

ANIMAL SPIRITS  
*of the*  
SACRED ISLES



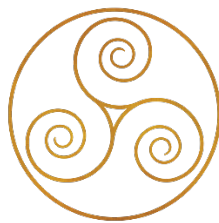
ORACLE  
GUIDEBOOK



Lyn Thurman & Paul Thurman



# ANIMAL SPIRITS *of the* SACRED ISLES



Guidebook by  
Lyn Thurman  
Paul Thurman

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# INTRODUCTION

I'm constantly amazed by the magnificent beauty and wonders of nature. Living in a small, North Wales town located between the Clwydian hills and the Irish Sea has its perks, as wildlife still thrives here. Every morning, I am greeted by the calls of herring gulls and the chirping of jackdaws nesting in the chimneys. On my way to the sea, I come across a diverse array of birds, including crows, ducks, sparrows, blackbirds, robins, magpies, swans, starlings, pigeons, terns, and of course, more gulls. The path is surrounded by molehills and horses can be seen grazing in the nearby fields. In the distance, I spot sheep and cows on the hills. If I'm lucky and the tide is right, I catch a glimpse of grey seals taking a break after a satisfying meal of fish. The sand is always dotted with shells, reminding me of the unseen creatures residing in the beautiful sea. I

The natural world inspires me. Creating the *Animal Spirits of the Sacred Isles* is my way of honouring the animal wildlife that is found on these shores.

In the eighty cards, you'll find all land mammals, reptiles and amphibians in the deck, as well as a good number of birds that you might encounter. There are some insects and fish, but I've kept marine life to a bare minimum with the seal the only sea animal to make an appearance.

Creating this deck also filled a need for an oracle that focuses solely on the creatures that have made Great Britain and Ireland their home. In my personal card collection, I have Native American animals, Australian animals and animals dispersed around the globe but nothing from these islands, stripped of any Celtic or Druidic influence. I wanted homegrown animals to step into the spotlight.

When I embarked on this journey, I had no idea where it would lead me.

I thought, naively, I would easily uncover animal folklore that perhaps I'd just been missing. I was quite sure there must be recorded animal wisdom, much like from other indigenous cultures, that tapped into the essence of the creature, revealing its spiritual lessons and insights. I can now understand why other oracle decks have been created with the flavours of Celtic spirituality or Druidic tradition because at least some information can be found there.

The deep reverence for nature, the mystical experiences of walking with our fellow creatures, and even animal spiritual guides have been mainly illusive in my research. The inhabitants, past and maybe still present, of the Sacred Isles seemed to have adopted an attitude of superiority over the natural world. Animals have been viewed as food, a commodity, a hunting sport, a source of medicine, or a nuisance. In folklore, animals are more likely to be portents of death than bringers of good tidings. And in folk magic, it never seemed to end well for the animal – lucky rabbit paws, mole's feet to ward off toothache, and cats bricked up in wall cavities for protection.

I looked at surnames, hoping to find a connection between beast and man that had travelled through the generations, maybe an ancient remnant of animal spirits and their tribes. My own maiden name is a derivative of the old English/Norse word for wolf. Over the years, I've had the pleasure to be acquainted with a Sparrowhawk, a Pigeon, and a Crow. You might also bump into a Bird, Drake, Bull, Pike, Wren Hare, or Lamb. However, most English surnames that are connected to animals are related to an occupation: Some surnames in Britain are derived from occupations that involved herding animals, such as Calvert (calves), Coward (cows), Goddard (goats), Shepherd (sheep), and Stoddard (horses). The surname Best has its origin in the Old English word for beast but it's assumed that the surname was attached to men who worked with animals.

The disappearance of wildlife in the Sacred Isles is a witness to our disconnection from the natural world. Many species stand on the edge of extinction through hunting, pollution, and habitat loss. In places that have a larger landmass than the Sacred Isles, the global threat to nature might not be so pronounced. But when you have small islands with large populations, the statistic of disappearing wildlife is terrifying. If you stop a moment to notice, you might just find that there's not really much to



see. There are pets and livestock, and maybe a pigeon or gull, but where's the rest of the wildness?

My grandfather would often tell of the animals from his boyhood: a rascally billy goat kept on Clapham Common in London, chickens that would run around after their heads had been chopped off, nuisance kittens drowned, and old horses visiting the knacker's yard after their final rag and bone service had been done. From his tales, it was evident that animals still played a part in early twentieth century urban living, at least for my family. However, there was no great affection shown; it was all rather matter of fact. The animals had a purpose and weren't there for companionship.

If you were to wander around these isles today, you would find a nation of self-confessed pet lovers. Yet, this hasn't always been the case. Suspicion fell on anyone who had a personal connection with animals during the early modern era. Swept up in the witch craze, people, mainly women, were accused of witchcraft, in part, because of their kindness towards animals. Feeding a bird, keeping a cat, or looking out for a stray dog could all be seen as working with a familiar. While familiars might have looked and behaved as ordinary creatures, they were really imps that fed off the witch's blood and did the bidding of the devil. The close relationship between creatures and the witch extended into shapeshifting. In parts of Wales and Ireland, it was believed that witches could transform into a hare so they could suckle from their neighbours' cows. Hares were popular creatures to transform into because they are fast and hard to catch. One tale from Hampshire, where I used to live, was of a farmer who shot a hare only to find the next day, a female neighbour dying from a corresponding bullet wound. Hedgehogs, dogs, birds, cats, toads, rats and even whales have all been temporary homes for shapeshifting witches.

Tales of supernatural animals can still be found. The immediate area around Manchester cathedral is patrolled by a large, black dog with glowing red eyes. Similar stories of the Black Shuck, Padfoot, Barghest and the Cu Sith are found throughout the isles. Magical cows gave a never-ending supply of milk. And Gwyn ap Nudd roared through the night sky on a demon horse with a pack of red eared, white bodied dogs behind.

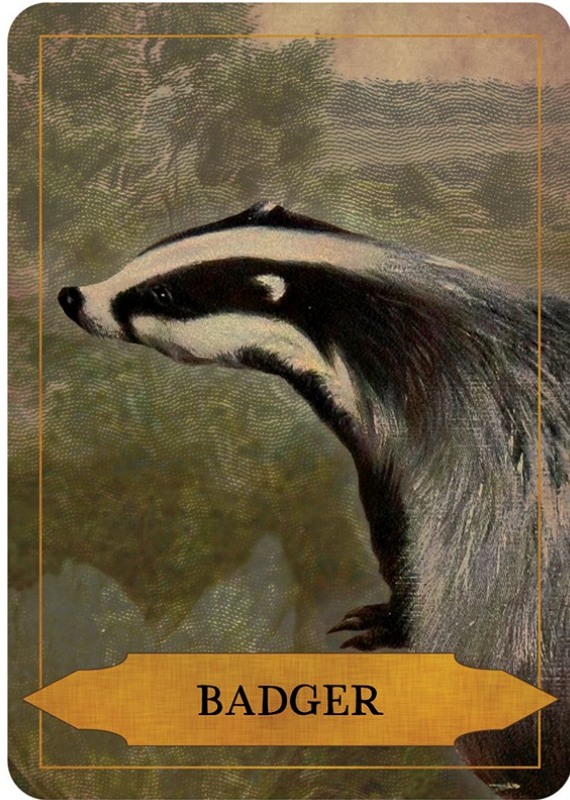
I believe it's through the old tales and court records from witch trials that we begin to find a faint trace of a pre-Christian connection with the animal world. They might be breadcrumbs leading to shamanic practices and a more wider spiritual connection with the wisdom of the animal world. It's likely that we'll never know through conventional methods, which means that it's up to each of us to energetically connect with the animal spirit to learn its wisdom.

I encourage you to make this oracle deck your own. The keywords I've given you, based mainly on animal attributes with a smattering of folklore and history, are merely suggestions. Perhaps they'll be a launchpad for your intuition to find what is meaningful to you. Be curious. Research. Go out in the wilds if you live in the Sacred Isles. Take a spirit journey. The animals are waiting for you.

# THE ANIMAL SPIRITS

# BADGER

## Grounding



European badger  
*Meles meles*

New Forest, England

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Least concern

**Worldwide Conservation Status:**  
Least concern

Whilst badgers are typically shy creatures, they're also known to be fiercely protective of their young. If a mother badger feels her cubs are in danger, she's not afraid to defend them - even if that means taking on an animal much larger than herself. This ferocity is known as 'badgering' and can result in the badger **grounding** her young to keep them away from harm.

Historically, badgers have long been subject to persecution, but they are now fully protected by law. This has helped the UK population to grow, roughly doubling since the 1980s.

However, many badgers are killed by cars and illegal persecution does still occur. There are also concerns by some that badgers are responsible for spreading bovine tuberculosis to cattle, leading to culls taking place in some areas.



## Meet Badger

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a burrow, a badger's sett, in the ground. You sense that a badger is inside, waiting for you.

Kneel down beside the burrow and extend your hand, offering a small gift of food to the badger. As you do this, imagine yourself becoming more and more connected to the energy of the badger.

Suddenly, you feel yourself shrinking and transforming into the badger. You are now one with the badger, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the badger? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the badger shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the badger for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

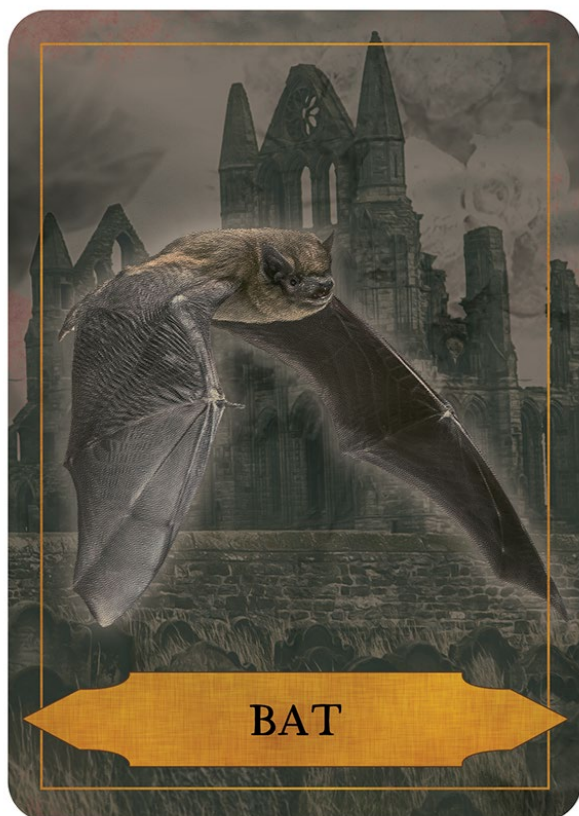
Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# BAT



## Night-sight



Common Pipistrelle  
*Pipistrellus pipistrellus*  
Whitby Abbey, Yorkshire, England

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**

Greater mouse eared bat is critically endangered. Serotine bat and Barbastelle bat are vulnerable. Leisler's bat and Nathusius' pipistrelle bat are near threatened. Grey long-eared bat is endangered.

**Worldwide Conservation Status:**

Least concern

Bats see in low light conditions due to their excellent **night-sight**. Their large eyes are specially adapted to collect as much light as possible, and their retinæ have a high number of light-sensitive cells. The tapetum lucidum, a special layer of tissue in their eyes, reflects light back into the eye, providing even more light for vision.

There are 18 different species of bats found in the Sacred Isles. This includes the common pipistrelle, the brown long-eared bat, and the greater horseshoe bat. Bats are protected by law in the UK and the Republic of Ireland because they play an important role in the ecosystem. For example, bats eat a variety of insects. By doing so, they help control insect populations which can be harmful to crops and humans. Additionally, bats also help disperse seeds and pollinate flowers. As a result, they aid in plant growth and reproduction.

## Meet Bat

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself standing in a dark, underground cave. The sound of water dripping is echoing through the cavern and the air is cool and damp.

As you walk deeper into the cave, you see a group of bats hanging from the ceiling. You approach them and extend your hand, offering a small gift of food.

Suddenly, one of the bats separates from the group and flies towards you. It hovers in front of you and you feel a strong connection with this bat.

Close your eyes and imagine yourself transforming into the bat. Feel your body shrink and your arms turn into wings.

Open your eyes and take flight, exploring the cave from the perspective of the bat. As you fly, you sense that the bat has important messages and wisdom to share with you.

Allow the messages and wisdom to come to you in any form - through visions, sounds, or a deep understanding. Take note of what you receive.

Give thanks to the bat for sharing its wisdom with you and for the gift of this experience. When you feel complete, return to your human form.

Take a deep breath, stretch, and open your eyes.

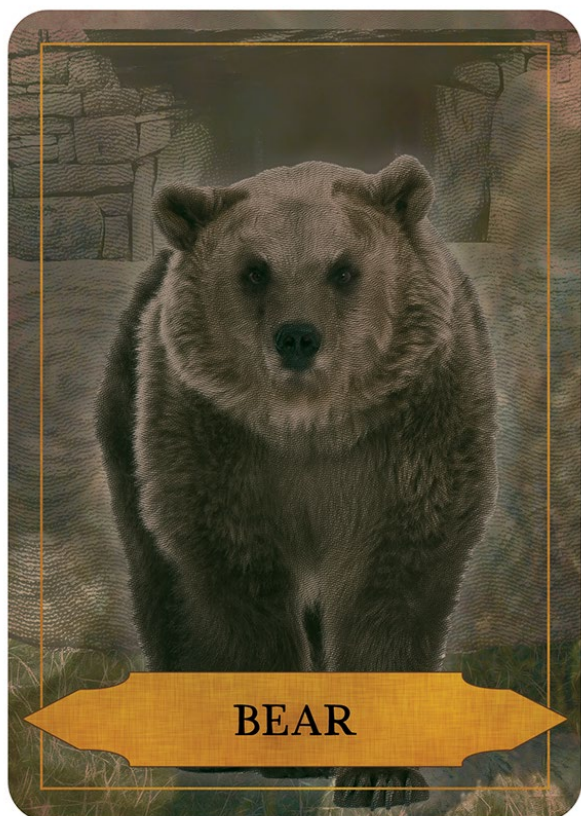
Reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# BEAR



## Introspection



Brown bear  
*Ursus arctos*  
Newgrange, Ireland

**Status:** Native

**Could be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Extinct

**Worldwide Conservation Status:**  
Least concern

Bears are intelligent mammals belonging to the family Ursidae. They have nonretractable claws, short tails, and an excellent sense of smell. They're typically solitary, except for mothers with cubs which will fiercely protect their cubs from any perceived threat. During winter, when food is scarce, most bears hibernate. Often considered to be symbols of strength and power, bears are also associated with **introspection** due to its solitary nature and winter hibernation.

It is believed that bears began to migrate into the Sacred Isles after the last ice age. The only bears that are known to have lived in Britain are Eurasian brown bears, a subspecies of the brown bear. Unfortunately, due to hunting, deforestation, and climate change, Eurasian brown bears went extinct in the Sacred Isles approximately 1000 years ago.



## Meet Bear

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking in a forest, surrounded by tall trees and the sounds of nature. As you walk, you come across a clearing and see a large brown bear.

Approach the bear with respect and offer a small gift of food. As you do this, imagine yourself becoming more and more connected to the energy of the bear.

Suddenly, you feel yourself transforming into the bear. You are now one with the bear, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the bear? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the bear shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

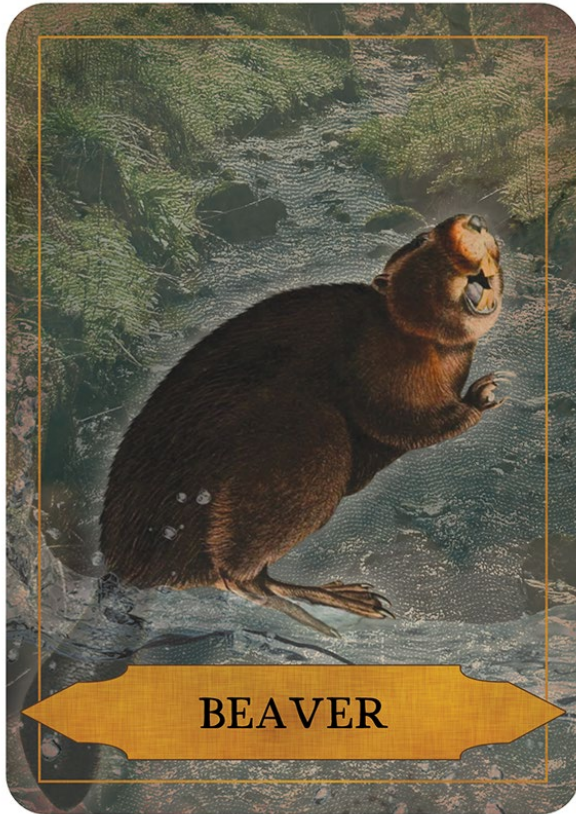
Give thanks to the bear for sharing its wisdom with you and for the gift of this experience. When you feel complete, return to your human form.

Open your eyes, stretch, and take a deep breath. When you feel ready, return to your human form.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# BEAVER

## Productivity



Eurasian beaver  
*Castor fiber*

Kirkcudbright, Scotland

**Status:** Native, Reintroduced

**Can be found:** England & Scotland

**Sacred Isles Conservation Status:**  
Endangered

**Worldwide Conservation Status:**  
Least concern

Beavers are busy creatures that are well-known for their hard work and dedication to their family and home. In fact, they're so **productive** that they're sometimes considered nuisances by people who live near their natural habitats. While beavers do fell trees and dam rivers, they also create wetland habitats that are vital to the health of local ecosystems.

Beavers were once native to the Sacred Isles, but their population was hunted to near extinction. In recent years, there have been efforts to reintroduce beavers back into the wild. However, their success is uncertain due to some people viewing them as pests and others seeing them as beneficial to the ecosystem.

## Meet Beaver

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking along a riverbank. As you walk, you come across a large beaver dam and see a beaver working on it.

Approach the beaver with respect and offer a small gift of food. As you do this, imagine yourself becoming more and more connected to the energy of the beaver.

Suddenly, you feel yourself transforming into the beaver. You are now one with the beaver, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the beaver? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the river and the dam, the beaver shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the beaver for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

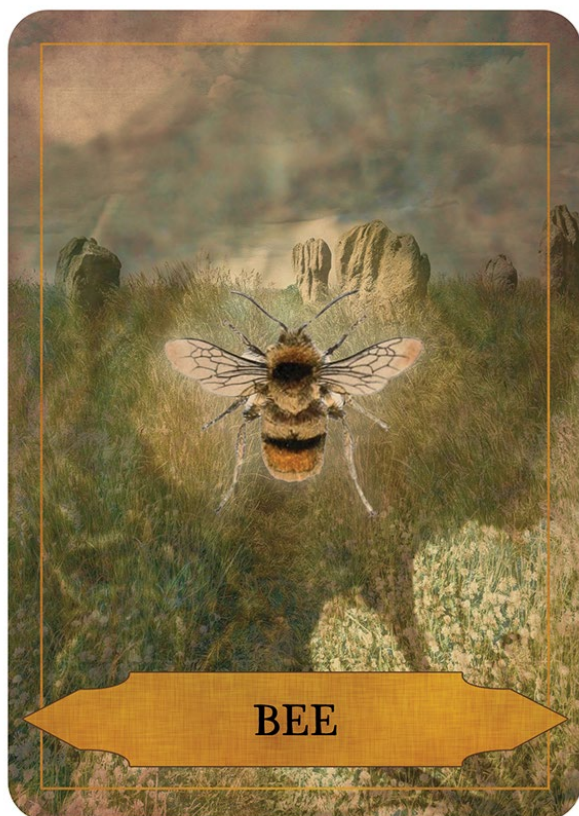
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# BEE



## Service



Broken-belted bumblebee  
*Bombus soroeensis*  
Duddo stones, England

Bees provide a vital **service** to our ecosystem by pollinating plants. While bees are commonly associated with honey, they are also essential to the growth of many fruits, vegetables, and nuts. Without bees it would be almost impossible for humans to survive.

Although we have over 250 species of bees on the Sacred Isles, the decline in population of some of the species is of grave concern. In the UK alone, the honeybee population has dropped by more than 45 per cent since 2010 and three species of bumblebees have gone extinct. The intensifying of agricultural practices and climate change are the primary causes for this decline.

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**

All species are vulnerable. 35 species are critically endangered.

**Worldwide Conservation Status:**

Least concern



## Meet Bee

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking in a field of flowers. As you walk, you come across a bee buzzing from flower to flower.

Approach the bee with respect and offer a small gift of nectar. As you do this, imagine yourself becoming more and more connected to the energy of the bee.

Suddenly, you feel yourself transforming into the bee. You are now one with the bee, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the bee? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you buzz from flower to flower, the bee shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the bee for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# BLACKBIRD

## Gateway



Common blackbird  
*Turdus merula*

Bodmin, Cornwall, England

Blackbirds are a species of true thrushes. Adult males have black feathers and yellow eyes. They can also sing beautiful songs. Adult females usually have dark brown feathers. Blackbirds are found in woods and gardens and are often seen perched on telephone wires.

