have you ever noticed how small I am yet how much attention I can attract when I land somewhere nearby? My colors and my unusual dot markings do attract the eye in spite of my size. It's important to notice the little things around you, like how the veins in a leaf look like tiny rivers, the way a spider meanders along as if she knows exactly where she's going, or the scent of the flowers on a spring day.

Many people today are in such a hurry that they forget to look and really see all the little things that are so close by. Our world is full of such amazing detail and you have the advantage of being smaller than adults so you are more likely to see them. You just have



to look! Even look a little closer at the people in your life. Get to know them a little better by noticing the different expressions on their faces, the way they move when they walk, or any other small things about the person that you may not have noticed before.

## ACTIVITY

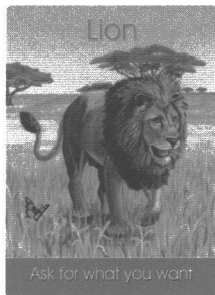
- \* Take a Nature walk and go slowly, observing the details of your surroundings.
- \* Notice details that you like about your friends and family members and compliment them on these.
- \* It's often the little things you do for others that mean a lot, such as saying thank you with a smile whenever you have the opportunity to do so.

# Lion

Ask for what you want

LION SAYS:

Whenever you want something, simply ask for it, as in "Please pass the salt." It works best when you use words, rather than trying to hint or have someone guess what you want. You can even ask for simple things, like help with what to wear for school, or when you would like a friend to play a game with you. You can even ask to spend special time with one of your parents, or for a friend or relative to come to your soccer game. And you don't need to roar like I do—just ask!



Just as you can ask for whatever you want, the person you ask has the right to say no. You have the right to ask, but it's also important to respect and accept the other person's right

to say no, and this especially includes your mother and father. Sometimes it's even okay to ask a second time, but if you do, be polite rather than demanding or insisting on getting your way. And if you don't get your way, let it go!

## ACTIVITY

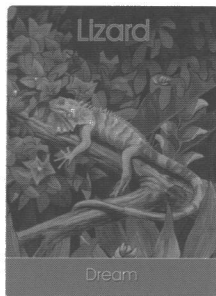
- \* Pay close attention to opportunities to ask for what you want and do so politely and respectfully.
- \* When you try something that seems too difficult, ask for help rather than getting frustrated or giving up.
- \* Make a list of three things that you would like to have happen and ask Spirit/God, the angels, Lion spirit, or any other spirit guides for help in making these happen.

# Lizard

Dream

LIZARD SAYS:

What do you want to do with your life, now or when you grow up? Dream on, I say. It's those that listen to and follow their dreams that are the happiest in their lives. It doesn't really matter where the dream may lead you; whatever path you're on is the right one for you. These visions and ideas you get about what to do are called the dream of your life, or sometimes the path of your soul. Dare to dream big and don't let yourself be intimidated by what others think or say, especially if your dreams feel right and make you feel good. These dreams are the ones where you imagine the kinds of things you want to do with your life, either now or when you become an adult. Often this is where an



idea starts that later comes true.

To understand the path your soul wants you to take, also pay attention to your nighttime dreams, especially those that you clearly remember. They will not only guide you along the way and give you hints of your life purpose, but also teach you about your hopes, your fears, and your fantasies or give you some idea of what is going on inside you that you may not be fully aware of. Even scary ones can give you some clues as to what may be bothering you. Talk with a trusted adult whenever you have an especially vivid, powerful dream so they can help you better understand it.

## ACTIVITY

- \* Keep a dream journal where you write and/or draw about any nighttime dreams you have as well as any dreams about your future life.
- \* Visualize what you want to be when you grow up and, if possible, how you might go about achieving it.
- \* Tell someone you trust, whether a parent, family member, or good friend, about what you hope and wish for in the future.
- \* Always talk to someone about any "big dreams" you have, as it will help you to understand them.



# Monkey

Try something new

## MONKEY SAYS:

Can you think of things that interest you or that you're curious about that you've never tried before? What comes to mind? Maybe there is something you've always wanted to try but were afraid to do. Don't let your fear or nervousness get in the way of trying something new. Even adults, when they try something new, get nervous. Ask any one of them and you'll see that this is true.