The Aderyn Rhiannon, or blackbirds, are mentioned in the ancient Welsh text, the *Mabinogion*. According to the text, these three birds are said to sing a song that can wake the dead and put the living to sleep. Otherworldly creatures, the Aderyn Rhiannon hold the keys to life and death, acting as **gateways** to the afterlife.

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Green

**Worldwide Conservation Status:**  
Least concern

## Meet Blackbird

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking in a forest. As you walk, you hear the sweet sound of a blackbird singing.

Approach the blackbird with respect and offer a small gift of food. As you do this, imagine yourself becoming more and more connected to the energy of the blackbird.

Suddenly, you feel yourself transforming into the blackbird. You are now one with the blackbird, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the blackbird? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you fly through the forest, the blackbird shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

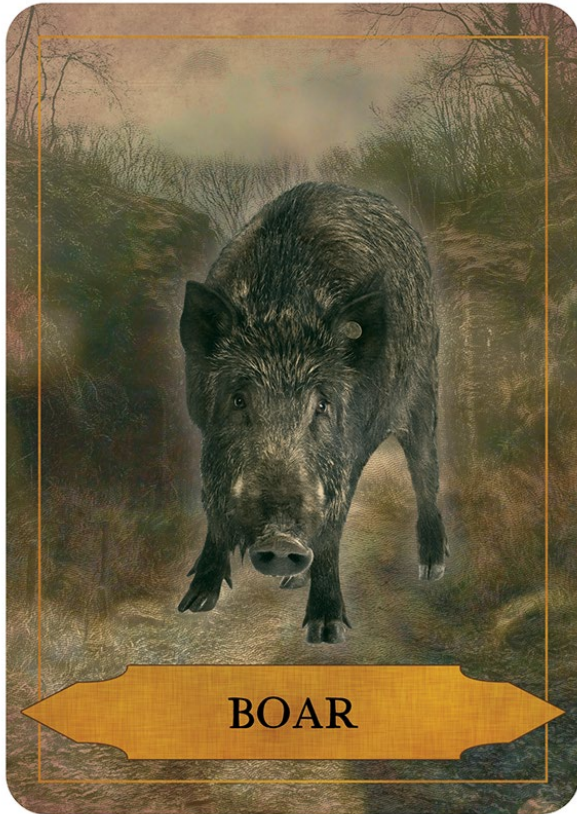
Give thanks to the blackbird for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# BOAR

## Confrontation



Wild boar  
*Sus scrofa*

Quarry, North Wales

**Status:** Native, Reintroduced (Britain)

**Can be found:** Great Britain

**Sacred Isles Conservation Status:**  
Extinct in Ireland

**Worldwide Conservation Status:**  
Least concern

Notoriously aggressive and **confrontational**, boars are members of the pig family equipped with long, sharp tusks that can reach up to 12 inches. They're typically considered to be wild animals, however there are some breeds of domestic boars.

The status of wild boars in Sacred Isles is complicated. A native species, it was originally hunted to extinction at some point during the Middle Ages. In the 1990s, sightings of free-living boars became relatively common. These animals are thought to have escaped or been released from farms where they were raised for meat. Their genetic make-up is uncertain, with many likely to have interbred with domestic pigs in captivity. The presence of wild boars divides opinion. While some welcome the animals as a fascinating return of a lost species, others view them as a menace, particularly given their potential to damage crops and spread disease. There are now estimated to be around 500 to 4000 wild boars in the Sacred Isles.



## Meet Boar

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking in a dense forest. As you walk, you come across a wild boar rooting through the underbrush.

Approach the boar with respect and offer a small gift of food. As you do this, imagine yourself becoming more and more connected to the energy of the boar.

Suddenly, you feel yourself transforming into the boar. You are now one with the boar, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the boar? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you root through the forest, the boar shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the boar for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# BUTTERFLY

## Transformation



Wood white butterfly  
*Leptidea sinapis*  
Scottish countryside

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Most common breeds are endangered or near extinct.

**Worldwide Conservation Status:**  
Varied. Depends on species.

Butterflies go through a process of **transformation** during their lifetime. This process starts as an egg, hatches into a caterpillar, then transforms into a pupa, and finally emerges as an adult butterfly. Each stage of transformation is important for the butterfly to be able to survive and reproduce.

In the Sacred Isles, there are currently 59 resident native butterflies, 10 rare migrants, and one species of unknown status. While butterflies once were much more common, this is no longer the case due to human activity. More and more land is being built over with concrete, hedgerows are torn out (along with the wildflowers that grow beneath them), roadside verges are kept neatly trimmed, open woodland is replaced by closely planted coniferous trees, and wetlands are filled in. These activities make it difficult for butterflies and other wildlife to thrive.

## Meet Butterfly

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking in a beautiful garden filled with colourful flowers. As you walk, you see a butterfly fluttering from flower to flower.

Approach the butterfly with respect and offer a small gift of nectar. As you do this, imagine yourself becoming more and more connected to the energy of the butterfly.

Suddenly, you feel yourself transforming into the butterfly. You are now one with the butterfly, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the butterfly? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you flutter through the garden, the butterfly shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the butterfly for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

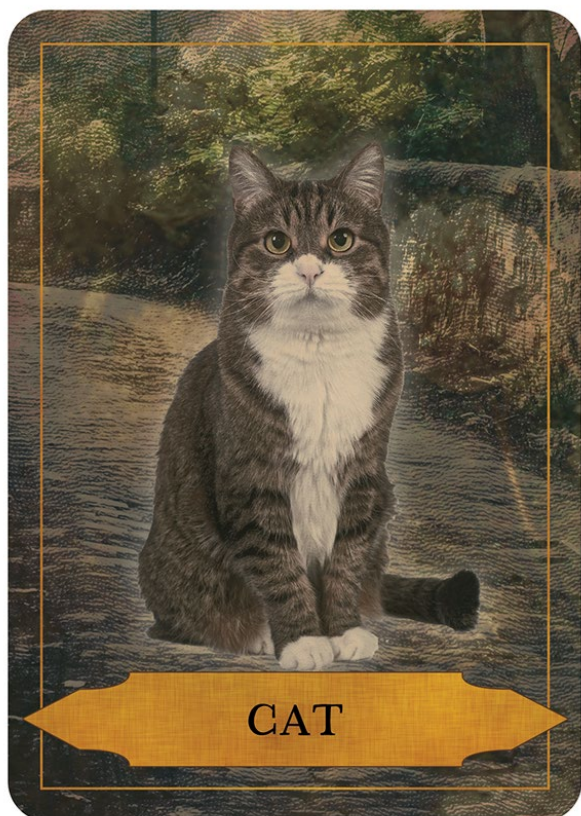
Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# CAT



## Other Worldly



Domestic cat  
*Felis catus*  
Edinburgh, Scotland

**Status:** Introduced

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Not at risk.

**Worldwide Conservation Status:**  
Not at risk.

Carnivorous animals with acute hearing and a keen sense of smell, domestic cats are those that have been tamed and are kept as pets. They are generally smaller than their wild ancestors and have a much shorter lifespan. Their agility, ability to land on their feet, and sharp claws are all part of what makes them such successful hunters.

The first domesticated cats in the Sacred Isles were brought over by the Romans in the 1st century AD. During the witch hunts of the Middle Ages, cats were seen as **otherworldly** familiars, or witches' helpers. Consequently, many innocent cats were killed or sacrificed in the hopes of ridding evilness. Black cats in particular were subjected to the suspicion of being affiliated with the devil.

## Meet Cat

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking in a peaceful garden. As you walk, you see a beautiful cat lounging in the sun.

Approach the cat with respect and offer a small gift of catnip. As you do this, imagine yourself becoming more and more connected to the energy of the cat.

Suddenly, you feel yourself transforming into the cat. You are now one with the cat, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the cat? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you lounge in the sun, the cat shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the cat for sharing its wisdom with you and for the gift of this experience.

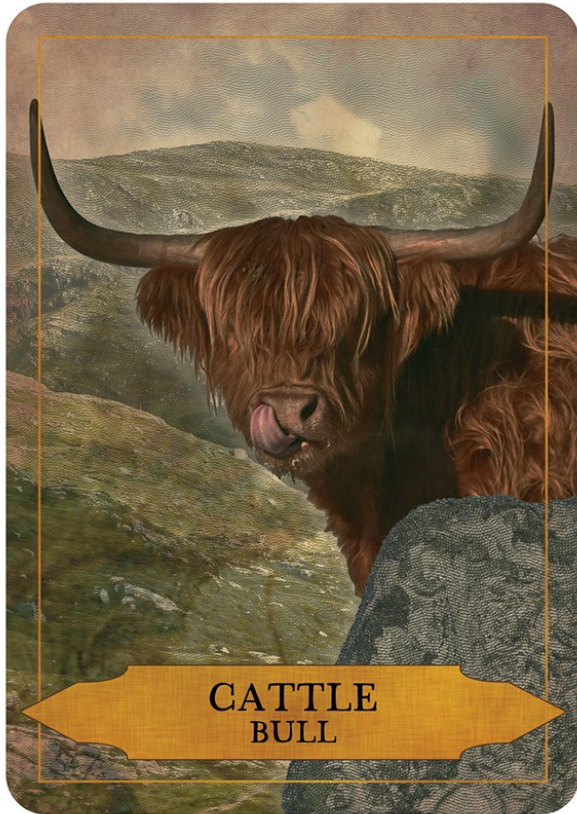
Open your eyes, stretch, and take a deep breath. When you feel ready, return to your human form.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# CATTLE - BULL

## Wealth



Highland cattle  
*Bos taurus*  
Highlands, Scotland

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Not at risk.

**Worldwide Conservation Status:**  
Not at risk.

Typically, bulls are much larger and more muscular than cows. They can weigh up to 1100kg and measure 1.82m tall at the shoulder. They're powerful animals that can be found in most parts of the world. Humans use them for many purposes, such as working animals and for their meat and hide. They also commonly appear in sports, like bull riding and bullfighting.

In ancient times in the Sacred Isles, bulls were not only symbols of **wealth** but also signs of prosperity. Well-fed and healthy bulls indicated that the owners had enough resources to take care of them, which made bulls popular choices for gifts. The gift of a bull was seen to show the recipient that they were valued and appreciated.

## Meet Bull

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking in a meadow surrounded by rolling hills. As you walk, you see a powerful bull standing in the center of the meadow.

Approach the bull with respect and offer a small gift of fresh grass. As you do this, imagine yourself becoming more and more connected to the energy of the bull.

Suddenly, you feel yourself transforming into the bull. You are now one with the bull, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the bull? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you stand in the meadow, the bull shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

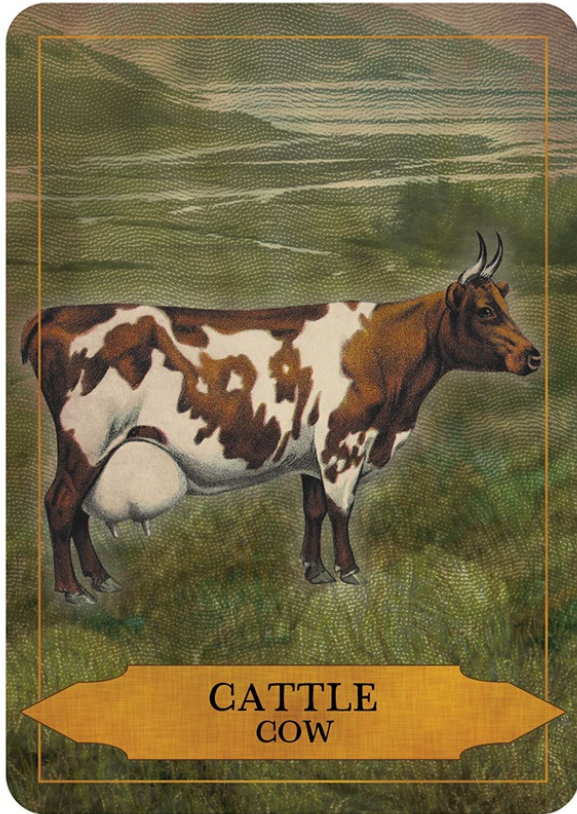
Give thanks to the bull for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# CATTLE - COW

## Nourishment



Ayrshire cow  
*Bos taurus*

Loch Hourn, Scotland

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Not at risk.

**Worldwide Conservation Status:**  
Not at risk.

The stomachs of cows are key to their ability to convert low-quality grazing land into high-quality milk and beef. Their first stomach breaks down the cellulose in plants into nutrients the cows can use. The cows then regurgitate this partially digested food and chew it again. This process continues until the food is fully digested and the cow has received the **nourishment** needed.

The Ayrshire breed of dairy cattle, as depicted on this card, is a hardy breed that originated in the county of Ayr, Scotland, in the late 18th century. Ayrshires are considered to be the only special dairy breed to have originated in the British Isles. The breed is known for its high-quality milk, which is rich in butterfat and protein.

## Meet Cow

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking in a lush, green field. As you walk, you see a peaceful cow grazing in the grass.

Approach the cow with respect and offer a small gift of fresh grass. As you do this, imagine yourself becoming more and more connected to the energy of the cow.

Suddenly, you feel yourself transforming into the cow. You are now one with the cow, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the cow? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you graze in the grass, the cow shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the cow for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

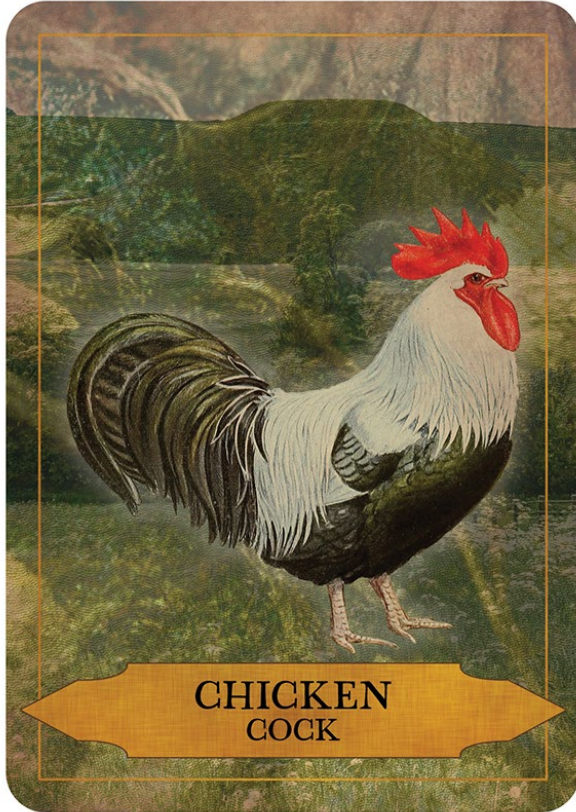
Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# CHICKEN - COCK

## Banishment



Dorking cockerel  
*Gallus gallus domesticus*  
Silbury Hill, England

Cockerels are male chickens, typically those that are young and/or have not yet been castrated. The term is also used to refer to the loud, high-pitched cry of a chicken. In the Sacred Isles, a cockerel is often simply referred to as a cock.

Cocks tend to be more brightly coloured than the females and are also generally more aggressive. Cockerels will often attack predators that come too close to their flock, making them a valuable asset. Sometimes, they turn their aggression on the hens, causing them to be **banished** from the henhouse.

**Status:** Introduced

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Not at risk.

**Worldwide Conservation Status:**  
Not at risk.



## Meet Cock

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking in a farmyard surrounded by fields. As you walk, you see a proud cockerel standing on a fence post.

Approach the cockerel with respect and offer a small gift of grain. As you do this, imagine yourself becoming more and more connected to the energy of the cockerel.

Suddenly, you feel yourself transforming into the cockerel. You are now one with the cockerel, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the cockerel? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you stand on the fence post, the cockerel shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

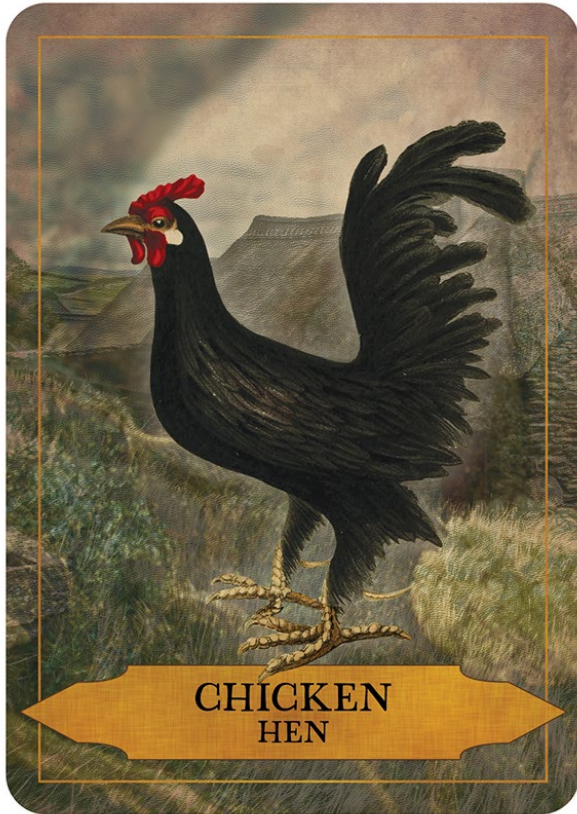
Give thanks to the cockerel for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# CHICKEN - HEN

## Social



Black bantam hen  
*Gallus gallus domesticus*  
Coast, Ireland

**Status:** Introduced

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Not at risk.

**Worldwide Conservation Status:**  
Not at risk.

Hens are **social** creatures that enjoy the company of their flock mates. They communicate through a variety of vocalizations and body language, and work together to find food and build their nests. When a hen feels threatened, she will alert the other hens so that they can be on the lookout for danger. Hens also form lifelong bonds with their flock mates and will grieve when one of their companions dies.

Laying hens are kept throughout the Sacred Isles and typically lay between 200 and 300 eggs per year. However, managing such a large flock requires a careful balance of many factors, such as feed, water, light, and space. In more intensively managed systems, hens may be housed in battery cages, often stacked in tiers. This allows for more hens to be kept in a smaller space but each hen is confined to a cage measuring only slightly larger than an A4 sheet of paper.

## Meet Hen

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking in a farmyard surrounded by fields. As you walk, you see a gentle hen scratching for food in the dirt.

Approach the hen with respect and offer a small gift of seed. As you do this, imagine yourself becoming more and more connected to the energy of the hen.

Suddenly, you feel yourself transforming into the hen. You are now one with the hen, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the hen? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you scratch in the dirt, the hen shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the hen for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# CORMORANT

## Greed



Cormorant  
*Phalacrocorax carbo*  
Talacre, Wales

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Green

**Worldwide Conservation Status:**  
Least concern

Cormorants are waterbirds with a long neck, hooked bills and webbed feet. Known for their **greed**, they will often stuff their throats full of fish, even if they aren't hungry, and regurgitate them later. Cormorants' plumage is not waterproof. However, this has the advantage of allowing them to dive deep because buoyancy is reduced. They are often seen standing with their wings held out to dry.

Cormorants have been persecuted in the past by fishermen because they are supreme fishers and often compete with humans for the same prey. The cormorant population as a whole has increased in recent years in Britain and Ireland, but some areas in Scotland have seen a decline in these birds.

## Meet Cormorant

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking along a beach or by the side of a lake. As you walk, you see a cormorant perched on a rock, looking out over the water.

Approach the cormorant with respect and offer a small gift of fish. As you do this, imagine yourself becoming more and more connected to the energy of the cormorant.

Suddenly, you feel yourself transforming into the cormorant. You are now one with the cormorant, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the cormorant? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you perch on the rock, the cormorant shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the cormorant for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# CRANE

## Patience



Crane  
*Grus grus*

Eilean Donan Castle, Scotland

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Amber

**Worldwide Conservation Status:**  
Least concern

Cranes are tall, elegant birds that are found in many different habitats across the globe. They're well known for their long necks and legs, as well as their distinctive calls. They're very **patient** birds, often spending long periods of time standing in one place, waiting for food. Their patience also extends to nest building, where cranes take their time to ensure everything is perfect before laying their eggs.

Unlike other cranes on the continent, most of the Sacred Isles' cranes don't migrate away for the winter. The Scottish birds may be an exception, as they're believed to come from the Norwegian population and disappear each winter. It's presumed they travel to continental Europe.

## Meet Crane

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking through a beautiful meadow or grassland. As you walk, you see a majestic crane in the distance, standing tall and proud.

Approach the crane with respect and offer a small gift of seeds or grains. As you do this, imagine yourself becoming more and more connected to the energy of the crane.

Suddenly, you feel yourself transforming into the crane. You are now one with the crane, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the crane? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you stand tall, the crane shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the crane for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

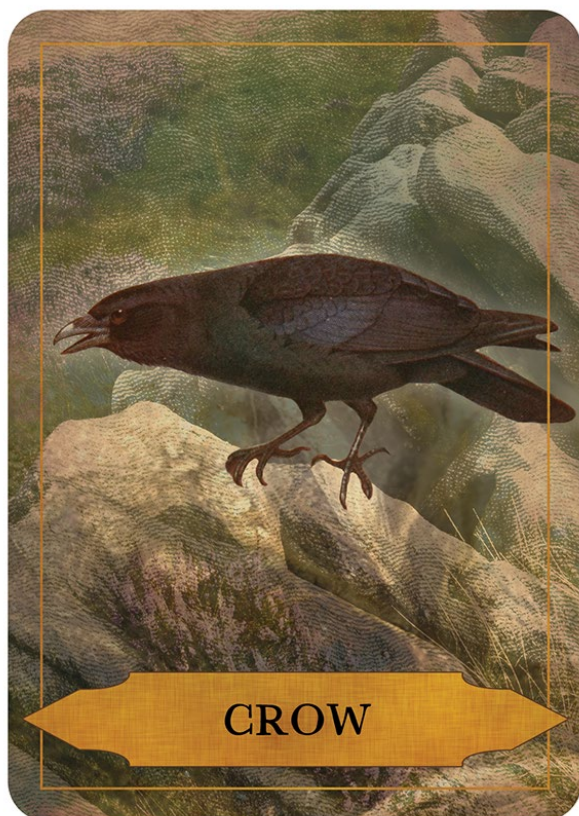
Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# CROW



## Conflict



Carrion crow  
*Corvus corone*

Higger tor, Derbyshire, England

Crows are large birds that are black with a glossy sheen. They are often seen scavenging for food. Crows are intelligent birds that have been known to use tools to get at food. They are also excellent mimics and can often be heard imitating the calls of other birds and animals. Known for being very good at solving **conflicts**, crows will often work together to find a solution that benefits them both rather than fighting over something they both want.

Crows are generally considered to be unlucky birds in the folklore of the Sacred Isles, in which they are often associated with death and bad luck.

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Green

**Worldwide Conservation Status:**  
Least concern

## Meet Crow

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking through a dense forest or a quiet countryside. As you walk, you see a group of crows flying overhead, calling out to each other.

Offer a small gift to the crows, such as breadcrumbs or nuts, and imagine yourself becoming more and more connected to their energy.

Suddenly, you feel yourself transforming into one of the crows. You are now one with the crows, experiencing the world from their perspective.

Look around and take in your surroundings. How do you feel as the crow? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you soar through the sky, the crows show you the wisdom they have to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the crows for sharing their wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

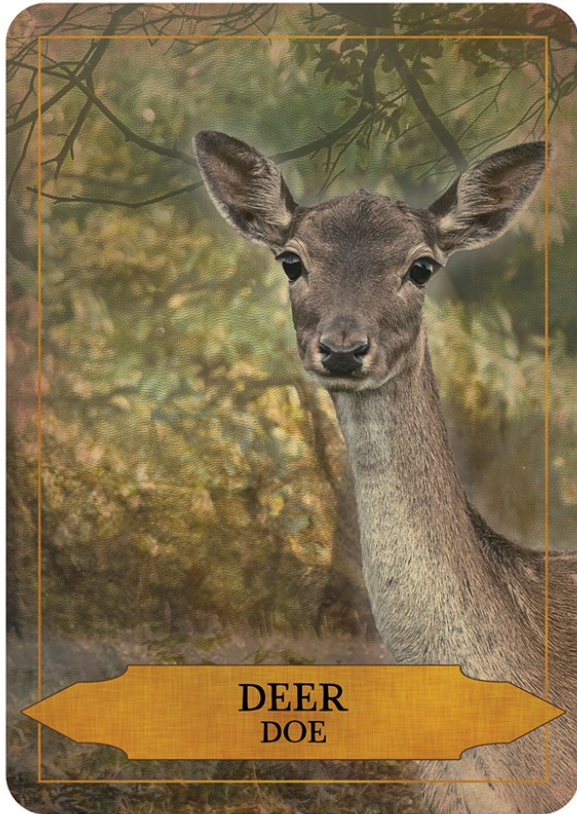
Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# DEER - DOE

## Preservation



European fallow deer  
*Dama dama*  
Windsor, England

**Status:** Native - Roe and Red deer.  
Fallow introduced by the Normans.  
Other three species introduced in the  
1800s and 1900s.

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Least concern

**Worldwide Conservation Status:**  
Least concern

Does are female deer, although they are called hinds if they are red deer. They are typically brown in colour, although this can vary depending on their species. As well as being the primary caretakers of their fawns, does' grazing helps to **preserve** forests by keeping their floors clean and preventing overgrowth.

Of the six species of deer found in the British countryside, only roe and red deer are indigenous to Britain. The fallow deer was thought to have died out during the last ice age but was reintroduced by the Romans and kept in enclosures called vivaria. The fallow deer went extinct again after the Romans left the Sacred Isles only to be reintroduced again by the Normans.



## Meet Doe

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking through a forest or a field, surrounded by nature. As you walk, you see a doe in the distance, calmly grazing on some grass.

Offer a small gift to the doe, such as a handful of wildflowers or berries, and imagine yourself becoming more and more connected to its energy.

Suddenly, you feel yourself transforming into the doe. You are now one with the doe, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the doe? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you roam through the forest or field, the doe shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

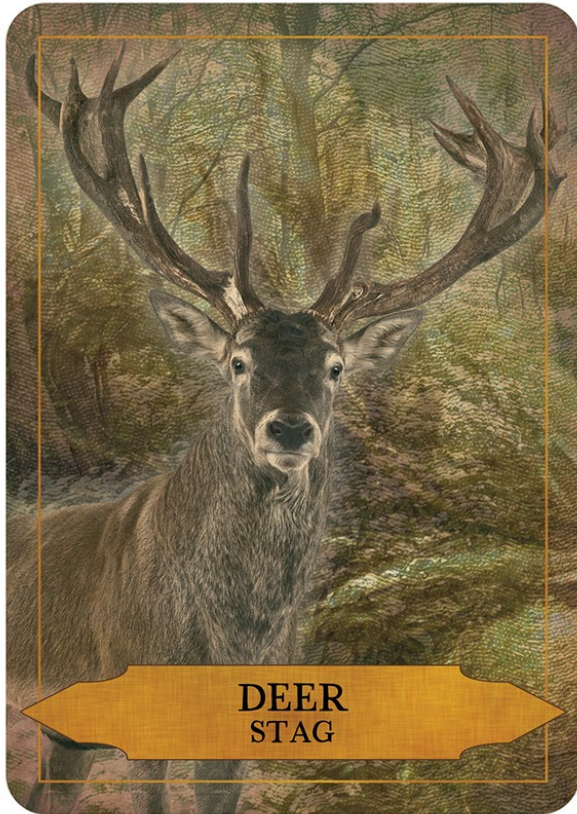
Give thanks to the doe for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# DEER - STAG

## Adventure



Red deer  
*Cervus elaphus*  
North Wales

**Status:** Native - Roe and Red deer.  
Fallow introduced by the Normans.  
Other three species introduced in the  
1800s and 1900s.

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Least concern

**Worldwide Conservation Status:**  
Least concern

Stags are male deer, although they may be called bucks depending on the species. They're typically large and powerful with long, sharp antlers. Impressive to behold, they're often considered to be symbols of strength and virility. Popular subjects of folklore and mythology, they're often associated with the forest, nature, and **adventure**.

The red stag is the largest land mammal in the Sacred Isles. It can grow up to 1.4m (shoulder height of a grown man), weigh up to 190kg and live for 18 years in the wild. The rut, or breeding season, usually occurs from the end of September to November. During this time, red stags will return to the home range of the hinds that they are hoping to mate with. To assert their dominance and win the right to mate, stags will engage in elaborate displays, such as roaring, parallel walking, and fighting. Although these contests can sometimes result in serious injury or death, they usually only occur between stags of similar size who cannot assert their dominance in any other way.

## Meet Stag

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking through a forest or a field, surrounded by nature. As you walk, you see a majestic stag in the distance, with its antlers reaching towards the sky.

Offer a small gift to the stag, such as a handful of wildflowers or berries, and imagine yourself becoming more and more connected to its energy.

Suddenly, you feel yourself transforming into the stag. You are now one with the stag, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the stag? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you roam through the forest or field, the stag shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the stag for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

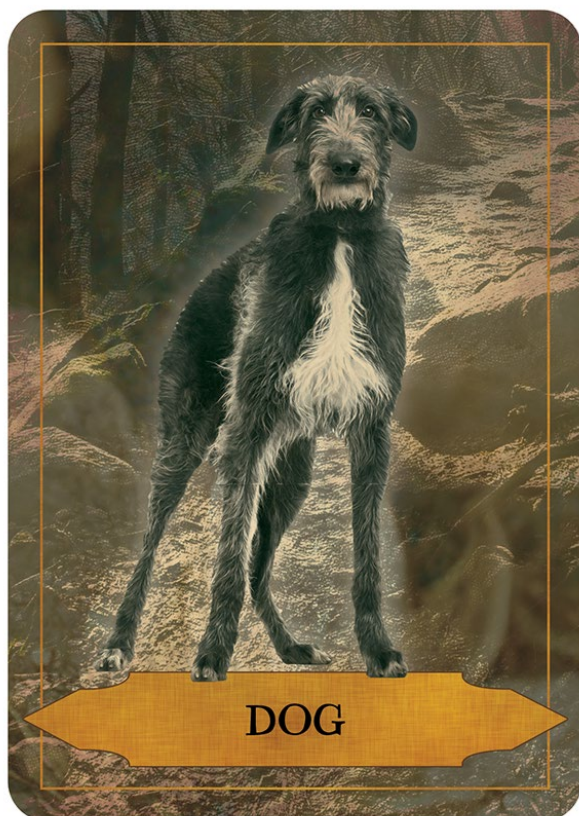
Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# DOG

## Loyalty



Scottish deerhound  
*Canis familiaris*  
Glen Etive, Highlands, Scotland

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Not at risk

**Worldwide Conservation Status:**  
Not at risk

Domestic dogs are a subspecies of the grey wolf and related to foxes and jackals. Dogs have lived with humans for over 12,000 years and have been hunting companions, protectors, working animals and friends. There are over 400 different breeds of dogs, and over 60 of them have origins that can be traced back to the Sacred Isles. Some of the most famous dog breeds include the Golden Retriever, the Bulldog, the Irish Wolfhound, and the Bull Terrier.

Dogs are some of the most **loyal** creatures. One Welsh story that highlights this fierce loyalty is Gelert and Llewelyn the Great. One day, Llewelyn went hunting and left Gelert home with a baby. When Llewelyn returned, he found that the baby was missing and Gelert was covered in blood. Llewelyn assumed that the dog had killed the baby and in a fit of rage, he killed Gelert. It wasn't until later that the baby was found alive that Llewelyn realized Gelert had actually saved the baby from a wolf and had been wounded in the process. Llewelyn was filled with regret and sadness at what he had done and erected a monument in Gelert's honour.



## Meet Dog

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking through a park or a countryside, surrounded by nature. As you walk, you see a friendly dog in the distance, wagging its tail and barking happily.

Offer a small gift to the dog, such as a treat or a toy, and imagine yourself becoming more and more connected to its energy.

Suddenly, you feel yourself transforming into the dog. You are now one with the dog, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the dog? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you roam through the park or countryside, the dog shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

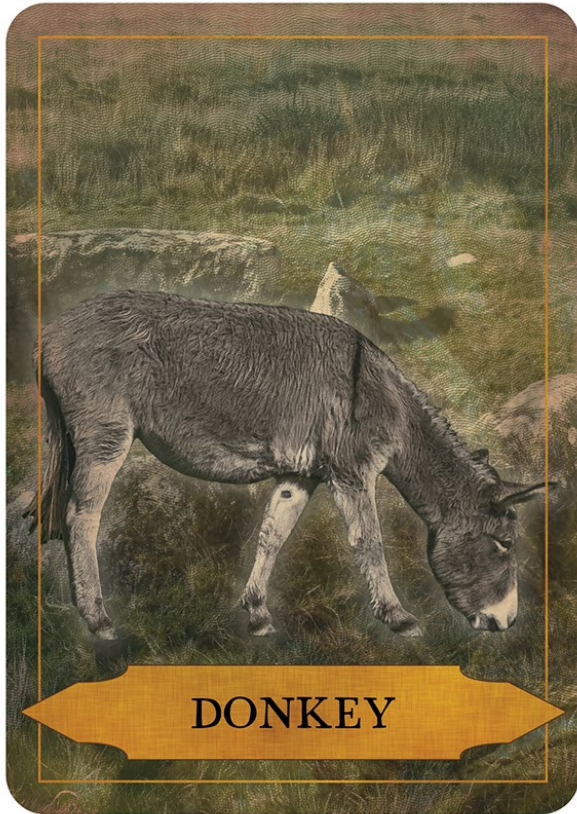
Give thanks to the dog for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# DONKEY

## Burden



Feral donkey  
*Equus asinus*  
Dartmouth, England

**Status:** Introduced

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Not at risk

**Worldwide Conservation Status:**  
Least concern

Often stubborn and hard to handle, donkeys are **burden**-bearing animals often used for hauling freight or carrying heavy loads. Strong and sure-footed, they can be a useful addition to any farm or homestead.

Although there are not many documented accounts of donkeys in the UK until after the 1550s, donkeys were brought to England during the Roman invasion of Britain in AD 43. After the mid-17th Century, Oliver Cromwell's invasion of Ireland saw an influx of donkeys being used to do manual labour. This was the first time that large numbers of donkeys were introduced to the country. This event opened up opportunities for poorer and agricultural Irish communities to keep a cheap, working draft animal.

## Meet Donkey

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking through a peaceful countryside, surrounded by fields and rolling hills. You see a donkey in the distance, calmly grazing on the grass.

Walk towards the donkey and offer it a gesture of peace and friendship, such as a carrot or an apple. As you get closer, you feel yourself becoming more and more connected to its energy.

Suddenly, you feel yourself transforming into the donkey. You are now one with the donkey, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the donkey? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you graze and wander through the countryside, the donkey shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the donkey for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# DORMOUSE



## Sleep



Hazel dormouse  
*Muscardinus avellanarius*  
Prestatyn, Wales

**Status:** Native (dormouse). Introduced (edible dormouse)

**Can be found:** Absent from Ireland

**Sacred Isles Conservation Status:**  
Hazel dormouse is vulnerable

**Worldwide Conservation Status:**  
Least concern

Mostly nocturnal, dormice are tiny rodents that spend a great portion of their lives **sleeping**. Not only do they sleep for up to 18 hours a day in their soft nests before scavenging for insects, nuts and berries, but they also hibernate at least six months of the year.

Although there are 29 species of this small mammal, only the hazel dormouse is native to Britain and it is seriously endangered. It is believed that the population has declined by 52% since 1995. This is mainly due to the loss of woodland habitats that supports the dormouse. Warmer winters due to climate change have also played a part in bringing the dormouse to near extinction in the Sacred Isles as it interferes with its hibernation cycle.



## Meet Dormouse

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking through a lush forest filled with towering trees, delicate ferns, and fragrant flowers. You see a dormouse darting among the branches and foliage.

Walk towards the dormouse and offer it a gesture of peace and friendship, such as a nut or a piece of fruit. As you get closer, you feel yourself becoming more and more connected to its energy.

Suddenly, you feel yourself transforming into the dormouse. You are now one with the dormouse, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the dormouse? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

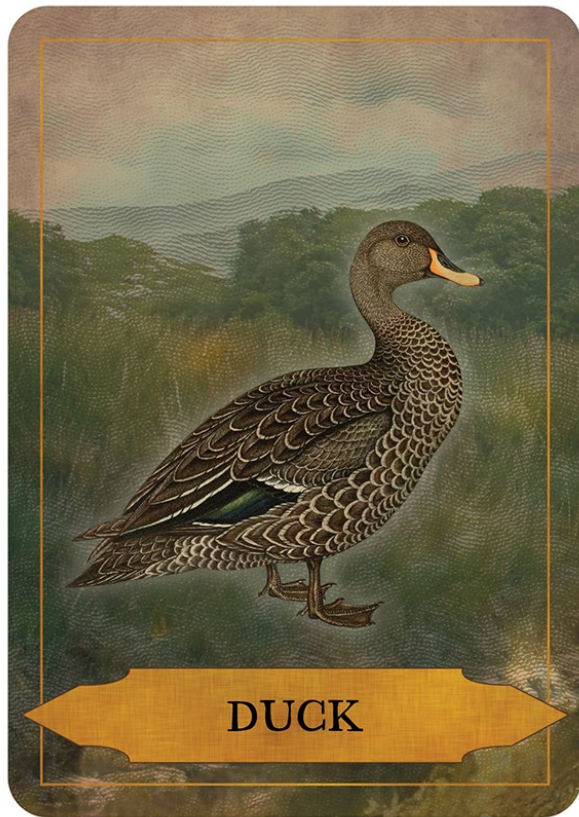
As you scurry and explore the forest, the dormouse shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

When you feel ready, return to your human form. Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

Give thanks to the dormouse for sharing its wisdom with you and for the gift of this experience. Open your eyes, stretch, and take a deep breath. Know that you can return to this meditation anytime you want to connect with the dormouse and its wisdom.

# DUCK

## Choice



Mallard  
*Anas platyrhynchos*  
Killarney, Ireland

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Green

**Worldwide Conservation Status:**  
Least concern

Ducks are waterfowl and are found in a variety of habitats, including wetlands, ponds, and lakes. Usually, ducks are split into two categories based on how they forage for food. Dabbling ducks stay near the surface of the water and dip their bills in to feed. Diving ducks, on the other hand, dive below the surface and actively swim underwater to catch food either from the bottom or after chasing after it.

There are 22 species of ducks that regularly occur in the Sacred Isles. Three of those ducks only visit in winter, and another 15 ducks are far more numerous in winter than summer. One species, the mallard, displays aggressive courting behaviour and it can involve several males chasing and forcing themselves upon a female. These are usually drakes that have missed out on pairing up the conventional way. Research has revealed that the hen's biology has adapted so that she **chooses** which drake, if any, fertilises her.

## Meet Duck

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself walking through a peaceful pond surrounded by lush trees and grassy banks. You see a duck floating peacefully on the water, its head tucked under its wing.

Approach the duck and offer it a gesture of peace and friendship, such as a piece of bread. As you get closer, you feel yourself becoming more and more connected to its energy.

Suddenly, you feel yourself transforming into the duck. You are now one with the duck, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the duck? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you float and explore the pond, the duck shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the duck for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# EAGLE

## Vision



White tailed eagle  
*Haliaeetus albicilla*  
Old Man of Storr, Scotland

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Golden Eagle: Green. White-tailed eagle: Amber

**Worldwide Conservation Status:**  
Least concern

Eagles are one of the most impressive birds of prey, due to their large size and skill in soaring above the landscape in search of food. Their powerful wings and sharp talons are key in their ability to catch prey. Eagles live all over the world, including in the Sacred Isles. There are two different types of native eagles: the golden eagle and the white-tailed eagle. Both of these eagle species are protected under law.

Eagles are one of the few animals on earth that can see in the ultraviolet light spectrum, a spectrum invisible to humans. This ability allows them to spot prey and predators from great distances, up to three times as far as a human can. In addition, their **vision** is up to eight times sharper than ours, giving them an incredible level of detail and clarity.



## Meet Eagle

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself standing at the base of a tall mountain, surrounded by lush forests and clear skies. In the distance, you see an eagle soaring high in the sky.

Call out to the eagle and invite it to come closer to you. You feel a strong connection to its energy as it circles and glides closer and closer.

Suddenly, you feel yourself transforming into the eagle. You are now one with the eagle, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the eagle? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you soar and explore the sky, the eagle shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

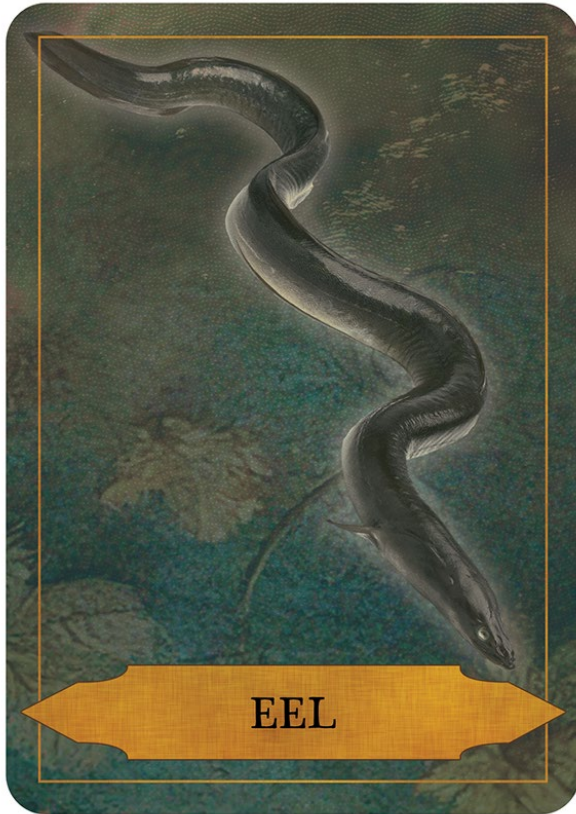
Give thanks to the eagle for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# EEL

## Adaptability



European eel  
*Anguilla Anguilla*

**Status:** Native/ Migratory

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Critically endangered

**Worldwide Conservation Status:**  
Critical

Eels are a type of fish that are known for their unique appearance and their ability to **adapt** to a wide variety of environments. They have long, snake-like bodies, which allow them to move easily through the water. Additionally, their long tails help them swim quickly and change directions easily. Eels can be found in both fresh and saltwater environments and can even live in damp soil or mud.