So it's perfectly normal to be at least a little bit nervous if you do something that is unfamiliar to you. Your nervous system is preparing you for the task by increasing your alertness and attentiveness, which requires you to take in more oxygen, which in turn makes



your heart beat a little faster, so it's a matter of just hanging in there, knowing that you might be nervous when you tackle any new venture. Ask for help if you need support, and whatever you choose to try, make it an adventure and an opportunity to grow. Then be sure to share with someone what you learned or the story of your adventure.

## ACTIVITY

- \* Try something that you've never done before, like making up a play to perform for your family, taking swimming lessons, or trying out for a sports team.
- \* Create a new game with playing cards or create an entire board game.
- \* Make a list in your journal of **FIRSTS**, which are new projects or activities that you've always wanted to try so that when you do them you can check them off the list.
- \* Whenever you do try something new, be sure to tell someone about it and how you feel about it.

# Rabbit

Ask for help

## RABBIT SAYS:

Don't be afraid to ask for help. It's going to be there if you do, whether from a parent, a friend, or sometimes even a spirit guide. It does feel good to be able to do so many things by yourself and for yourself, but what about those things that are so much easier when you have someone help you out? For example when you are trying to get something from that top shelf but can't reach it. How about asking someone to give you a hand by holding on to the ladder so you won't fall?



Even though it's important to do things on your own, whenever you feel any doubt about being able to accomplish those things, ask for help. When homework becomes too difficult,

it's not that you want someone to do it for you, but you can ask for someone, like one of your parents or a tutor, to help you figure it out. If you're not sure, try asking. Usually the person who helps you feels pretty good about it, too.

## ACTIVITY

- \* Whether you think you need help or not, make it a point to ask for help today for something rather than just doing it yourself.
- \* Whenever you feel scared, talk to someone about what you're afraid of so they can help you with your fears.
- \* Although it's important to try things on your own, notice when something seems to be just too much and whenever that is so, ask for help.
- \* When you pray or talk to Spirit/God in any way, in addition to expressing your gratitude, you can also ask for help.

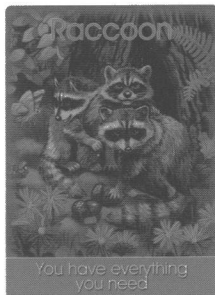
# Raccoon

You have everything you need

RACCOON SAYS:

Wanting something and needing something are two different things. When you say, "I need that new toy," or "I need a new lunch box," do you really need these things? I don't think so, but I can understand that you want them. The truth is there are very few things we need. There are the basic needs that you must have to stay alive, like air, food, water and shelter. Once these are satisfied, there are other needs, such as the need to feel safe and loved. But most of the time when we talk about things we need, they're really things we want. There's something to think about!

As long as you have some of these basic needs met, you have everything you need. There are people in the world who really have to struggle to meet even those basic needs



and are appreciative when they are met. So, after all, how many actually need a new bike or an iPod or the latest Wii game? Those are things you might want, but you can live without them. Unless you're so poor that getting your meals is a problem, you really do have everything you need. From there, anything else is a "want."

## ACTIVITY

- \* Make a list of everything you can think of that you want, then go through the list and cross out anything that isn't truly a need.
- \* Every day for the next few days, think of at least three things that you have for which you are grateful.
- \* Recall different situations where you thought you needed more than you had, but then discovered that you had all the resources available to you that you needed.
- \* Notice what others around you may be lacking and say a prayer for them, in addition to being grateful for all you have.
- \* Perform a give-away where you take some toys and clothes that are in good condition and you no longer use, and give them away to organizations (such as Goodwill) that can recycle them.

# Swan

You are beautiful just as you are

## SWAN SAYS:

There's a saying that goes, "Beauty is only skin deep," which means it's just on the surface, but it really goes much deeper than that. No matter how you look, it's how you feel inside that really counts. There will be days that, no matter what you do, you will feel like the ugly duckling. But it's especially important on those days—as well as others—to let your spirit shine through like a light from inside. That way you bring this inner beauty out to the world.



One way to help your inner light shine is to be grateful for all that you have, while another is to compliment (or say nice things) to others. Try and make them smile. It will feel good to do so, and when you feel good, it's natural to

shine. Others will be affected such that they will feel beautiful too! So simply know that you are beautiful just as you are, and in knowing and accepting that, you'll find great beauty all around you.

## ACTIVITY

- \* Write in your journal about what special gifts or talents you have that you are proud of.
- \* Tell your mother or father about at least two things that you like about yourself.
- \* Imagine there's a beautiful light inside you that sparkles even more when you smile, and share that feeling with others.
- \* In your own mind or even out loud, repeat the phrase, "I am beautiful just as I am," a few times each day.
- \* Notice the beauty all around you, in other people, animals, plants, and other parts of Nature.

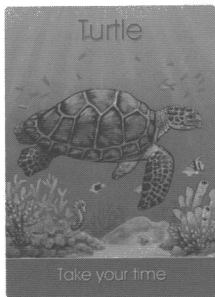
# Turtle

Take your time

## TURTLE SAYS:

So many people are in a hurry these days that it is easy to forget to slow down and enjoy whatever is happening. Do you remember the story of the Tortoise and the Hare? Going faster doesn't always get you where you are going any more than taking your time and going at your own pace. It also takes courage at times because there are so many rabbits running around like crazy! Just know you will get there just as quickly by going at your own speed and at your own rhythm, no matter how quickly others move.

And don't be in such a hurry to grow up too fast! You may find yourself wanting to do things the older kids are doing, or wanting to learn everything NOW. Know that over time you will



learn everything you need to learn, so just take your time with each new thing you're learning instead of rushing off to something else or being upset because you can't accomplish more. It takes time to learn things, and you really have all the time in the world, so slow down and only move fast when you actually have to.

## ACTIVITY

- \* Today walk a little bit slower than usual, breathing deeper and slower than usual in rhythm to your stride. Notice how that makes you feel.
- \* When you get involved with a project of any sort, take as much time as you need to complete it, even if it extends over a few days, unless of course it's homework that is due tomorrow!
- \* Ask your mother or father to spend a few hours with you at the park or beach with no watches or clocks around to remind you of the exact time.
- \* Observe how the moon changes slowly over a period of about four weeks and how it takes its time doing so.

# Unicorn

Use your imagination

UNICORN SAYS:

Many people believe in my existence, yet these days very few have actually seen me. Whether or not someone has seen me or even believes in me doesn't matter. I know I'm real! I'm not walking around on the Earth any more as I once did, since I decided awhile ago that I'd only be available to someone who is using their imagination. That's where I mainly live these days—in people's imaginations—along with other mythical beings like dragons and the phoenix.

Funny thing is, in its own way, imagination is just as real as the world you see around you! It's just a different kind of reality. Everything that humans have created started with a thought



or a picture in someone's mind, with what someone first imagined. So no matter how you do so, it's time now to express your imaginative side in some way, whether through drawing, painting, writing, sculpting, or any other art form, and have fun doing it!

## ACTIVITY

- \* Paint or draw a picture completely from your imagination.
- \* Write a poem, song, or short story, one that you've made up.
- \* Spontaneously tell a story.
- \* Imagine what kind of world you want to live in and how you can play a part in creating that.

# Wolf

You are safe and protected.

## WOLF SAYS:

Everyone, whether they're children or adults, sometimes feels scared and unsafe. For instance, if you're out with your parents and lose track of them even for a short time, you may feel alone and unprotected. It can be scary if someone at school tries to bully you, or when you hear unfamiliar sounds at night. It's also perfectly normal to be at least a little bit nervous if you're performing a song for others or acting in a play. Any number of things like these can trigger those feelings where your heart beats a little faster and your breathing quickens. Your body and your mind think you're in danger, even when you're not.

A lot of times you can have those feelings



even though there really is nothing to be afraid of. No matter what makes you feel that way, call on me and I will help you feel safe. You can even ask me to be with you through the night in your room to help you get a good night's sleep! And of course, if you're really scared, always call on one of your parents or a close friend to be with you.

## ACTIVITY

- \* Whenever you walk, walk tall and with dignity, making eye contact and smiling with others you meet.
- \* Write in your journal about one or two experiences where you felt safe and protected even though you also felt scared.
- \* Get involved in something that helps build your confidence in yourself, such as yoga, martial arts, or a sport of some kind.
- \* If you're ever scared, call on Spirit/God, the angels, or Wolf spirit to protect you.