European eels are born in the Sargasso Sea within the Atlantic Ocean and then swim the Gulf Stream for three years to reach the Sacred Isles and Europe. They travel in large groups and arrive as tiny, transparent elvers, also known as glass eels. Once they reach their destination, they gradually mature and change colour, becoming darker green or brown with silvery bellies.

## Meet Eel

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself standing by a river or lake, surrounded by lush greenery and the sound of water flowing. In the water, you see an eel swimming gracefully.

Call out to the eel and invite it to come closer to you. You feel a strong connection to its energy as it swims closer and closer.

Suddenly, you feel yourself transforming into the eel. You are now one with the eel, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the eel? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you swim and explore the water, the eel shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the eel for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# FALCON



## Vigilance



Peregrine falcon  
*Falco peregrinus*  
Quirang coastline

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Hobby & Peregrine: Green. Kestrel:  
Amber. Merlin: Red

**Worldwide Conservation Status:**  
Least concern

Falcons are magnificent birds of prey known for their **vigilance**, keen eyesight and powerful hunting skills. These abilities make falcons successful predators as well as excellent guards, as they are constantly on the lookout for potential threats.

There are four types of falcons in the Sacred Isles: peregrines, kestrels, merlins, and hobbies. Peregrines are the largest and most powerful of the four species. Agile in the air, they can dive at speeds of up to 200mph when pursuing prey. Kestrels are the smallest of the four types and are often seen hovering in the air over open fields. With their keen eyesight, they can spot small prey from a distance. Merlins are medium-sized falcons that live in woodlands. Fast flyers, they can reach speeds of up to 50mph. Hobbies are small falcons that hunt insects and small birds. Their agility allows them to change direction quickly.



## Meet Falcon

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a majestic falcon perched on a tree branch. You sense that the falcon is waiting for you.

Approach the falcon and extend your hand, offering a small gift of food to it. As you do this, imagine yourself becoming more and more connected to the energy of the falcon.

Suddenly, you feel yourself shrinking and transforming into the falcon. You are now one with the falcon, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the falcon? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you fly through the forest, the falcon shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the falcon for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath. Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# FOX



## Cunning



Red fox  
*Vulpes vulpes*

Bodiam Castle, Sussex, England

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Least concern

**Worldwide Conservation Status:**  
Least concern

Foxes are creatures of remarkable intelligence and resourcefulness. They know what they want and how to get it, always staying one step ahead of their opponents. Quick-thinking and able to solve problems efficiently, foxes are masters of strategy and planning. Their **cunning** and intelligence make them formidable opponents that are always in control.

Red foxes have been present in the Sacred Isles for over 10,000 years and have adapted to the varied habitats and climates found across the islands. Today, red foxes can be found in woodlands, farmland, and even urban areas, where they have become adept at avoiding humans and living off scavenged food. While they are generally shy around people, red foxes are curious and intelligent animals, and their population in the Sacred Isles remains healthy.

## Meet Fox

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a fox's den. You sense that a fox is inside, waiting for you.

Approach the den and extend your hand, offering a small gift of food to the fox. As you do this, imagine yourself becoming more and more connected to the energy of the fox.

Suddenly, you feel yourself shrinking and transforming into the fox. You are now one with the fox, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the fox? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the fox shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the fox for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# FROG



## Custodian



Common frog  
*Rana temporaria*  
Janet's foss, Yorkshire, England

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Common frog: Least concern

**Worldwide Conservation Status:**  
Least concern

Known as **custodians** of swamps, pools and other bodies of water because they help the ecosystem by eating insects and other small creatures, frogs are small, tailless amphibians which are mostly found near water bodies. They have large, webbed feet which help them to swim, and their skin is covered with moist, slimy mucus which protects them from predators and keeps their bodies moist.

There are three kinds of frogs native to the Sacred Isles: common frogs, pool frogs and tree frogs. In the UK, common frogs are found in ponds, canals, lakes and slow-moving rivers. Long legged and smooth skinned, their colours vary. Thought to be extinct in the mid-1990s, pool frogs were reintroduced to two ponds in Norfolk, England decades later. Common across Europe, tree frogs have been extinct in the Sacred Isles for many years. Although all the reasons for their extinction aren't currently known, it's clear that the draining of the wetlands over the centuries is responsible for having greatly reduced their numbers.



## Meet Frog

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a pond, filled with crystal clear water. You sense that a frog is waiting for you.

Approach the pond and extend your hand, offering a small gift of food to the frog. As you do this, imagine yourself becoming more and more connected to the energy of the frog.

Suddenly, you feel yourself shrinking and transforming into the frog. You are now one with the frog, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the frog? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you swim in the pond, the frog shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the frog for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# GOAT



## Wildness



Irish goat  
*Capra hircus*  
Cornwall, England

**Status:** Introduced

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Not at risk

**Worldwide Conservation Status:**  
Least concern

Goats have a long history of being associated with **wildness** and freedom. They are known for their independent natures, their ability to survive harsh conditions, their intelligence and resourcefulness. They are often seen as symbols of strength and resilience and are revered in many cultures.

The Sacred Isles are home to a number of different goat breeds, including the British Alpines, Toggenburgs, and Saanens. However, none of these are native. These hardy animals are well-suited to the often cold and wet conditions of the islands and thrive on the hilly terrain. Goats are kept both for their milk and for their meat, and their numbers have been steadily increasing in recent years.

## Meet Goat

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a meadow, surrounded by tall grass and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the meadow, you come across a goat grazing on some grass. You sense that the goat is waiting for you.

Approach the goat and extend your hand, offering a small gift of food to it. As you do this, imagine yourself becoming more and more connected to the energy of the goat.

Suddenly, you feel yourself shrinking and transforming into the goat. You are now one with the goat, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the goat? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you graze through the meadow, the goat shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the goat for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

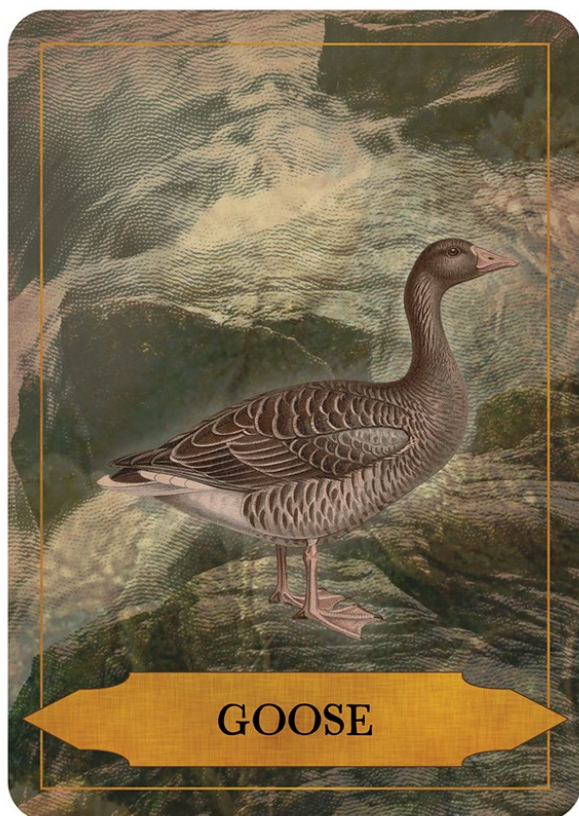
Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# GOOSE



## Aggression



Greylag goose  
*Anser anser*

Scottish river, Scotland

**Status:** Native/Migratory

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Amber

**Worldwide Conservation Status:**  
Least concern

Geese are known to be **aggressive** animals due to their territorial nature. They will attack other animals, including other geese, that they see as a threat to their territory. This is especially common during mating season when males are trying to protect their mates and nesting areas. Additionally, geese may attack humans if they feel threatened or are protecting their young.

The Sacred Isles hosts seven species of wild geese that breed in far northern countries and arrive here in autumn to spend the winter in relative warmth. The climate is mild compared to the geese's northern breeding grounds, making it an attractive place to spend the winter. The seven species of geese that breed here are the Greylag, the Canada Goose, the Barnacle Goose, the Brent Goose, the White-fronted Goose, the Pink-footed Goose, and the Bean Goose. The Greylag Goose is the only native species to breed in the Sacred Isles. They are the ancestors of many domesticated breeds of geese.



## Meet Goose

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a pond, and you see a goose floating on the water. You sense that the goose is waiting for you.

Approach the pond and extend your hand, offering a small gift of food to the goose. As you do this, imagine yourself becoming more and more connected to the energy of the goose.

Suddenly, you feel yourself shrinking and transforming into the goose. You are now one with the goose, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the goose? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you fly over the forest, the goose shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

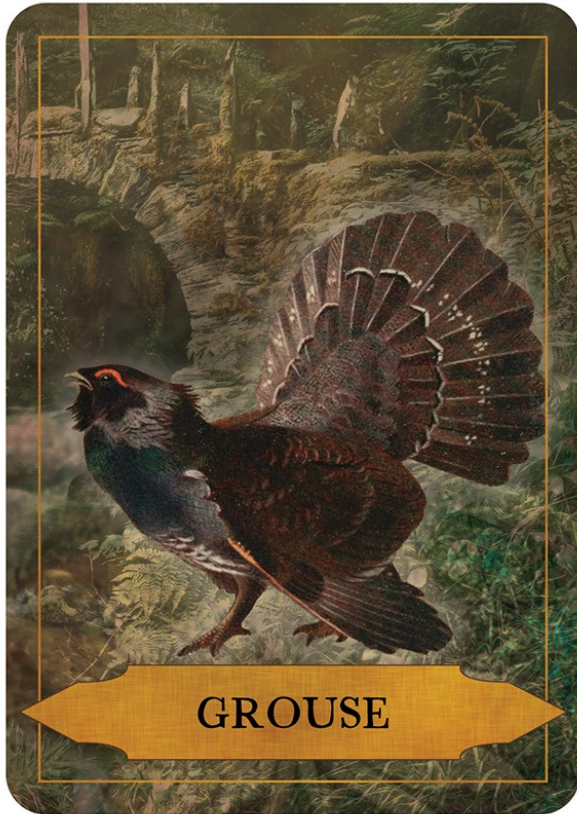
Give thanks to the goose for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# GROUSE

## Sacrifice



Western capercaillie  
*Tetrao urogallus*  
Scottish bridge, Scotland

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Red

**Worldwide Conservation Status:**  
Least concern

To protect their young from predators, grouse will often **sacrifice** themselves. These birds will use their own bodies to shield their chicks from danger and will even decoy predators away from their nests. This selfless behaviour ensures that their offspring have a better chance of survival.

There are four types of grouse in the Sacred Isles. Red grouse feed on the shoots, buds, and seeds of small shrubs and herbs. They are especially associated with heather and can only be found on the Sacred Isles. Black grouse prefer to feed on a mixture of heather, rushy areas, rough grass, and woodland edges. Capercaillies survive best in areas where pine woodland intermingles with boggy heath and there are plentiful supplies of bilberry, cranberry, and crowberry. However, they are now found only in a handful of Scottish woodlands. The rare ptarmigan is found in the mountains of the Scottish Highlands.

## Meet Grouse

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a grouse perched on a tree branch. You sense that the grouse is waiting for you.

Approach the grouse and extend your hand, offering a small gift of food to it. As you do this, imagine yourself becoming more and more connected to the energy of the grouse.

Suddenly, you feel yourself shrinking and transforming into the grouse. You are now one with the grouse, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the grouse? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the grouse shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the grouse for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# GULL



## Thievery



European herring gull  
*Larus argentatus*

Jurassic coast, Dorset, England

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Green. Herring gull: Red

**Worldwide Conservation Status:**  
Least concern

Gulls are small to medium sized seabirds, often called seagulls, that have long wings and webbed feet. They are typically white or grey in colour and some gulls having black markings on their wings. Usually found near bodies of water, although also found inland particularly around rubbish tips, and known for their **thieving** habits, gulls will often steal food from other animals, birds and humans. It's common to see gulls taking part in feeding frenzies to exploit a feeding opportunity, diving down to grab food and attempting to steal it from one another. Urban gulls become habituated to humans and often take the opportunity of grabbing food from them, leading to complaints about gulls stealing chips and ice cream.

In the Sacred Isles, there are six species of commonly occurring breeding gulls – the Herring Gull, the Lesser Black-backed Gull, the Great Black-backed Gull, the Black-headed Gull, the Common Gull and the Kittiwake.



## Meet Gull

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself on the coast, surrounded by the sounds of the sea and the cries of seagulls. The sun is shining down on you, warming your skin, and the ocean breeze is blowing.

As you walk along the shore, you come across a seagull perched on a rock. You sense that the seagull is waiting for you.

Approach the seagull and extend your hand, offering a small gift of food. As you do this, imagine yourself becoming more and more connected to the energy of the seagull.

Suddenly, you feel yourself shrinking and transforming into the seagull. You are now one with the seagull, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the seagull? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you fly over the sea, the seagull shows you its wisdom. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

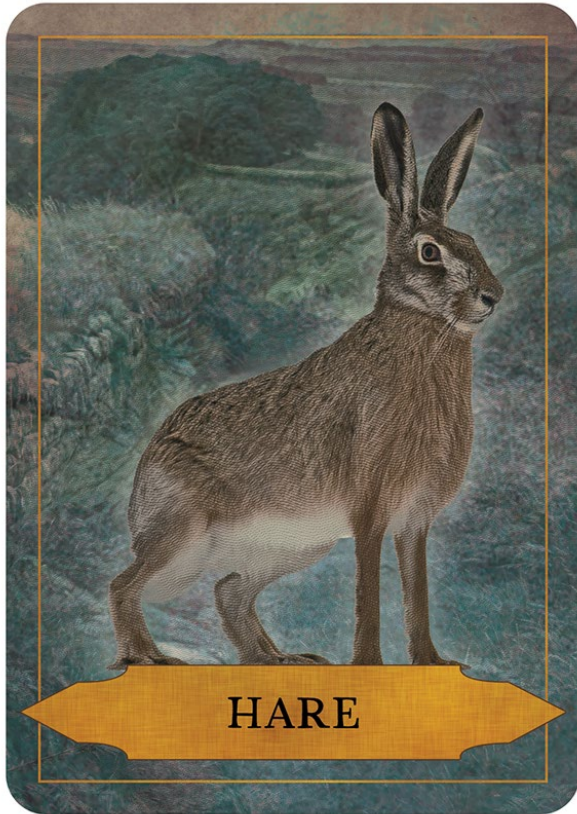
Give thanks to the seagull for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# HARE

## Fertility



European hare  
*Lepus europaeus*  
Poulnabrone, Ireland

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Mountain hare is near threatened

**Worldwide Conservation Status:**  
Least concern

Known for their prolific breeding and their high fertility rates, many cultures associate hares with **fertility**. A female hare can produce up to six litters of three offspring in a single year. If you spot hares boxing in the fields, what you're most likely seeing is a female warding off the advances of an amorous male. If a fight happens, the two hares will stand on their hind legs and attack each other with their front paws, pulling out fur.

There are three types of hares found in the Sacred Isles: brown (European) hare, mountain hare, and Irish hare. Today, the hare is under serious threat. Numbers are thought to have declined by 80% since the late 19th century and it has become a mammal now seldom seen in many parts of the Sacred Isles.

## Meet Hare

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a burrow, a hare's den, in the ground. You sense that a hare is inside, waiting for you.

Kneel down beside the den and extend your hand, offering a small gift of food to the hare. As you do this, imagine yourself becoming more and more connected to the energy of the hare.

Suddenly, you feel yourself shrinking and transforming into the hare. You are now one with the hare, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the hare? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the hare shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the hare for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# HAWK

## Clarity



Eurasian sparrowhawk  
*Accipiter nisus*  
Snowdonia, Wales

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Goshawk: Green. Sparrowhawk: Amber

**Worldwide Conservation Status:**  
Least concern

Hawks are birds of prey with very large powerful hooked beaks for tearing flesh from their prey, strong legs and powerful talons. They have very keen eyesight, which allows them to hunt small birds, rodents, and reptiles with great precision. This **clarity** of vision also allows them to spot potential prey from far away.

In the Sacred Isles, the sparrowhawk and the goshawk are resident true hawks. The sparrowhawk, a small bird about the size of a pigeon, specialises in catching woodland birds but it can be found in any habitat and often hunts garden birds in towns and cities. The goshawk, similar to the sparrowhawk but much larger, was persecuted to extinction in the UK in the late 19th century but escaped and deliberately released birds launched a population recovery in the late 1960s. Their powerful predatory skills make goshawks a popular choice for falconry. In the Middle Ages, only nobles were allowed to use them for this purpose. This is reflected in their Latin name which means noble hawk.



## Meet Hawk

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a hawk perched high in a tree. You sense that the hawk is waiting for you.

Approach the hawk and extend your hand, offering a small gift of food to the hawk. As you do this, imagine yourself becoming more and more connected to the energy of the hawk.

Suddenly, you feel yourself shrinking and transforming into the hawk. You are now one with the hawk, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the hawk? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the hawk shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the hawk for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# HEDGEHOG



## Defence



European hedgehog  
*Erinaceus europaeus*  
Back garden, England

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Vulnerable

**Worldwide Conservation Status:**  
Least concern

Hedgehogs are small mammals that are active mainly at night. They eat mostly insects, earthworms, slugs, and snails. And sometimes they eat the eggs and young of small birds that nest on the ground. Hedgehogs have long made homes in urban areas and are quite adept at thriving in these environments. They often use cemeteries, railway land, and wasteland as their habitat, as well as both public and private gardens.

Hedgehogs are recognized for their prickly spines. These special spines are actually modified hairs that are located on the hedgehog's back, sides, and head. The spines protect the hedgehog from predators and provide **defence** against would-be attackers (mainly foxes, weasels and badgers). Although their backs are covered in spines, their faces, chest, belly, throat, and legs are covered in coarse, grey-brown fur. On average, adult hedgehogs have approximately 5,000 to 7,000 spines.

## Meet Hedgehog

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a hedgehog's burrow in the ground. You sense that a hedgehog is inside, waiting for you.

Kneel down beside the burrow and extend your hand, offering a small gift of food to the hedgehog. As you do this, imagine yourself becoming more and more connected to the energy of the hedgehog.

Suddenly, you feel yourself shrinking and transforming into the hedgehog. You are now one with the hedgehog, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the hedgehog? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the hedgehog shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the hedgehog for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

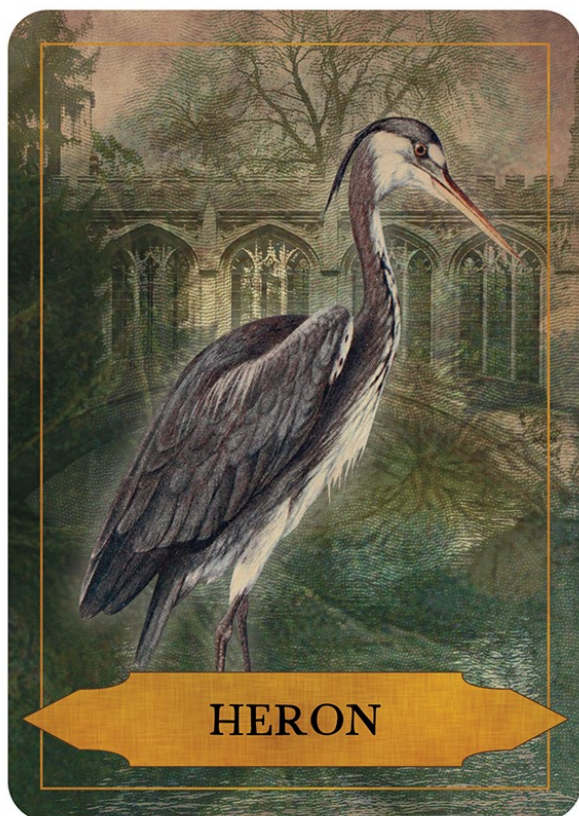
Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# HERON



## Tranquillity



Grey heron  
*Ardea cinerea*  
Cambridge, England

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Green

**Worldwide Conservation Status:**  
Least concern

Hérons are characterized by their long legs, necks, and bills. These traits enable them to wade through water in search of food. Herons are birds of quiet, watchful stillness. When they wade into water in search of fish, they do so with a deliberate, unhurried grace. Even when they take flight, herons move with a **tranquillity**, their long legs and necks extended, their wings beating slowly and majestically.

Hérons are more often spotted in still-water habitats, such as floodplains, ponds, and lakes, where it is easier for them to spot prey. As stealthy ambush hunters, a prey animal in their sight rarely escapes. To hunt, they pace slowly in the shallows, pausing to observe and often standing as still as a statue. When ready to strike, their neck and long sharp bill can be extended in the blink of an eye. With a wingspan of 6ft, the grey heron has few predators in the Sacred Isles. Although during the Middle Ages, herons were considered a delicacy and were roasted at banquets. They were also kept as quarry for training hawks.



## Meet Heron

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a tall and proud heron, standing at the edge of a pond. You sense that the heron is waiting for you.

Approach the heron and extend your hand, offering a small gesture of respect. As you do this, imagine yourself becoming more and more connected to the energy of the heron.

Suddenly, you feel yourself growing and transforming into the heron. You are now one with the heron, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the heron? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the pond, the heron shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the heron for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# HORSE



## Partnership



Old English black horse  
*Equus ferus caballus*  
Stonehenge, England

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Not at risk

**Worldwide Conservation Status:**  
Least concern

The horse is a one-toed, hooved domesticated mammal. There are over 300 species of horse, which are generally divided into three categories: hot bloods, cold bloods and warm bloods. Hot bloods have been bred for speed and endurance whilst cold bloods have been developed for slow, heavy work. Warm bloods are usually riding horses. Horses are social animals that form **partnerships** with humans.

The Sacred Isles has a long association with horses. The earliest horse remains have been dated to 700,000 BCE.

Domestication of horses to use for travel, pull vehicles and use in battle began around 6,000 years ago and by the time the Romans invaded, British tribes could assemble armies which included thousands of chariots. The iconic statue of Boudicca in London shows the warrioress in her chariot. In late Victorian Britain, it was estimated that there were over 3-million working horses. Now horses are mainly bred for recreation.

## Meet Horse

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a meadow, surrounded by tall grass and blooming flowers. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the meadow, you come across a majestic horse grazing on the grass. You sense that the horse is waiting for you.

Approach the horse and extend your hand, offering a small gift of food. As you do this, imagine yourself becoming more and more connected to the energy of the horse.

Suddenly, you feel yourself shrinking and transforming into the horse. You are now one with the horse, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the horse? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the meadow, the horse shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the horse for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# JACKDAW

## Connection



Western jackdaw  
*Coloeus monedula*  
Dartmoor, England

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Green

**Worldwide Conservation Status:**  
Least concern

A member of the crow family, this black bird has a distinctive silvery sheen to the back of its head and noticeable pale eyes. The jackdaw call is a familiar hard 'tchack' from which it gets its name (however, Jack can mean rogue which is fitting for this bird). It will commonly nest in chimneys (it was known as the chimneysweep's bird), buildings, rock crevices and tree holes. Jackdaws mate for life, pairing-up during their first year, but not mating until the year after. Jackdaws are known for their intelligence and their ability to solve complex problems. The jackdaw is also known for its playful nature and its ability to bond and form **connections** with other animals and humans. Jackdaws will take wool from sheep and goats to line their nests. Curious birds, they have been known to enter houses in search of food. They will take food from gardens, bird tables and steal other birds' eggs.

Jackdaws are widespread in the Sacred Isles, with the notable exception of the far north-west of Scotland.



## Meet Jackdaw

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a perch, a jackdaw's nest, in the tree. You sense that a jackdaw is nearby, waiting for you.

Approach the perch and extend your hand, offering a small gift of food to the jackdaw. As you do this, imagine yourself becoming more and more connected to the energy of the jackdaw.

Suddenly, you feel yourself shrinking and transforming into the jackdaw. You are now one with the jackdaw, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the jackdaw? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the jackdaw shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the jackdaw for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

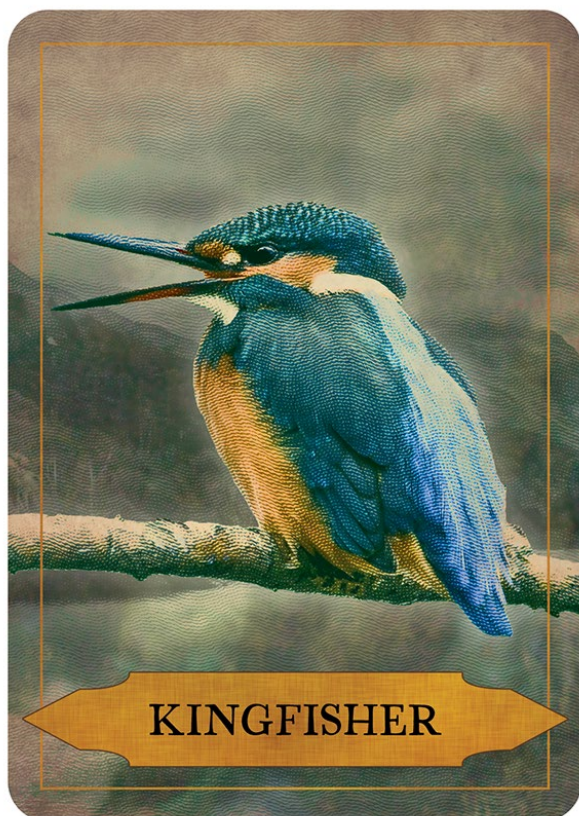
Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# KINGFISHER



## Nostalgia



Common kingfisher  
*Alcedo atthis*  
Bala Lake, Wales

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Green

**Worldwide Conservation Status:**  
Least concern

The common kingfisher is a small, brightly coloured bird that can be found near waterways in the Sacred Isles. These birds are excellent swimmers and can often be seen diving into the water to catch small fish. The average kingfisher has a wingspan of 25 cm and a body length of 16 cm. Although they are only slightly larger than a robin, they can weigh almost twice as much.

The common kingfisher's scientific name comes from the Greek goddess Alcyone and it's linked to the halcyon days. Originally these days referred to a short period of calm weather just before the winter solstice. Over time, the halcyon days became associated with the **nostalgia** of seemingly never-ending summers of our youth.

## Meet Kingfisher

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a river. There's a tree near the river with a kingfisher perched on a branch. You sense that the kingfisher is waiting for you.

Approach the tree and extend your hand, offering a small gift of food to the kingfisher. As you do this, imagine yourself becoming more and more connected to the energy of the kingfisher.

Suddenly, you feel yourself shrinking and transforming into the kingfisher. You are now one with the kingfisher, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the kingfisher? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you fly over the river, the kingfisher shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the kingfisher for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

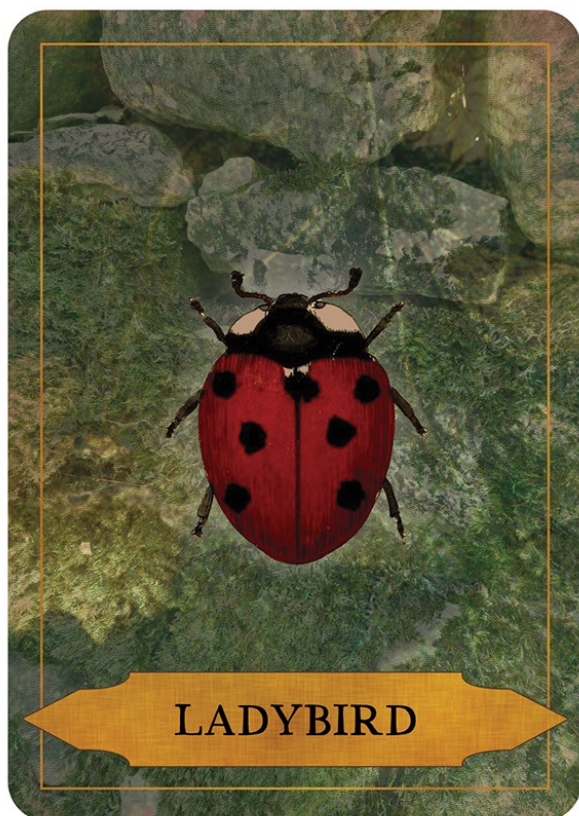
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# LADYBIRD



## Luck



Seven-spot ladybird  
*Coccinella septempunctata*  
Loggerhead, Wales

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
More than a fifth of the native ladybird species are on a decline

**Worldwide Conservation Status:**  
Least concern

There are 26 types of ladybird in the Sacred Isles, many of which can be seen in gardens and woodland. Ladybirds are small, round beetles that are often brightly coloured with spots. Many species are named after a number of spots but not all ladybirds even have spots; some have stripes, patches or streaks. According to an old wives' tale, finding one is **lucky**. The number of spots on its back is said to be an indication of how many happy months lie ahead for you.

One story on how ladybirds got their name comes from the Middle Ages. Swarms of insects devastated crops in Europe. After farmers prayed to the Virgin Mary for help, hordes of ladybirds turned up and demolished the insect invaders, thus saving the harvest. The farmers renamed the newcomers "The Beetles of Our Lady", which eventually became 'Lady Beetles', and then 'Ladybirds'.



## Meet Ladybird

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a ladybird, resting on a leaf. You sense that the ladybird is waiting for you.

Kneel down beside the ladybird and extend your hand, offering a small gift of food to it. As you do this, imagine yourself becoming more and more connected to the energy of the ladybird.

Suddenly, you feel yourself shrinking and transforming into the ladybird. You are now one with the ladybird, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the ladybird? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the ladybird shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the ladybird for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

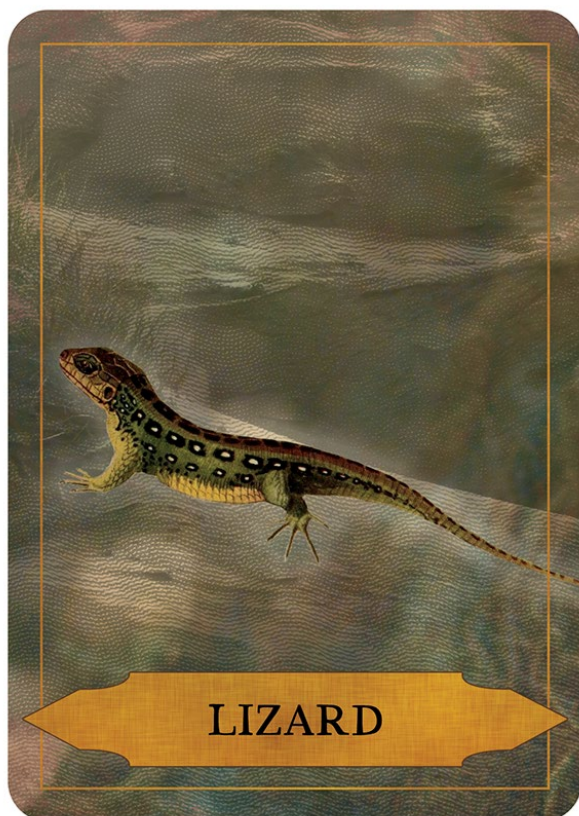
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# LIZARD



## Distraction



Sand lizard  
*Lacerta agilis*  
Barmouth, Wales

Lizards are reptiles that typically have four legs, external ear openings, and movable eyelids. Some lizards can detach their tails when attacked by predators. This **distraction** technique gives the lizard time to escape while the predator is distracted by the wriggling tail. However, this leaves a scar behind, but it can regrow its tail, although it is usually shorter than the original.

The common lizard is the most widespread reptile in the Sacred Isles. It can be found across many habitats, including heathland, moorland, woodland, and grassland. It is also the only reptile native to Ireland.

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Sand Lizard and viviparous lizard are vulnerable

**Worldwide Conservation Status:**  
Least concern

## Meet Lizard

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself on a sand dune, surrounded by tall grasses and the sea in the distance. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the sand dunes, you come across a rock, a lizard's perch, in the ground. You sense that a lizard is waiting for you.

Kneel down beside the rock and extend your hand, offering a small gift of food to the lizard. As you do this, imagine yourself becoming more and more connected to the energy of the lizard.

Suddenly, you feel yourself shrinking and transforming into the lizard. You are now one with the lizard, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the lizard? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the sand dune, the lizard shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the lizard for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

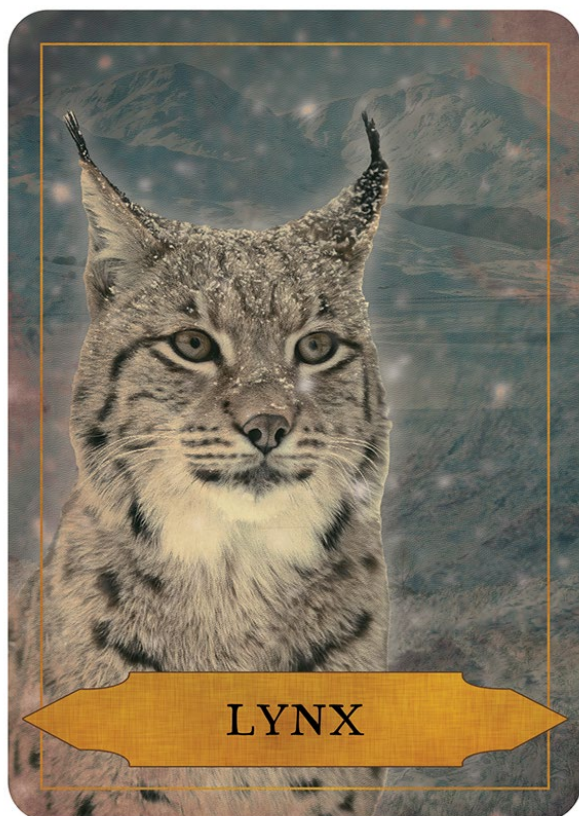
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# LYNX



## Agility



Eurasian lynx  
*Lynx lynx*  
Highlands, Scotland

**Status:** Native

**Could be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Extinct

**Worldwide Conservation Status:**  
Least concern

The lynx, a large wildcat, is mainly active at dawn and dusk and will sleep during the day in thickets and other places that are safe for hiding. Lynx are known for their **agility** - they are good climbers and sometimes lie in trees and high rocks, watching for prey and ambushing them. They hunt by quietly stalking and pouncing on their prey and have been known to bring down prey four times their size.

The Eurasian lynx was once prevalent in Britain but has been extinct since the 6th century AD. Their bones have been found in caves all over the country, including in the Shropshire village of Lostford, which gets its name from the Old English word for lynx. It is uncertain when the lynx became extinct in Ireland as it wasn't until the 1930s that archaeologists found proof of its existence.



## Meet Lynx

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a den, a lynx's lair, in the trees. You sense that a lynx is inside, waiting for you.

Kneel down beside the den and extend your hand, offering a small gift of food to the lynx. As you do this, imagine yourself becoming more and more connected to the energy of the lynx.

Suddenly, you feel yourself shrinking and transforming into the lynx. You are now one with the lynx, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the lynx? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the lynx shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the lynx for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

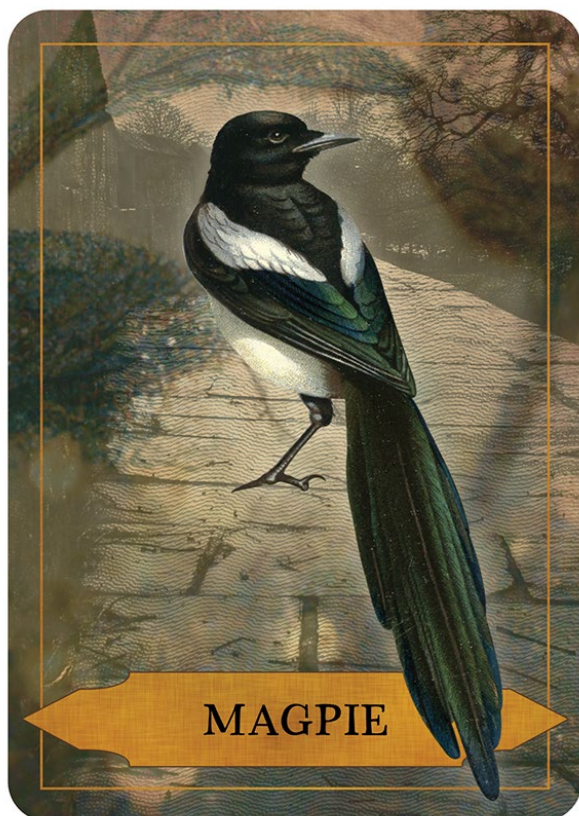
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# MAGPIE



## Misfortune



Eurasian magpie  
*Pica pica*

York city walls, England

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Green

**Worldwide Conservation Status:**  
Least concern

Magpies are intelligent birds that are members of the corvid family. They are relatively large birds, with long tails, and black and white plumage. During spring, the male magpies help the females to build nests by bringing her materials to construct it. They are particularly famous for collecting shiny objects to decorate the nest.

They were once considered to be very unlucky birds on the Sacred Isles and were often associated with **misfortune** and death. The magpie is the subject for a popular children's rhyme that counts magpies to determine good luck or bad luck. This version is from Lancashire, England:

"One for sorrow, two for joy, three for a girl, four for a boy, five for silver, six for gold, seven for a secret never to be told, eight for a wish, nine for a kiss, ten for a surprise you'll be careful not to miss, eleven for health, twelve for wealth, and thirteen beware it's the devil himself."

## Meet Magpie

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a tree with a magpie perched on a branch. You sense that the magpie is waiting for you.

Approach the magpie and extend your hand, offering a small gift of food to the magpie. As you do this, imagine yourself becoming more and more connected to the energy of the magpie.

Suddenly, you feel yourself shrinking and transforming into the magpie. You are now one with the magpie, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the magpie? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the magpie shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the magpie for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

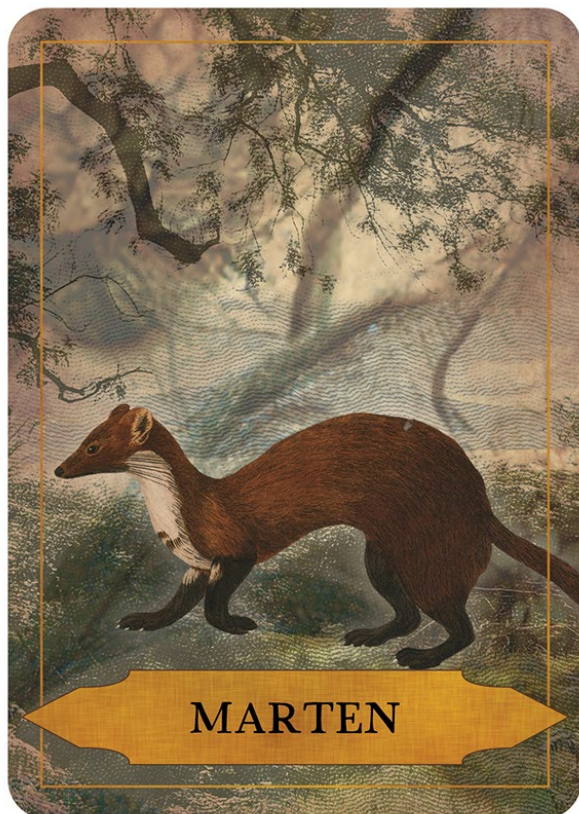
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# MARTEN



## Isolation



European pine marten  
*Martes martes*  
Anglesey, Wales

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Critical

**Worldwide Conservation Status:**  
Least concern

The marten is a medium-sized member of the weasel family, with a long, slender body. Its coat is yellowish-brown to reddish-brown, with a paler belly and chest. Martens are generally creatures that prefer **isolation**, only coming together during the breeding season. After mating, the female will build a nest in which to raise her young. Once the young are old enough to fend for themselves, the family will go their separate ways.

Native to the Sacred Isles, the marten (or pine marten as it's often called) was once a common creature but through clearance of woodland by humans, persecution by gamekeepers, and the hunting for its pelt, it is now one of the rarest animals. They are a protected species in both the UK and Ireland.



## Meet Marten

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a tree with a hollow, a pine marten's den, in the trunk. You sense that a pine marten is inside, waiting for you.

Approach the hollow and extend your hand, offering a small gift of food to the pine marten. As you do this, imagine yourself becoming more and more connected to the energy of the pine marten.