## Opportunities To Give Back To The Animals

Anything you can do to help our animal friends will be greatly appreciated.

Here are some examples:

- \* Volunteer some time at the local animal rescue shelters.
- \* Become active in educating others about treating all animals humanely.
- \* Collect and donate money to any of the following organizations or any others that are ethical and responsible.

### **NRDC -- National Resource Defense Counsel**

[www.nrdc.org](http://www.nrdc.org)

### **Defenders Of Wildlife**

[www.defenders.org](http://www.defenders.org)

### **USHS -- United States Humane Society**

[www.humanesociety.org](http://www.humanesociety.org)

### **OCEANA**

[www.oceana.org](http://www.oceana.org)

## Guide For Parents

In our current culture, media and technology are bombarding us everywhere we turn, from supermarkets to gas stations to restaurants. In order to foster the imagination and creativity of the young child, it is important that they stay connected to the Earth in order to maintain a grounded foundation. In addition, cultivating an intrinsic sense of intuition based on "gut" feelings is crucial in a world overloaded with information that more often adds to one's confusion than alleviates it. It is the intention of these cards to facilitate both a connection to the Earth and her elements and a connection to Spirit/God through intuition, imagination, reverence and ritual.

Spirit animals are spirit guides in animal form. Oracle cards are a divination tool to receive guidance and discern the truth of any situation or relationship. These oracle cards are specifically designed for children ages 6 years and above -- though younger and older children can enjoy them as well -- to



help them develop their intuition and trust in Spirit's guidance. It is intended as a fun tool to foster empowerment and comfort during trying periods at school, at home or within relationships.

Through the symbolism of animal spirit guides, children can learn about key spiritual truths while fostering a relationship with Spirit through the familiarity and trust children naturally have for the animal kingdom. Animal spirit guides are an excellent way to build a bridge from Earth's duality to Spirit's infinite truth.

As parents, we can incorporate a paradigm shift in our parenting approach in order to support the development of our children's intuition, connection to Earth and Spirit/God in order to help them fulfill their fullest potential. A key shift in the last thirty years of child development has been the shift from autocratic discipline to more heart-centered approaches based in firm but nurturing boundaries, choice and a respect for childhood and the individual soul that dwells within the child.

Modeling is one of the primary ways our children learn. By modeling our own trust in intuition, honoring Earth Centered principles such as gardening, trips to the beach, Nature walks in the forest, gratitude, forgiveness and love, our children.

#### **Other ways we can honor our child:**

- Slow down
- Make eye contact
- Nurture developmental stages
- See the best in your child
- Listen
- Engage your child's observations and comments
- Encourage and demonstrate universal connection
- Nurture yourself
- Develop your own daily spiritual practice
- Lessen clutter in your home

## Helping Your Child Use These Cards

Using divination tools of any kind are a conduit for communicating with Spirit/God. Therefore, first know that it is not the cards in and of themselves that are providing the guidance but rather a tool to asking for Spirit's guidance. Spirit/God speaks to us in many ways and by focused use with these cards or other similar tools our children will begin to develop a stronger relationship with their intuition.

If you're familiar with oracle cards of any sort, such as Steven's *Messages from Your Animal Spirit Guide Oracle Cards* or *Earth Magic Oracle Cards*, then you already have a good idea of how to use oracle cards. If not, this will give you some simple guidelines for helping your child use and understand the purpose and meaning of these cards.

Your child will no doubt have questions to which you can respond within the parameters of their developmental level and their understanding. Older children will

require less direction from you, and they can be prompted to read the accompanying guidebook for an elaboration of the simpler message on the face of the cards. The younger the child, the more likely they will simply enjoy the images of the animals, engaging in exploratory play with the cards. No matter their age, let them discover ways they can use the cards in any way they choose.

If they would like to do readings using these cards for themselves or eventually for their friends or family, encourage them to practice using them. Guidelines for how to give readings are above. This can be a good opportunity for you to show them how they can pay closer attention to their intuition and take chances with the information they receive through their vision, hearing, feelings, or thoughts.