Suddenly, you feel yourself shrinking and transforming into the pine marten. You are now one with the pine marten, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the pine marten? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the pine marten shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the pine marten for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

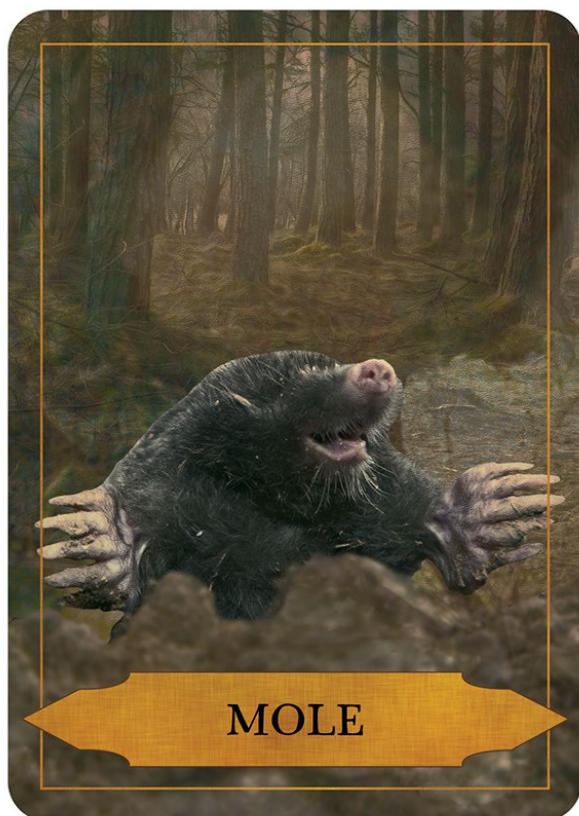
Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# MOLE



## Obscurity



European mole  
*Talpa europaea*  
Kinnoull, Scotland

**Status:** Native

**Can be found:** Absent from Ireland and Scottish islands

**Sacred Isles Conservation Status:**  
Least concern

**Worldwide Conservation Status:**  
Least concern

Moles are **obscure**, nocturnal creatures rarely seen by humans. Proficient diggers, these small furry animals with sharp claws and teeth spend most of their time underground searching for food, which consists mainly of earthworms and other small invertebrates. Their digging abilities are exceptional; moles can tunnel through 300 ft of soil in a single night. The tell-tale signs of moles in the vicinity are the molehills that their tunnelling leaves behind.

Moles are often considered a nuisance, but they actually play an important role in keeping the ecosystem healthy. By tunneling through the earth, moles aerate the soil, which allows more plant life to grow. These plants, in turn, provide food for more insects. Not only does this help to improve soil drainage and prevent flooding, but it also provides a food source for many animals.

## Meet Mole

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a burrow, a mole's den, in the ground. You sense that a mole is inside, waiting for you.

Kneel down beside the burrow and extend your hand, offering a small gift of food to the mole. As you do this, imagine yourself becoming more and more connected to the energy of the mole.

Suddenly, you feel yourself shrinking and transforming into the mole. You are now one with the mole, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the mole? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest and mole's tunnels underground, the mole shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the mole for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# MOTH



## Upcoming



Death head moth  
*Acherontia atropos*  
Westminster, London, England

**Status:** Native

**Can be found:** Absent from Ireland and Scottish islands

**Sacred Isles Conservation Status:**  
Variable status. All told, 61 species of larger moths have declined by 75 percent or more since 1968.

**Worldwide Conservation Status:**  
Least concern

Many moths are nocturnal and at night they are attracted to light – the **upcoming**. However, there are some day-flying species. Most moths are attracted to flowers where they feed on nectar using their long tongues, but some, such as the elephant hawk-moth, suck up nectar using a long proboscis. Moths play a critical role as pollinators for many flowering plants, including species that bees do not visit. Nocturnal moths fly from flower to flower to feed on nectar during the night, much as their diurnal relatives do during the day.

There are over 2,500 species of moth in the UK, from the tiny Pygmy sorrel moth which has a wingspan of just 3mm, to the visiting Death's head hawk moth, which has a wingspan of up to 120mm. This large moth has the unusual habit of entering beehives in search of honey, and if handled, emits a loud squeak.



## Meet Moth

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a twilight forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a beautiful moth, fluttering gracefully in the air. You sense that the moth has a message for you.

Kneel down and observe the moth, as it flies effortlessly around you. Extend your hand, offering a small gesture of love and respect to the moth. As you do this, imagine yourself becoming more and more connected to the energy of the moth.

Suddenly, you feel yourself shrinking and transforming into the moth. You are now one with the moth, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the moth? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the moth shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the moth for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# MOUSE



## Contamination



Wood mouse  
*Apodemus sylvaticus*  
Hay field, England

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**

St. Kilda house mouse is extinct. Harvest mouse is vulnerable.

**Worldwide Conservation Status:**

Least concern

Mice live in a wide variety of habitats, including fields, forests, and houses. The best-known type of mouse is the common house mouse. House mice often **contaminate** food and surfaces with their saliva, faeces, and urine. They are able to live so close to humans by being what is known as commensal rodents, which means that they share the same habitat and resources. Field mice are much more suited to nesting outdoors but will possibly move indoors once the weather gets colder.

There are five mice species in Britain and two in Ireland. Most mice species have a very short life expectancy in the wild – up to a year – but house mice may live up to two years.



## Meet Mouse

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a mouse hole in the ground. You sense that a mouse is inside, waiting for you.

Kneel down beside the hole and extend your hand, offering a small gift of food to the mouse. As you do this, imagine yourself becoming more and more connected to the energy of the mouse.

Suddenly, you feel yourself shrinking and transforming into the mouse. You are now one with the mouse, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the mouse? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the mouse shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the mouse for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# NEWT



## Limitation



Great crested newt  
*Triturus cristatus*

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Great Crested Newt is vulnerable.

**Worldwide Conservation Status:**  
Least concern

Newts are small, aquatic creatures with long, slender bodies and short limbs. They have long, tapering tails and are found in ponds and streams, where they normally feed on small insects and crustaceans. Due to their **limited** ability to see, they rely heavily on their sense of smell to find food and avoid predators.

Britain has three native newts and Ireland only one, which is one of only three amphibians found there. The smooth newt is common to both locations. In the autumn, most newts leave the water to spend the winter on dry ground. Great crested newts are the exception to this. At this time of year, you can find small newts hiding under logs and stones.





## Meet Newt

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a newt hiding in the grass. You sense that the newt is waiting for you.

Kneel down beside the newt and extend your hand, offering a small gift of food to it. As you do this, imagine yourself becoming more and more connected to the energy of the newt.

Suddenly, you feel yourself shrinking and transforming into the newt. You are now one with the newt, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the newt? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the newt shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the newt for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# OTTER



## Playfulness



Eurasian otter  
*Lutra lutra*  
Scotland

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Vulnerable

**Worldwide Conservation Status:**  
Near threatened

Otters are mischievous creatures that are known for their antics in the water. They often congregate in large groups and can often be seen tumbling and playing around. They are very curious creatures by nature, and their **playfulness** often gets them into trouble.

A member of the Mustelid family, the Eurasian otter can be found in many types of watery habitats such as lakes, rivers, streams, estuaries, marshland, canals, and coastal areas. Otters that live near the coast need to be able to get to fresh water so they can clean their fur regularly. If they don't, the salt in seawater can damage the fur's ability to keep them warm. The otter was pushed to the brink of extinction by hunting, habitat destruction, and pesticides. They survived in small numbers in Wales, Scotland, and Ireland but are now slowly returning to wider areas in the Sacred Isles.



## Meet Otter

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a rocky riverbank. You sense that an otter is nearby, playing in the water.

Kneel down beside the river and extend your hand, offering a small gift of fish to the otter. As you do this, imagine yourself becoming more and more connected to the energy of the otter.

Suddenly, you feel yourself shrinking and transforming into the otter. You are now one with the otter, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the otter? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you swim and play in the river, the otter shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the otter for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# OWL



## Wisdom



Barn Owl  
*Tyto alba*  
Dunwich, Suffolk

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Green. Short eared owl & tawny owl:  
Amber

**Worldwide Conservation Status:**  
Least concern

Owls are nocturnal, solitary hunting birds with keen vision and acute hearing. Owls are not only incredibly proficient hunters, but they also have a unique **wisdom** that can only come from living a life in the shadows. Their large, forward-facing eyes and ears give them an advantage when it comes to spotting prey, and their hooked beaks make it easy for them to take down larger prey. There are two families of owls that are commonly accepted: the true or typical owl family Strigidae and the Barn owl family Tytonidae. In total, there are 200 species of owls worldwide.

Six owl species make their home in the Sacred Isles: tawny owl, little owl, European eagle owl, long-eared owl, short eared owl, and the barn owl. All six can be found in Britain but only the latter three in Ireland. Owl populations are declining the Sacred Isles, a trend also mirrored across Europe.



## Meet Owl

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a twilight forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across an owl perched on a tree branch. You sense that the owl is waiting for you.

Approach the owl and extend your hand, offering a small gift of food to it. As you do this, imagine yourself becoming more and more connected to the energy of the owl.

Suddenly, you feel yourself shrinking and transforming into the owl. You are now one with the owl, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the owl? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you fly through the forest, the owl shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the owl for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

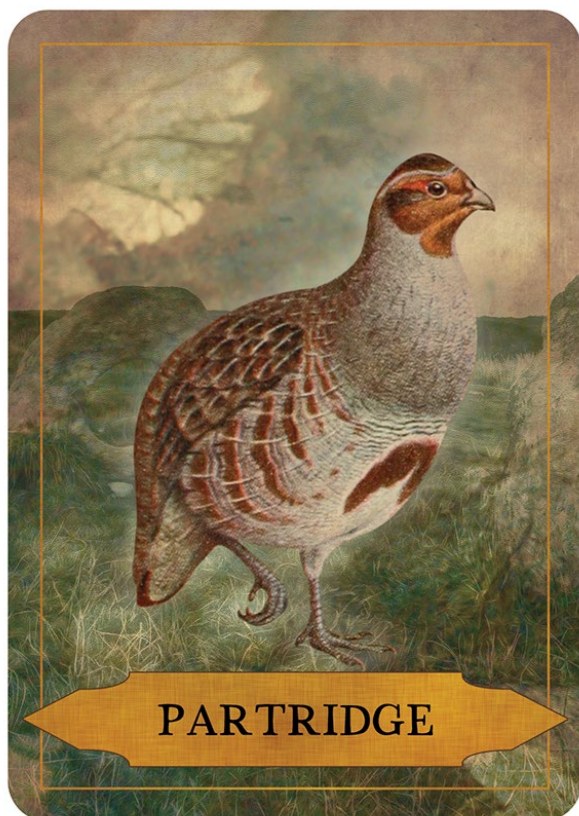
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# PARTRIDGE



## Gullibility



Grey partridge  
*Perdix perdix*  
Men an tol

Partridges are small, plump birds that are native to Europe and Asia. They are typically brown and have distinctive black and white patterns on their breasts. They are also **gullible** and will often fall for the tricks of hunters and other predators.

Loss of habitat and overhunting has led to serious declines in the native grey partridge populations throughout most of their range. While once very common and widespread in the Sacred Isles, the grey partridge has become increasingly rare and is now vulnerable. The red-legged partridge was introduced as a gamebird from western Europe during the 1700s.

**Status:** Native (grey partridge),  
Introduced (red-legged)

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Grey Partridge: Red

**Worldwide Conservation Status:**  
Least concern

## Meet Partridge

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a tree where a partridge is perched. You sense that the partridge is waiting for you.

Approach the partridge and extend your hand, offering a small gift of food to the partridge. As you do this, imagine yourself becoming more and more connected to the energy of the partridge.

Suddenly, you feel yourself shrinking and transforming into the partridge. You are now one with the partridge, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the partridge? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the partridge shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the partridge for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

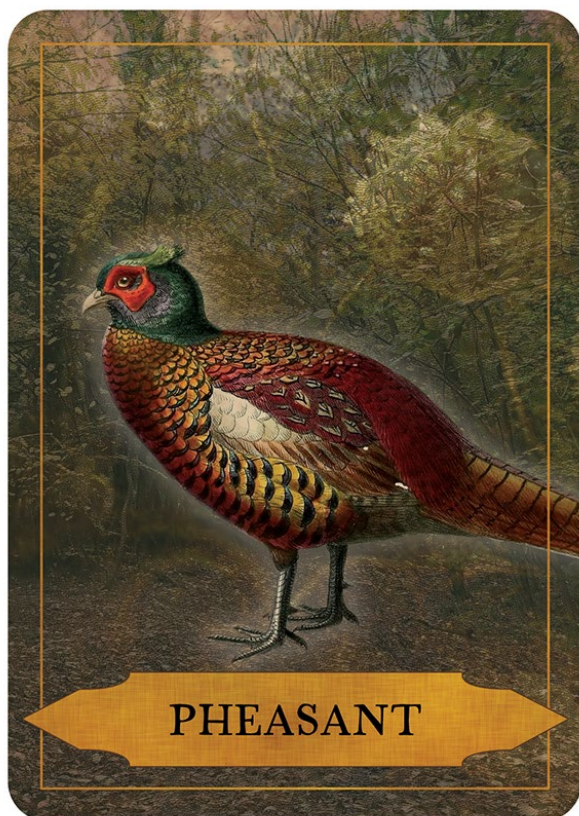
Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# PHEASANT



## Confinement



Grey partridge  
*Perdix perdix*  
Men an tol

**Status:** Introduced

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Green

**Worldwide Conservation Status:**  
Least concern

Pheasants are beautiful birds that typically live in forests and grasslands. Males have bright, bronze plumages and females are sandy brown, with an intricate pattern of black spots and bars. Pheasants are larger than partridges and have longer tails. They eat a diet of seeds, insects, and other small animals.

It's believed the Romans brought the pheasant to these lands but it wasn't until 1059 that the pheasant was mentioned in writing when King Harold offered the canons of Waltham Abbey a 'commons' pheasant. Because they are popular gamebirds in the Sacred Isles, thousands of pheasants are confined in small cages and reared to be targets for shooters. This **confinement** causes them stress, which often leads to feather-pecking and cannibalism. To prevent this, their captors cruelly put bits in their beaks. It is estimated that 47-million pheasants are released as gamebirds each year.



## Meet Pheasant

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a pheasant, its feathers glistening in the sunlight. You sense that the pheasant is waiting for you.

Kneel down beside the pheasant and extend your hand, offering a small gift of food to it. As you do this, imagine yourself becoming more and more connected to the energy of the pheasant.

Suddenly, you feel yourself shrinking and transforming into the pheasant. You are now one with the pheasant, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the pheasant? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the pheasant shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the pheasant for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

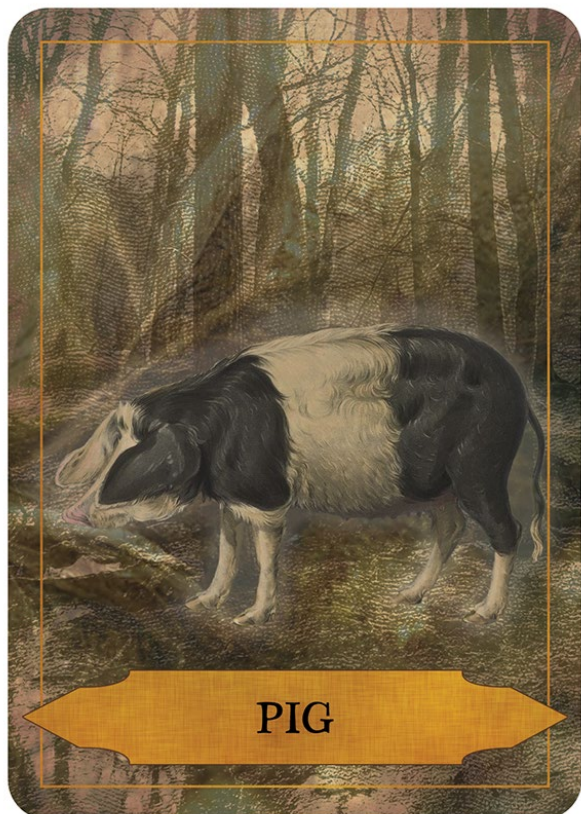
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# PIG



## Celebration



Old English pig  
*Sus domesticus*  
New Forest, England

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Not at risk

**Worldwide Conservation Status:**  
Least concern

Domestic pigs are intelligent and social animals that belong to the family Suidae. This family includes their ancestors, wild boars. They are domesticated omnivores raised for their meat. The UK has 11 native pig breeds, all of them considered rare and at risk of extinction. All native breeds in Ireland have died out.

During the Middle Ages, pigs were roasted on a spit over an open fire for **celebrations**. The tradition of roasting a pig stems from the Saxons who would roast a wild boar for the centrepiece of a meal at Yuletide. The head was often the greatest delicacy, as evidenced by the survival of the Boar's Head Carol. This carol, which dates back to the 15th century, celebrates the serving of a boar's head at a feast.

## Meet Pig

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a pigpen, a pig's dwelling, on the ground. You sense that a pig is inside, waiting for you.

Approach the pigpen and then extend your hand, offering a small gift of food to the pig. As you do this, imagine yourself becoming more and more connected to the energy of the pig.

Suddenly, you feel yourself shrinking and transforming into the pig. You are now one with the pig, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the pig? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the pig shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the pig for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# PIGEON



## Abundance



Domestic pigeon  
*Columba livia domestica*  
London embankment, England

**Status:** Native (rock dove)

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Not at risk

**Worldwide Conservation Status:**  
Least concern

Pigeons are one of the most **abundant** birds in the world. A 2006 estimate found that there were approximately 175 million pigeons globally, but as of today, there are over 400 million. They can be found in nearly every country and habitat, including urban areas, where they often cause nuisances by nesting in buildings, roosting in large flocks and defecating on pavements and cars.

There is no strict division between pigeons and doves, and there are five species of wild pigeon – collard dove, rock dove, stock dove, turtle dove and woodpigeon – in the Sacred Isles that can be found alongside the domestic pigeon, which is a descendant of the rock dove.



## Meet Pigeon

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a pigeon perched on a branch. You sense that the pigeon is waiting for you.

Stand below the branch and extend your hand, offering a small gift of food to the pigeon. As you do this, imagine yourself becoming more and more connected to the energy of the pigeon.

Suddenly, you feel yourself growing wings and transforming into the pigeon. You are now one with the pigeon, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the pigeon? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you fly through the forest, the pigeon shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the pigeon for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

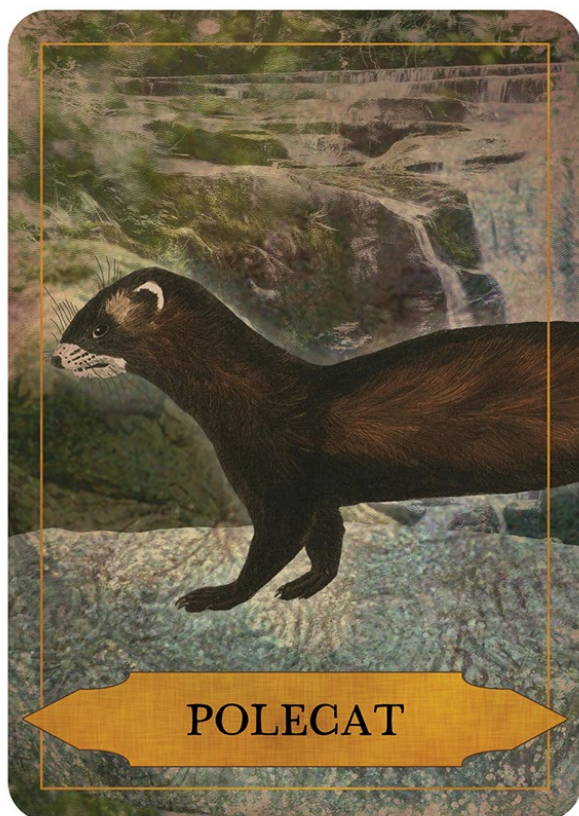
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# POLECAT



## Anti Social



European polecat  
*Mustela putorius*  
Gwynedd, Wales

The polecat has a two-tone coat: dark brown guard hairs cover a buff-coloured underfur. It has a distinct bandit-like appearance, with white stripes across its dark face. It has a short, dark tail and rounded ears. Although shy and **anti-social**, they can become aggressive if cornered. Hunting by night, their diet consists of small mammals, birds and reptiles.

Roughly the size of a ferret (their domesticated cousin), polecats were brought to the brink of extinction by 1915 through persecution. Once widespread in Great Britain, polecats have been undergoing a recovery recently and can be found in rural Wales, a few places in Scotland and parts of England. They are absent in Ireland.

**Status:** Native

**Can be found:** Great Britain

**Sacred Isles Conservation Status:**  
Least concern

**Worldwide Conservation Status:**  
Least concern

## Meet Polecat

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a den, a polecat's den, in the ground. You sense that a polecat is inside, waiting for you.

Kneel down beside the den and extend your hand, offering a small gift of food to the polecat. As you do this, imagine yourself becoming more and more connected to the energy of the polecat.

Suddenly, you feel yourself shrinking and transforming into the polecat. You are now one with the polecat, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the polecat? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the polecat shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the polecat for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

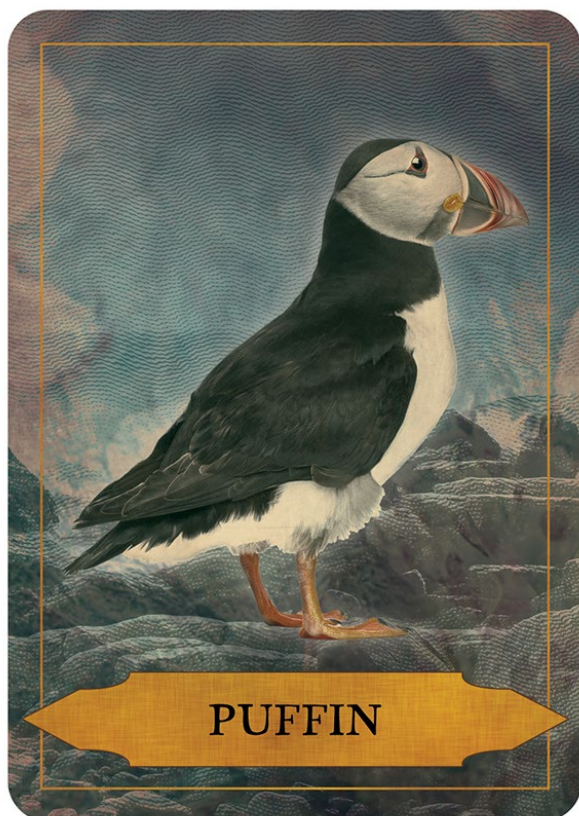
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# PUFFIN



## Anti Social



Atlantic puffin  
*Fratercula arctica*  
Isle of Skye, Scotland

Puffins, nicknamed sea parrots, are small, stocky birds with brightly coloured beaks and webbed feet that are only found in the northern hemisphere. Excellent swimmers, they spend most of their time in the water. Forming large colonies on rocky cliffs, these monogamous birds are deeply **committed** to their mates. Mating for life, pairs of puffins will have one chick – called a puffling – each year.

Puffin populations are in decline due to overfishing and pollution. Oil spills are especially problematic as they not only make the birds sick, but also destroy their waterproof feathers, which are essential for their survival.

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Red

**Worldwide Conservation Status:**  
Vulnerable



## Meet Puffin

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself on a cliff overlooking the ocean, surrounded by the sound of waves crashing against the rocks. The sun is shining down on you, warming your skin, and the sounds of seabirds are all around you.

As you look out to sea, you see a puffin's burrow in the rocks. You sense that a puffin is inside, waiting for you.

Approach the burrow and extend your hand, offering a small gift of fish to the puffin. As you do this, imagine yourself becoming more and more connected to the energy of the puffin.

Suddenly, you feel yourself shrinking and transforming into the puffin. You are now one with the puffin, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the puffin? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the ocean, the puffin shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the puffin for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

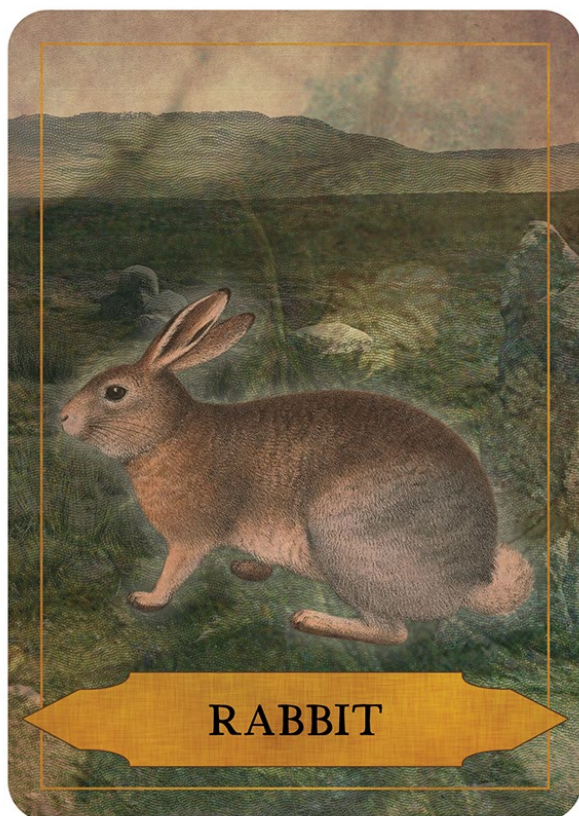
Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# RABBIT



## Attention



Wild rabbit  
*Oryctolagus cuniculus*  
Druid's Circle, Wales

**Status:** Introduced

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Not at risk

**Worldwide Conservation Status:**  
Varied. Globally-22 of 63 wild species of rabbit are considered near threatened to critically endangered.

Rabbits are social animals and live in large groups. Their underground homes are called warrens which are made up of many interconnected chambers that rabbits excavate in areas of soft dry soil. As prey animals, rabbits are alert and **attentive** but also easily startled. They have keen eyesight, a heightened sense of smell and very good hearing which alerts them to predators. They have running speeds of up to 30mph which helps them to avoid being caught.

Wild rabbits are found throughout the Sacred Isles with the first record of rabbits dating back to the 12th century, although it is believed that they were introduced by the Romans. Rabbits were traditionally hunted with dogs and nets, and their meat was a popular delicacy.

## Meet Rabbit

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a burrow, a rabbit's warren, in the ground. You sense that a rabbit is inside, waiting for you.

Kneel down beside the burrow and extend your hand, offering a small gift of food to the rabbit. As you do this, imagine yourself becoming more and more connected to the energy of the rabbit.

Suddenly, you feel yourself shrinking and transforming into the rabbit. You are now one with the rabbit, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the rabbit? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the rabbit shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the rabbit for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# RAT



## Death



Common rat  
*Rattus norvegicus*

Lancaster Castle, Lancashire, England

**Status:** Native (common/brown).  
Introduced (black)

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Not at risk

**Worldwide Conservation Status:**  
Least concern

Rats are one of the most widespread and common animals, appearing in both rural and urban areas. They are very social creatures and very adaptable, able to survive on a wide variety of food sources. There are two types of rats in the Sacred Isles – the brown rat and the black rat. The brown rat is the most common and prefers to burrow and live in the ground, and it is this rat found in sewers. Black rats are rarer, usually appearing around ports and harbours as stowaways from ships.

During the 1800s, men took up toshing in the London sewers. Tales arose that some men would meet the Rat Queen who would present herself as a beautiful woman with reflective eyes. If a man caught her fancy, she'd bite him on the neck to deter other rats from attacking him and bestow abilities for finding extra treasures in the sewers. However, if the man betrayed or disrespected her, she would cause his **death** by drowning or curse him.



## Meet Rat

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a rat's den, in the ground. You sense that a rat is inside, waiting for you.

Kneel down beside the den and extend your hand, offering a small gift of food to the rat. As you do this, imagine yourself becoming more and more connected to the energy of the rat.

Suddenly, you feel yourself shrinking and transforming into the rat. You are now one with the rat, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the rat? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the rat shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the rat for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# RAVEN



## Prophecy



Common raven  
*Corvus corax*

Avebury, Wiltshire, England

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Green

**Worldwide Conservation Status:**  
Least concern

The raven is one of the largest members of the crow family and one of the world's most intelligent birds. They are very adaptable and can live in a wide range of habitats including forests, mountains, grasslands, and even in cities. Ravens are also one of the few species that can solve complex problems and use tools.

The raven has long been considered a harbinger of death and doom. Their dark plumage and eerie call are often associated with dark omens and bad news. According to an old **prophecy**, the Tower of London is said to be protected by ravens. It is believed that as long as there are six ravens living within the Tower's walls, the Tower and the Kingdom will never fall.

## Meet Raven

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a raven perched on a branch. You sense that the raven is waiting for you.

Stand beneath the branch and extend your hand, offering a small gift to the raven. As you do this, imagine yourself becoming more and more connected to the energy of the raven.

Suddenly, you feel yourself transforming into the raven. You are now one with the raven, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the raven? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you soar through the sky, the raven shows you its wisdom. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the raven for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

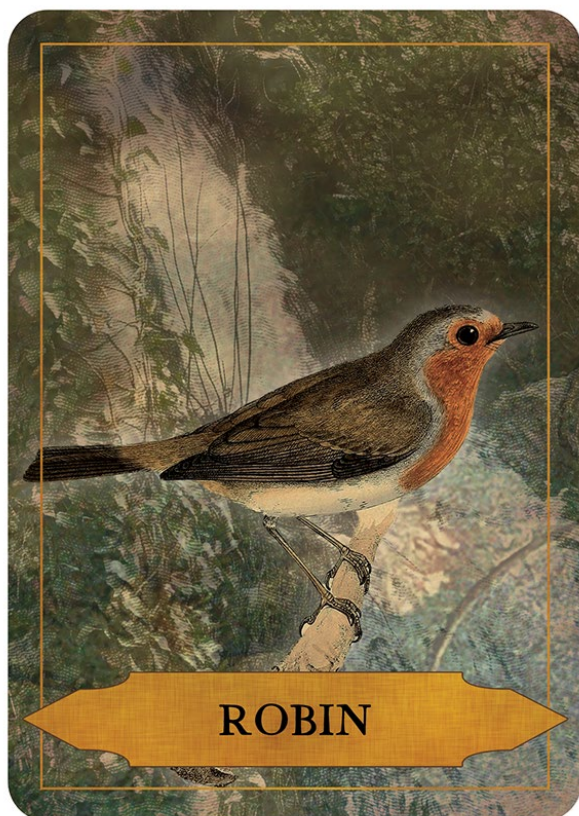
Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# ROBIN



## Protection



European robin  
*Erithacus rubecula*  
Dyserth, Wales

One of the most well-known and much-loved birds in the Sacred Isles is the robin. A small bird with a red breast, the robin is a common sight in gardens, hedgerows and parks.

Robins are fierce little fighters when it comes to **protecting** their own territories and will often chase away much larger birds. In summer, robins defend their territory as a mated pair but each bird holds an individual winter territory. The red breast of a robin is used solely for territory defence and is not involved in courtship. A robin will attack anything that has a red patch, including stuffed animals and tufts of red feathers.

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Green

**Worldwide Conservation Status:**  
Least concern





## Meet Robin

Find a peaceful place where you can sit calmly and uninterrupted. Close your eyes and inhale deeply through your nose, hold for a few moments, then exhale through your mouth. Repeat this breathing several times, feeling your body unwind with each exhale.

Visualize yourself in a forest, surrounded by towering trees and thriving vegetation. The sun is shining on you, warming your skin, and the sounds of nature are all around.

As you stroll deeper into the forest, you come across a nest, a robin's home, in the branches of a tree. You sense that a robin is inside, waiting for you.

Approach the nest and extend your hand, offering a small offering of seed to the robin. As you do this, imagine yourself becoming more and more connected to the energy of the robin.

Suddenly, you feel yourself shrinking and transforming into the robin. You are now one with the robin, experiencing the world from its point of view.

Take a look around and take in your surroundings. How do you feel as the robin? What do you sense? How does your body feel? Take a moment to completely immerse yourself in this experience.

As you explore the forest, the robin reveals the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Express gratitude to the robin for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

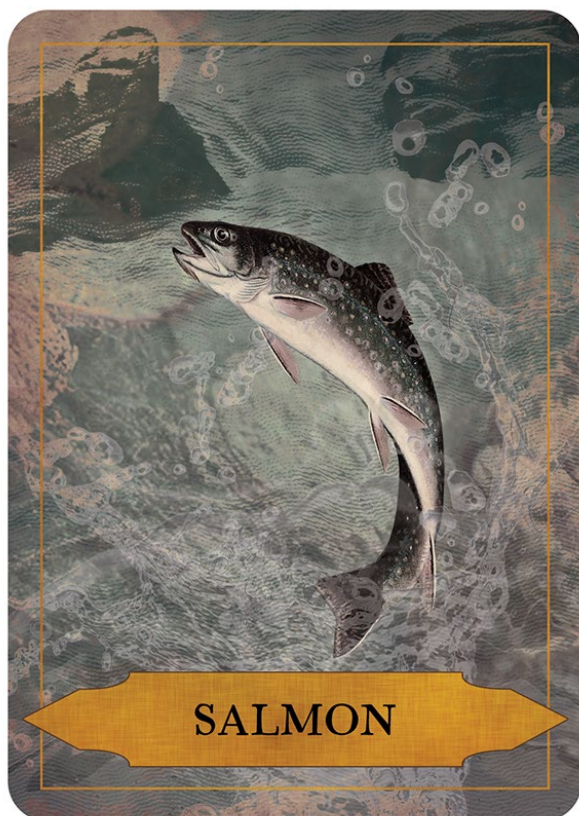
Take a moment to contemplate what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# SALMON



## Knowledge



Atlantic salmon  
*Salmo salar*  
Glencoe, Scotland

Salmon are an anadromous fish, spending their juvenile and adult lives in freshwater and saltwater habitats, respectively. Spawning takes place in freshwater rivers, and individuals return to these rivers to breed. Atlantic salmon are highly valued as a food source, but human activity has decreased their numbers to the point where they are now considered endangered in many areas.

The salmon is associated with **knowledge** from a medieval Irish tale - *The Boyhood Deeds of Fionn* - in which a salmon ate nine hazelnuts that fell from nine hazel trees into the Well of Wisdom. By eating the hazelnuts, salmon gained all the world's knowledge.

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Threatened

**Worldwide Conservation Status:**  
Least concern

## Meet Salmon

Find a peaceful and tranquil spot where you can sit comfortably without any disruptions. Slowly inhale through your nose, hold it for a moment, then exhale through your mouth. Repeat this deep breathing several times, feeling yourself become more relaxed with each exhale.

Picture yourself in a lush and dense forest, surrounded by towering trees and flourishing vegetation. The sun is shining bright and warming your skin, with the sounds of nature all around you.

As you wander further into the forest, you come across a peaceful stream and notice a school of salmon swimming upstream. You sense that one of the salmon is waiting for you.

Kneel down by the stream and extend your hand, offering a small treat to the salmon. As you do this, imagine yourself becoming more connected to the energy of the salmon.

Suddenly, you feel yourself transforming into the salmon. You are now one with the salmon, experiencing the world from its perspective.

Observe your surroundings, feel what it's like to be a salmon, sense the world around you, and notice how your body feels. Immerse yourself fully in this experience.

The salmon shares its wisdom and insight with you as you explore the stream. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the salmon for sharing its wisdom and for this unique experience. When you're ready, return to your human form.

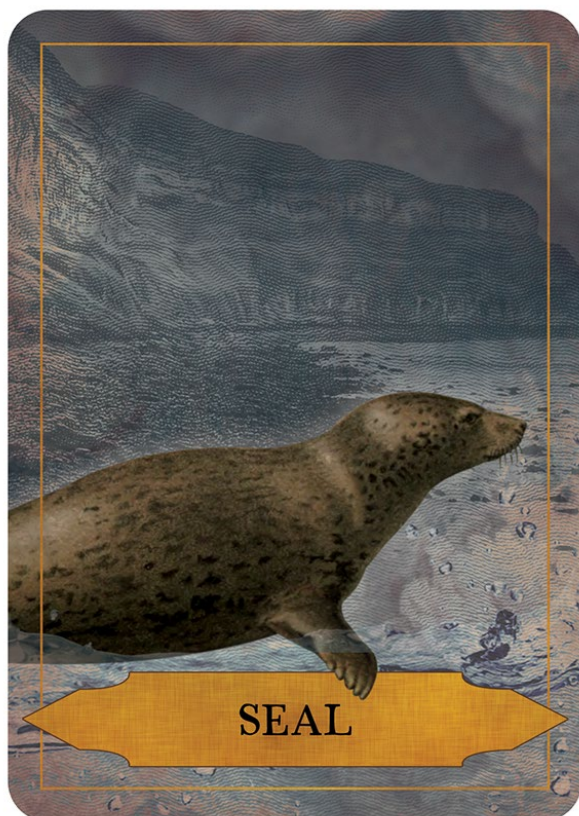
Open your eyes, stretch, and take a deep breath. Take a moment to reflect on what you learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# SEAL



## Shapeshift



Grey seal  
*Halichoerus grypus*  
Great Orme, Wales

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Least concern

**Worldwide Conservation Status:**  
Least concern

Although they may be seen basking on rocks or hauled out on beaches, seals are aquatic mammals that spend the majority of their time in the water, only coming ashore to mate, give birth, or rest. Seals are predators and their diet consists mostly of fish, but they are also known to eat squid, crustaceans, and shellfish.

In the Sacred Isles, there are two species of seal that can be found in coastal waters - the common seal and the grey seal. Although grey seal numbers fell to only 500 early in the 20th century, it's now estimated that there are more than 120,000 of them in the Sacred Isles. That figure represents 40% of the world's population and 95% of the European population of grey seals. In Scottish, Irish and Faroese folklore, seals are said to be able to **shapeshift** into human form by shedding their skin.



## Meet Seal

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a serene beach, surrounded by crystal-clear water and soft sand. The sun is shining down on you, warming your skin, and the sounds of waves are all around you.

As you walk deeper into the beach, you come across a group of seals basking in the sun. You sense that one of the seals is calling you.

Kneel down beside the group of seals and extend your hand, offering a small gift of fish to the seal. As you do this, imagine yourself becoming more and more connected to the energy of the seal.

Suddenly, you feel yourself shrinking and transforming into the seal. You are now one with the seal, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the seal? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the ocean, the seal shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

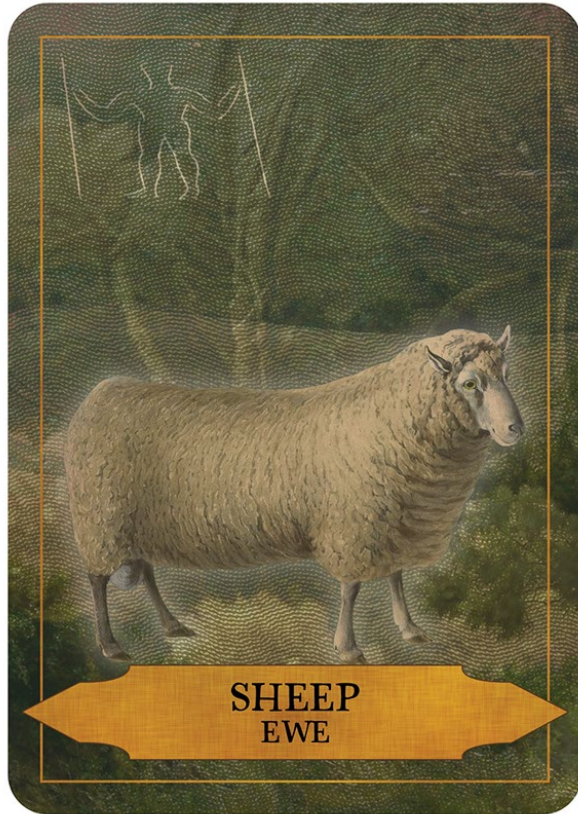
Give thanks to the seal for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# SHEEP - EWE

## Recognition



South Down sheep  
*Ovis aries*

Great Man of Wilmington, England

Ewes are used for breeding, dairy production and for wool. They remember the sound of their lamb's unique bleat and **recognise** it when they hear it again. This ability allows them to keep track of their lambs and make sure that they are safe and healthy.

The Sacred Isles has a rich history with sheep. Wool has been spun and utilized for clothing since the Bronze age and has been an export product for over one thousand years. Today, there are more than 60 different breeds of sheep in the Sacred Isles, more breeds than any other country. And, in 2021, there were over 23 million sheep in Great Britain alone.

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Not at risk

**Worldwide Conservation Status:**  
Least concern

## Meet Ewe

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a field, surrounded by tall grass and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the field, you come across a ewe, grazing on the grass. You sense that the ewe is there, waiting for you.

Kneel down beside the ewe and extend your hand, offering a small gift of food. As you do this, imagine yourself becoming more and more connected to the energy of the ewe.