To teach your child how to get a message, have them simply say a short prayer, such as "Thank you Spirit/God for helping me get a useful message from these," or "Thank you, Spirit Animals, for your blessings." Then shuffle

the cards, use one of the three spreads described above, note the Spirit Animal and the message, and if appropriate, read the message from the guidebook.

Ask them what it means to them in terms of their lives. Perhaps offer your own input if the child will accept it. Older children may want to keep the messages to themselves. Also encourage your child to start a journal in which they can write and draw about their experiences using the cards. That way they can refer back to it whenever they feel the need to review some of the messages.

### **Guidance For Parents**

Following below are some suggestions to help your child understand and act on the messages from the Spirit Animal cards:

#### **BEAR Stand up for yourself**

\* Show your child how to stand up for herself by modeling assertiveness (rather than

aggressiveness). By responding to situations rather than simply reacting you can model a collaborative approach to problem solving.

\* Encourage your child to try a second time for something they really want rather than letting their initial disappointment be the deciding factor.

\* Encourage them to be active in a cause that is meaningful to them.

#### **BEAVER Do your chores**

\* When a child is given specific chores, giving them a choice can help lessen power struggles, such as, "Would you like to clean your room now or when we get home?" The implication is that they are expected to do it but still have a choice in the matter.

\* Children like to help out and contribute to the family. So giving them chores that are age-appropriate that they can succeed in fulfilling helps build their sense of responsibility, competency, community and their work ethic.

## **BUFFALO**

### **Be thankful for all you have**

\* At the dinner table as you begin eating, have each person, including yourself, state three things for which they are grateful. These can be things that happened that day or anything else.

\* Show them how to do a gratitude journal where each day they think of things that day that made them feel happy and thankful.

\* Organize a give-away where the child or children gather some of their toys that they are willing to give to another child less fortunate.

\* Encourage them to write their own thank you notes instead of doing it for them.

## **BUTTERFLY**

### **Big changes are happening**

\* Help your child embrace big changes with a sense of excitement instead of fear by how you talk about it, such as, "How exciting it is for you to be going into first grade!"

\* If the child is fearful, comfort them by first acknowledging their fears and then reframing the experience in more positive and life-en-

hancing ways.

\* Tell them stories about changes you went through and how you dealt with them.

\* Read to, or provide them with stories when they can read, about others going through changes.

## **COUGAR**

### **You can do it!**

\* Gently but firmly encourage your child to do something he is afraid to do. Support them but don't do it for them, and if they refuse, don't force it but instead let it go.

\* Model this whenever you find yourself faced with a daunting task and make sure your child witnesses you doing so or tell them about it.

\* Remind your child of other times when they have conquered their fears by trying something new.

\* Tell a story about a time you overcame a fear as a child and how you did it.

## **COYOTE**

### **Learn from your mistakes**

\* Teach your child about natural

consequences without shaming them or making them wrong, but instead pointing out the link between the behavior and the less than desirable results.

\* Talk about mistakes you've made and what you learned from them.

\* Whenever you make a mistake that your child sees, be sure to comment on what you learned and remember to apologize when appropriate.

### **CROW**

#### **Believe in the magic**

\* Take your child to a magic show and don't explain the tricks.

\* Encourage the child to believe in Spirit/God, angels, or other spirit guides that influence our lives and that they can ask for help from these non-visible beings.

\* Whenever there's an opportunity, point out the magic of the universe that you can see in the beauty of the natural world and the cosmos.

\* Have age-appropriate conversations with your child about how their thoughts and beliefs can directly influence their internal and

external reality.

\* Bring their attention to the magic of their body, which heals itself when they get a 'boo-boo' or injury.

### **DEER**

#### **Be kind to yourself and others**

\* Encourage your child to use kind words to themselves and others.

\* Point out what we can do to help others; when it's appropriate to do so and when it's not.

\* Model kind acts and kind words so that your child sees and hears you doing these.

\* Teach your child how to make amends by apologizing when you or they are mean or insensitive to others.

\* Encourage them to offer some of their food or an item such as a pencil or toy to a child who has forgotten theirs or is without.

### **DOLPHIN**

#### **Cooperate with others**

\* When fights break out with siblings or friends, guide them in finding a solution that works for

everyone.

\* Ask for your child's help with things that are within the scope of their developmental capabilities and when they do help, thank them.

\* With your child in the room, tell someone else about how they helped you out.

\* Let your child see you cooperating with other people.

### **EAGLE**

#### **Do the right thing**

\* Even if your child is afraid, encourage them to tell the truth and let you know when they see something that is wrong.

\* Be clear with your child as to what your priorities are regarding moral and ethical values.

\* Have conversations with them about what choices they would make in any situation where the choice is challenging.

\* Have a posted list in the house that you create with the child of the top 5 or 10 rules expected of everyone living there.

### **ELEPHANT**

#### **You can overcome any problem**

\* From time to time remind your child that they can overcome any problem they face, which can instill in them a greater sense of confidence.

\* When they come to you for help, before offering solutions first ask them how they might deal with whatever adversity they're facing. If they're stymied, then give them suggestions and let them choose.

\* Don't rescue your child or fix the problem for them, but instead assist them in developing their problem-solving abilities.

\* Do research with them on notable people that have encountered a problem and how they overcame it.

### **FOX**

#### **Do secret favors for others**

\* Model this by doing a favor for someone without their knowledge.

\* Leave a present on the doorstep of a neighbor, a friend, or a family member and make it anonymous.

\* Take some recycled goods to any charity that will give it to those in need, explaining that it will be a secret favor because whoever receives it won't know who gave it to them.

## **HORSE**

### **Trust your feelings**

\* Help them develop their intuitive skills by playing games that encourage this, such as finding something hidden, or guessing shapes or numbers on playing cards.

\* Occasionally ask them what they notice is going on in their body, particularly physical sensations, as this type of awareness is an important aspect of intuition.

\* Teach your child to meditate. Different techniques work better for different ages; however, it will begin a practice of checking within for the truth of a matter, whether about them or others.

\* Teach your child to name their emotional feelings, such as mad, sad, glad, scared, etc.

## **HUMMINGBIRD**

### **Cheer up**

\* Model optimistic thinking by saying such things as, "Let's make the best of this situation," or, "Well, at least we have \_\_\_\_\_."

\* Be playful or goofy for no good reason.

\* Tell a funny story or read a humorous book together.

\* Make it a point to comfort your child with love when they are feeling badly.

## **LADYBUG**

### **Notice the little things**

\* Take your children on a slow Nature walk and guide them in observing the finer details of the plants, trees, rocks, etc. Make it into a game and have fun.

\* Throughout the day point out small details that they may not have noticed so that they will notice them in the future.

\* Express your appreciation to your children for the smaller things they do, such as when they clean up after themselves without being asked or play quietly after you've told them you need a rest.

## LION

### Ask for what you want

- \* Encourage your child to ask for what they want instead of doing it for them.
- \* Teach them about asking by modeling it with your children and with others.
- \* When your child asks for something that you say "no" to, be clear and straightforward with them with your refusal while acknowledging their right to ask.
- \* In situations where it's obvious they want something but don't ask, let the natural consequences of not asking be the teaching.
- \* If they share with you that they'd like something from a teacher or a friend but haven't asked, encourage them to do so and even offer to go with them but do not do the asking for them.

## LIZARD

### Dream

- \* Help your child create a vision board, where you cut pictures and statements from magazines and periodicals that support their dreams, and help them visualize it.

\* Encourage your child to tell you their dreams and to keep a dream journal about both their nighttime dreams and their aspirations.

\* Talk to your child about your hopes and dreams that have come true and how you did it.

\* Talk to them frequently about what they want to be and do when they grow up. Gently ask questions that can assist them in getting more specific with their vision such as how they might do that, what school they might attend, where they might work, what they might wear, how many people they might work with, etc.

## MONKEY

### Try something new

\* Give your child frequent suggestions of new things to try until they find something they want to do and then help them with it as much as necessary.

\* As your child develops, incorporate them into those daily activities that you perform to the degree that they are capable of participating.

\* Tell them about times when you've tried something new and unfamiliar, how it worked



for you, and how you dealt with any fear or nervousness.

\* As they witness you trying new things it will help them have greater courage themselves when they set out to do something new.

\* Have them help with making something that has a new food item you'd like them to try but haven't yet. Their participation in the preparation will make it more enticing to try.

\* Sign them up for an after-school activity that you think they have potential for and require they finish the initial session but they can decide to return or not once complete.

### **RABBIT**

#### **Ask for help**

\* Model this by asking for help, such as clearing the dinner table, rather than doing everything yourself.

\* While you want to encourage your child to do things for themselves, be alert to when they might need extra assistance and ask them if they'd like your help.

\* Encourage them to talk about whatever fears they may have, as this is another way to teach them to ask for help.

\* Encourage them to notice when others might need help and to offer it. When they experience the benefits they feel for helping others, they will feel more inclined to also ask for help.

### **RACCOON**

#### **You have everything you need**

\* From time to time point out how fortunate and blessed your family is by having one another, a place to live, food to eat, good friends, etc.

\* Create a family gratitude board where family members can write or draw pictures of things they are grateful for.

\* Observe your own language as to when you use the words, "I need . . ." when you could more accurately state, "I want . . ."

\* Explain the difference between needs and preferences and that it's okay to prefer one thing over another but that it doesn't mean it's a basic need.

## SWAN

### You are beautiful just as you are

- \* Compliment your child often about not only admirable physical features but also about the personality traits and characteristics you like.
- \* Let your child know what is special and unique about them.
- \* Whatever physical, emotional, or mental aspect your child has insecurities about, help them learn to love and accept them and help them develop them into strengths.
- \* As in the classic movie, *It's a Wonderful Life*, let your child know what the world would be missing without them, and watch this movie with them.
- \* Tell them stories about their birth and baby years that illustrate how you knew they were special and unique.

## TURTLE

### Take your time

- \* Take a day to clear your schedule, stay away from computers and phones, just to BE with your children.
- \* Practice moving a little bit slower with

whatever you're doing.

- \* Schedule a few activities that have no time limit on a day when you have no place where you have to be.
- \* Remind yourself and your children of the story of the tortoise and the hare.

## UNICORN

### Use your imagination

- \* Encourage any kind of artistic expression and encourage your child to share it and display it.
- \* Let your child explore their imagination by providing art supplies, books, dress-up clothes, etc.
- \* Make up stories from your own imagination and where appropriate, ask your children to join in the creation and telling of the story.
- \* Sign them up for classes that foster the development and expression of the imagination such as art, music, writing or drama.

## WOLF

### You are safe and protected.

- \* Teach your child protection techniques such as covering themselves with an invisible cloak, surrounding themselves with mirrors that face outward or surrounding themselves with beautiful roses.
- \* Give your child a comforting totem small enough to carry with them and tell them to use it whenever they feel scared.
- \* Teach your child their address and phone number and explain if they are ever lost to provide this information to a police officer or other public servant.
- \* Encourage them to stay clear of going places alone that do not have lots of people or are in enclosed spaces, and to use the "buddy" system.

#### From Jesseca:

The information contained in this guidebook has been practiced with my own two children, Serena, 7, and Arianna, 5. Being the mother of two small daughters is one of my greatest joys and biggest challenges in

life. Therefore, I am constantly looking for ways to augment the positive and reduce the negative influences in their life. The best things we can do as parents are, first, to model instead of lecture, and second, to help our children maintain a connection to Spirit and Nature.

By doing so they can build a strong, grounded foundation where they feel safe with a sense of hope. Encouraging this connection also relieves the sense of over-responsibility we can often times feel as parents. Tools like this remind us that our children have their own path, their own soul's journey that we are assisting with but not in control of. Providing them tools to help themselves is a gift for our children as this deck is also a gift from parent to parent.

#### From Steven:

Having helped raise two beautiful girls who are now young women and in the process of creating their own lives, I'm now blessed to not only have a grandson, Jaden, 6, but also two stepdaughters, Serena and Ari. All three are

truly delights in my life, and having the wisdom that comes with spending a few years on the planet, I'm pleased to mentor them in the ways of Spirit so that they can love and learn from this amazing planet and all the beings that exist here.

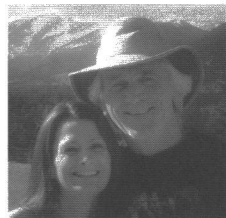
It's critical these days that we provide conscious parenting to the children in our lives, to help them know the Spirit in all things, to understand that although Spirit is not always seen, it can always be felt in the heart. It's my desire and intention that since children naturally relate to animals, these oracle cards will provide a tool that allows them to understand how Spirit works through the animal kingdom and that the communications from animal spirit guides can help them grow, heal, and learn, and have fun while doing so.

May you enjoy these cards and the added richness that they can bring to your children's lives.

## About The Authors

**Dr. Steven Farmer** is a Soul Healer, shamanic practitioner, ordained minister, and licensed psychotherapist. He's the father of two adult daughters, Nicole and Catherine, and

grandfather to Jaden, 6. Author of the best-selling *Earth Magic*, *Earth Magic Oracle Cards* and *Animal Spirit Guides*, Steven also hosts his own radio show, *Earth Magic Radio*, on [ContactTalkRadio.com](http://ContactTalkRadio.com). He makes his home in Laguna Beach, California with his wife Jesseca and his stepdaughters Serena and Ari. Go to [www.DrStevenFarmer.com](http://www.DrStevenFarmer.com) for further information.



**Jesseca Camacho** is a writer, teacher, intuitive counselor, wife and mother to Serena, 7 and Arianna, 5. She is a graduate of the ClearSight Clairvoyant Program, completed a 2-year channeling program with world renowned channeling teacher, Shawn Randall and received her Massage, Reflexology, Energetic Medicine and Reiki I & II Certification through the Institute of Psycho-Structural Balancing. Go to [www.jesseccacamacho.com](http://www.jesseccacamacho.com) for further information.

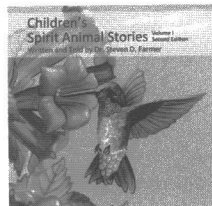
Get more of Steven Farmer's award-winning Children's Spirit Animal Products from Satiama.com (<http://bit.ly/1WdMZ50>) or at your local independent bookstore.

**Children's Spirit Animal Stories Vol I and Vol II** are the perfect accompaniment to Children's Spirit Animal Cards. A story audiobook offers the positive benefits of allowing children to draw their own mental pictures as they listen to the story and music unfold. ***"The art of storytelling is one of the most ancient forms of communicating spiritual truths, conveying messages in ways that are naturally and intuitively understood. Children can easily relate to stories of how Spirit communicates through nature and particularly through animals."*** ~ Dr. Steven D. Farmer

These audio books are winners of multiple national awards and honors, including Mom's Choice Awards for Excellence Gold Medal, Creative Child Magazine ANIMAL STORIES BOOK OF THE YEAR, Creative Child Magazine CD OF THE YEAR, Coalition of Visionary Resources BEST SPECIALTY MUSIC/SPOKEN WORD CD!

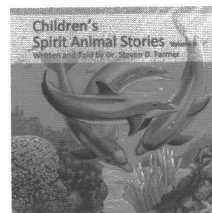
### **Children's Spirit Animal Stories Vol I Audio Book**

Delightful stories, set to original music, about Arianna and Heather the Hummingbird, Foxy and Secret Favors, Cody the Coyote and Grandmother Swan, written and told by Steven Farmer.



### **Children's Spirit Animal Stories Vol II Audio Book**

More of Steven Farmer's wonderful spirit animal tales! Stories about Carmella the Caterpillar, Emma the Elephant, Jaden and the Unicorn and Danny the Dolphin.



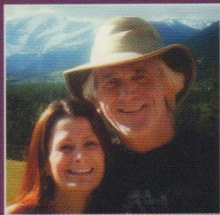


Inspired Words • Tools for Transcendence

[www.satiama.com](http://www.satiama.com)

# Children's Spirit Animal Cards

by **Dr. Steven D. Farmer**  
with Jesseca Camacho



This Guidebook provides detailed instructions for use, expanded messages from each animal and activity suggestions for each of the cards in this deck.

This Guidebook offers ideas to integrate card messages into a child's daily life, reinforce the positive ideas offered and promote a deeper and more intimate connection to our natural world and its many forms of life.

  
**Satiama**  
Inspired Words • Tools for Transcendence