Suddenly, you feel yourself shrinking and transforming into the ewe. You are now one with the ewe, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the ewe? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the field, the ewe shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

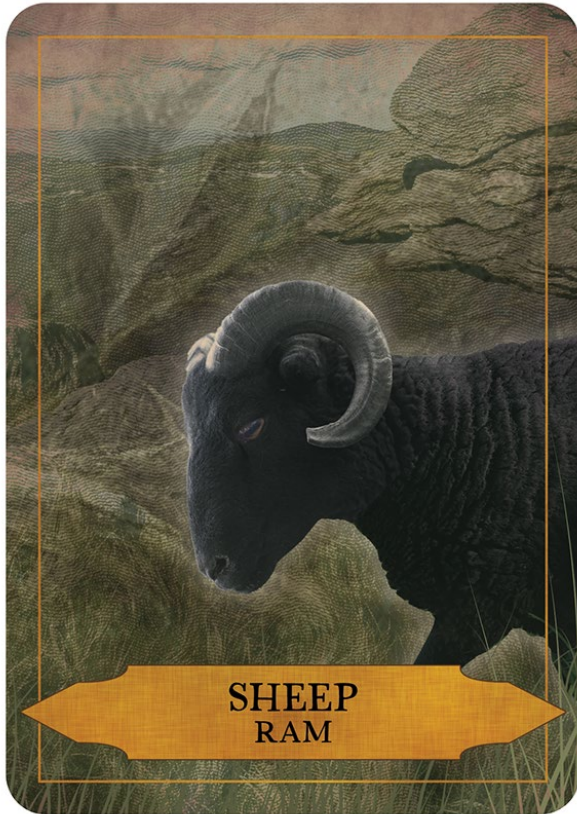
Give thanks to the ewe for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# SHEEP - RAM

## Breakthrough



Black Welsh Mountain sheep  
*Ovis aries*  
Llanberis, Wales

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Not at risk

**Worldwide Conservation Status:**  
Least concern

Rams are intact, male sheep and usually are distinguishable from ewes by their larger size and horns, which are used to butt heads with other rams as a way of establishing dominance and mating rights. Rams will headbutt any animal (including humans) if it feels threatened but they only butt inanimate objects if bored. However, a bored ram can **breakthrough** fences and wooden gates often without sustaining any injury. Rams have very thick skulls and their horns are made from keratin, which acts like a shock absorber.

There are fewer than 500 wild sheep in the Sacred Isles, unlike domestic sheep, and most of these are found in the Scottish Highlands. They are thought to have arrived in the Sacred Isles after the last ice age, 10,000 years ago.



## Meet Ram

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a herd of rams grazing in the meadow. You sense that one of the rams is waiting for you.

Kneel down beside the rams and extend your hand, offering a small gift of food to the ram. As you do this, imagine yourself becoming more and more connected to the energy of the ram.

Suddenly, you feel yourself shrinking and transforming into the ram. You are now one with the ram, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the ram? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the ram shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

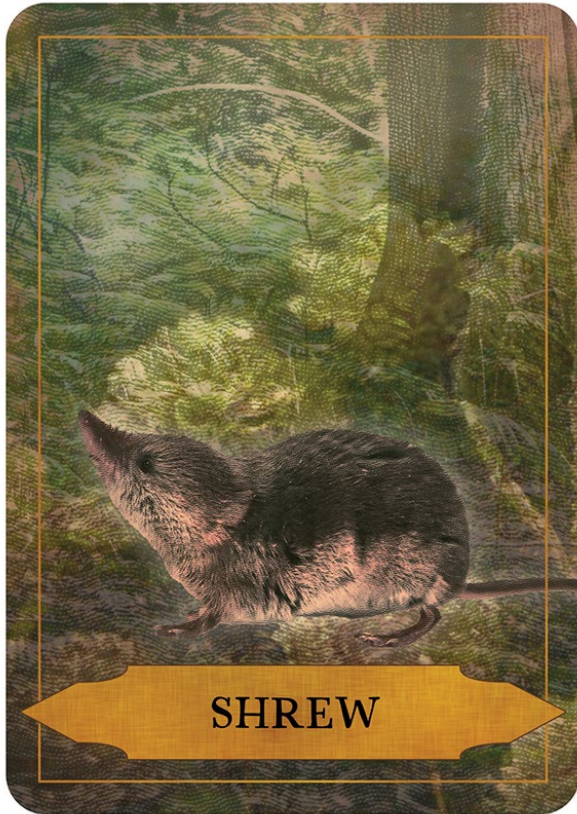
Give thanks to the ram for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# SHREW

## Travel



Common shrew  
*Sorex araneus*  
New Forest, England

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Least concern. Lesser white toothed shrew: near threatened

**Worldwide Conservation Status:**  
Least concern

The shrew is a member of the family Soricidae and is closely related to the mole. It's a very timid creature and is seldom seen by humans. It has a reddish-brown fur and is approximately 10cm in length. The shrew has a high metabolism and a very fast heart rate, with the adult shrew's lifespan only one year. Shrews are active day and night, taking short periods of rest between relatively long bursts of activity where they travel in search of food.

The common shrew is currently not considered endangered in the Sacred Isles but it is a favoured food source for a variety of predators. It's one of the smallest mammals in the world and is always hungry. It needs to eat 80-90% of its body weight every day to survive. Instead of hibernating during winter, shrews' bodies, including all internal organs, shrink to adapt to less food availability.

## Meet Shrew

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a burrow in the ground. You sense that a shrew is inside, waiting for you.

Kneel down beside the burrow and extend your hand, offering a small gift of food to the shrew. As you do this, imagine yourself becoming more and more connected to the energy of the shrew.

Suddenly, you feel yourself shrinking and transforming into the shrew. You are now one with the shrew, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the shrew? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the shrew shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

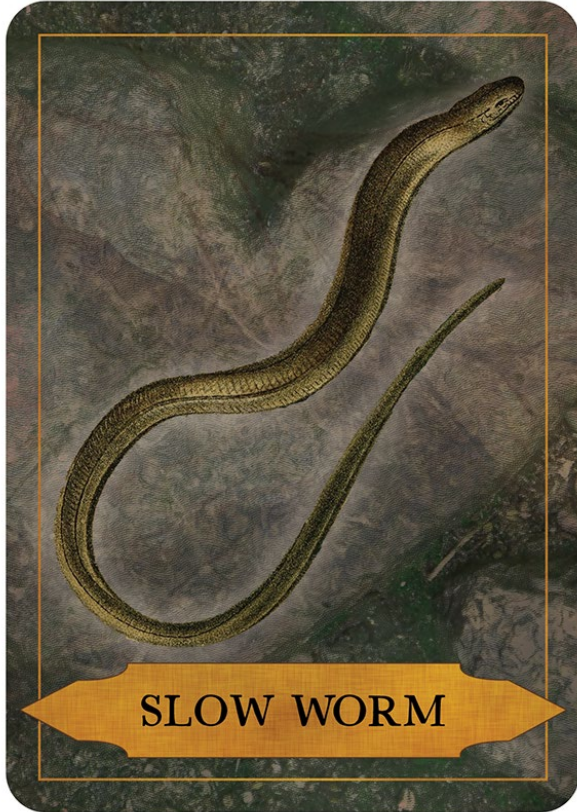
Give thanks to the shrew for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# SLOW WORM

## Confusion



Slow worm  
*Anguis fragilis*

St Michael's Mount (heart stone), England

The slow worm's appearance can **confuse** people into identifying it as a snake. However, the slow worm is a legless lizard with the ability to blink with its eyelids and detach its tail. It can grow up to 60 cm in length and is often found in gardens and hedgerows. It is brown or grey in colour and has a smooth, shiny skin. It is a harmless creature that feeds on snails, slugs, and other small invertebrates.

Slow worms are quite widespread throughout mainland Britain and most common in Wales and southwest England. Slow worms aren't present in Ireland apart from in County Clare, where a non-native population was introduced in the 1970s.

**Status:** Native

**Can be found:** Great Britain

**Sacred Isles Conservation Status:**  
Vulnerable

**Worldwide Conservation Status:**  
Least concern



## Meet Slow Worm

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a slow worm, slithering through the undergrowth. You sense that it is waiting for you.

Kneel down beside the slow worm and extend your hand, offering a small gift of food to it. As you do this, imagine yourself becoming more and more connected to the energy of the slow worm.

Suddenly, you feel yourself shrinking and transforming into the slow worm. You are now one with the slow worm, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the slow worm? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the slow worm shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

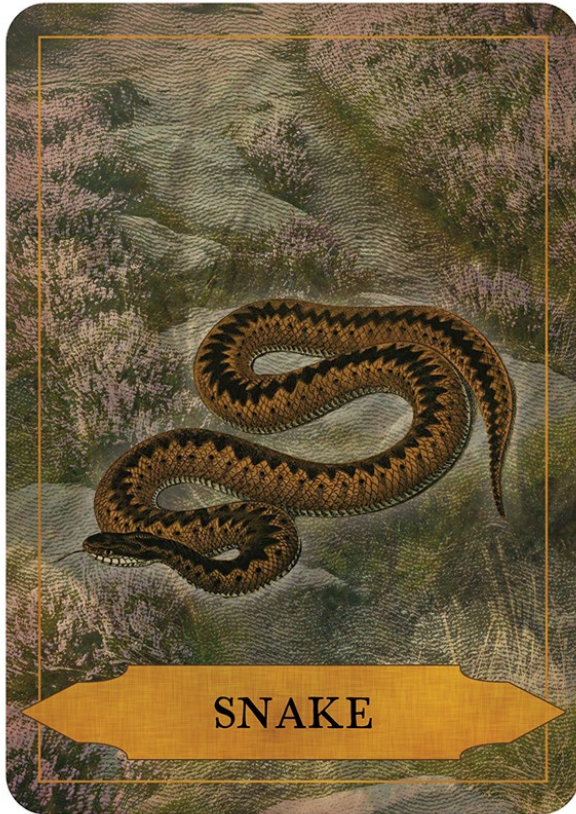
Give thanks to the slow worm for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# SNAKE

## Toxicity



Common European adder  
*Vipera berus*  
Over Owler, Peak District, England

**Status:** Native

**Can be found:** Great Britain

**Sacred Isles Conservation Status:**  
Vulnerable

**Worldwide Conservation Status:**  
Least concern

Snakes are reptiles with elongated, legless bodies. There are over 3,000 different species worldwide, and not all of them are dangerous to humans. In fact, some snakes are actually quite helpful, preying on rodents and other small animals that can damage crops and spread disease.

The adder is the only venomous snake in Britain and is responsible for the majority of snake bites in the country. The **toxicity** of adder venom is rarely fatal to humans but can cause tissue damage, nausea, vomiting, and dizziness. There are two other native snakes in Great Britain – the common grass snake and the smooth snake – and none in Ireland. The Aesculapian rat snake extinct some 10,000 years ago from the Sacred Isles can also be found in small colonies in London and Colwyn Bay in North Wales after accidentally being reintroduced (zoo escapees).

## Meet Snake

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a snake coiled up on a log. You sense that the snake is waiting for you.

Kneel down beside the snake and extend your hand, offering a small gift of food to it. As you do this, imagine yourself becoming more and more connected to the energy of the snake.

Suddenly, you feel yourself shrinking and transforming into the snake. You are now one with the snake, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the snake? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the snake shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

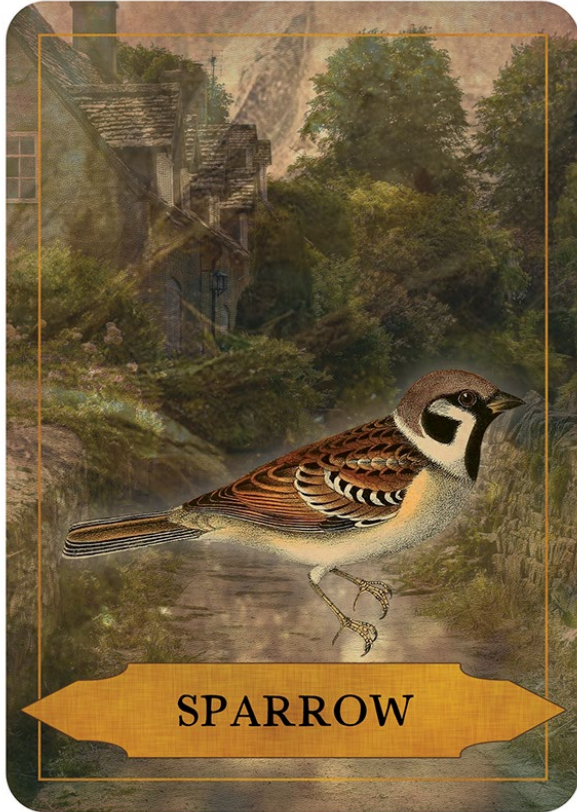
Give thanks to the snake for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# SPARROW

## Opportunity



House sparrow  
*Passer domesticus*  
Cotswolds, England

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Red

**Worldwide Conservation Status:**  
Least concern

Sparrows are a group of birds in the family Passeridae, which contains around 38 species. Most sparrows are small birds with brown, grey, or black feathers, and many species have distinct markings on their heads.

Sparrows are **opportunistic** birds that tend to live in colonies when they are breeding. Most of them build their nests in cavities, but some may build them in bushes or trees. Their nests are usually untidy and made out of grass and other materials including rubbish left behind by humans.

There are two species of sparrow native to the Sacred Isles – the house sparrow and the tree sparrow (which has suffered a 93 per cent decline since 1970).



## Meet Sparrow

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a park, surrounded by trees and green grass. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the park, you come across a group of house sparrows, perched on a tree branch. You sense that one of the sparrows is waiting for you.

Approach the tree and extend your hand, offering a small gift of food to the house sparrow. As you do this, imagine yourself becoming more and more connected to the energy of the bird.

Suddenly, you feel yourself shrinking and transforming into the house sparrow. You are now one with the bird, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the house sparrow? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the park, the house sparrow shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the house sparrow for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# SPIDER



## Artistry



European garden spider  
*Araneus diadematus*  
Basingwerk Abbey, Wales

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Majority are least concern. Several species are critically endangered

**Worldwide Conservation Status:**  
Least concern

There are estimated to be more than 30,000 species of spiders, ranging in sizes of less than a millimetre to about 20 centimetres in length. Spiders generally become more visible during the autumn months, though spiders are active throughout the year. Spiders display their **artistry** through web building. The spider's web is an intricate structure designed to catch prey. The web is made of spider silk, a proteinaceous material extruded from the spider's spinnerets. The silk is strong and sticky, making it difficult for insects to escape once they are caught.

There are approximately 650 species of spiders found in the Sacred Isles. Of these, only a handful are capable of delivering a bite that is considered dangerous to humans - the false widow spider being the most notable. The cardinal spider, with a leg span of 12 cm, is the largest species of spider found in the UK, while money spiders are the smallest, measuring in at around 2mm.

## Meet Spider

Find a peaceful spot where you can sit comfortably and not be bothered. Close your eyes and take a deep breath in through your nose, hold it for a few moments, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body becoming more relaxed with each exhale.

Imagine yourself in a garden, surrounded by colourful flowers and lush greenery. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the garden, you come across a web, a garden spider's home, hanging from a tree. You sense that the spider is waiting for you.

Approach the web and extend your hand, offering a small gift of food to the spider. As you do this, imagine yourself becoming more and more connected to the energy of the spider.

Suddenly, you feel yourself shrinking and transforming into the spider. You are now one with the spider, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the spider? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the garden, the spider shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the spider for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# SQUIRREL

## Gossip



Red squirrel  
*Sciurus vulgaris*  
Northern Ireland

**Status:** Native (Red), Introduced (Grey)

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Red squirrel is endangered

**Worldwide Conservation Status:**  
Least concern

The squirrel is a small rodent with a long, fluffy tail. They are very acrobatic and are known for their agility in running, leaping, and climbing. They are able to climb vertical walls and even upside down. Squirrels are found in a variety of habitats, including forests and urban areas. There are many different types of sounds that squirrels make, including barks, screeches, and snorts. They use these sounds to communicate with other squirrels, as mating calls, and to scare off predators.

Red squirrels are a native species to the Sacred Isles and are typically found in coniferous woodland. As well as being able to leap up to 2.5 metres, red squirrels are also excellent swimmers. The red squirrel population in the Sacred Isles has been in decline in recent years due to loss of habitat and the introduction of non-native grey squirrels. The red squirrel Ratatoskr, brought to the Sacred Isles by Norsemen invaders, was a messenger on the world tree, a troublemaker and a gossip.



## Meet Squirrel

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a red squirrel, scampering up a tree. You sense that the red squirrel is waiting for you.

Kneel down beside the tree and extend your hand, offering a small gift of food to the red squirrel. As you do this, imagine yourself becoming more and more connected to the energy of the red squirrel.

Suddenly, you feel yourself shrinking and transforming into the red squirrel. You are now one with the red squirrel, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the red squirrel? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the red squirrel shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the red squirrel for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

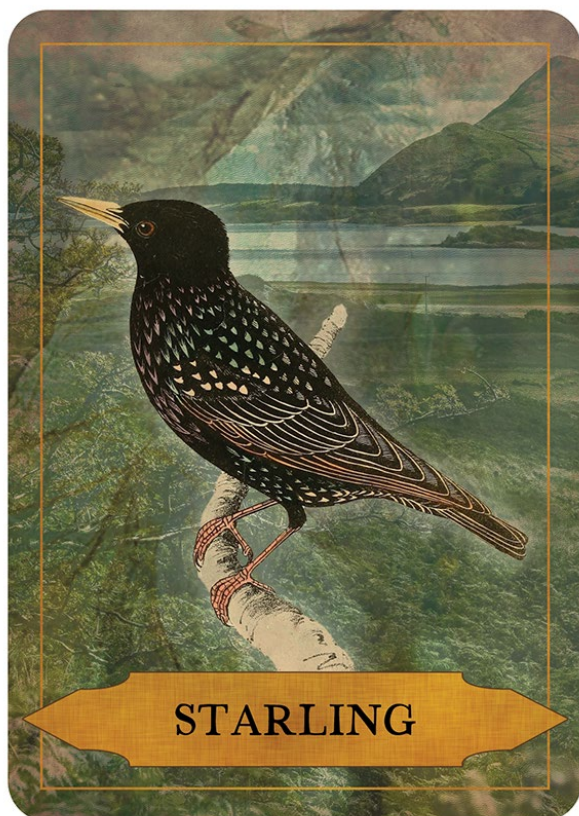
Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# STARLING



## Communication



European starling  
*Sturnus vulgaris*  
Connemara, Ireland

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Red

**Worldwide Conservation Status:**  
Least concern

The European Starling, also known as the Common Starling, is a small to medium-sized passerine bird in the family Sturnidae. It's about 20 cm in length and has black plumage with green, purple, and bronze iridescence. The starling is a highly vocal bird. Its vocalizations include a wide variety of sounds, from simple chirps to more complicated songs. The bird uses these vocalizations as a form of **communication** with other starlings, as well as to warn of potential predators. The bird's songs are particularly complex, and often mimic the sounds of other birds and animals.

Starlings are social birds that often form large flocks. One of the most spectacular displays of this behaviour is called murmuration. Murmuration is when a large number of starlings fly together in synchronized patterns. Thousands of starlings roost under Brighton pier in England and at dusk, you can witness the magnificence of their murmuration.

## Meet Starling

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a flock of starlings flying above you. You sense that one of the starlings is waiting for you.

Raise your hand and extend it, offering a small gift of love to the starling. As you do this, imagine yourself becoming more and more connected to the energy of the starling.

Suddenly, you feel yourself shrinking and transforming into the starling. You are now one with the starling, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the starling? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the starling shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the starling for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

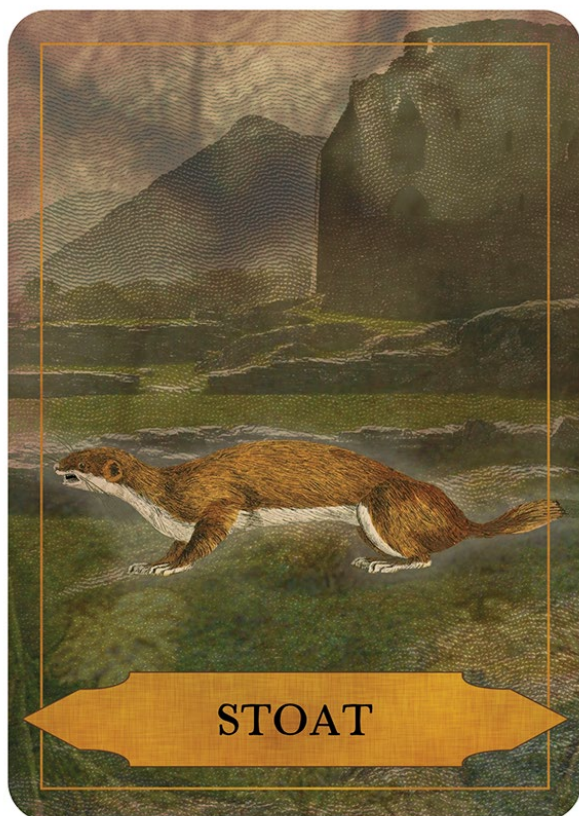
Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# STOAT

## Versatility



Stoat  
*Mustela erminea*  
Snowdonia, Wales

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Least concern

**Worldwide Conservation Status:**  
Least concern

The stoat is a small, carnivorous mammal of the mustelid family. The name stoat is applied to the species in its brown coat phase. Some stoats turn completely or partially white in winter, particularly in northern parts of the Sacred Isles where snow is more common, but the black tip on the tail always remains. The white fur is known as ermine and helps the stoat blend in with snowy surroundings when hunting.

The stoat is a fierce and most fearless predator, willing to take on prey that is five times its size. It shows **versatility** in its hunting and there are few places this powerful predator won't go in search of its next meal, whether it be up trees or underground.



## Meet Stoat

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a burrow, a stoat's den, in the ground. You sense that a stoat is inside, waiting for you.

Kneel down beside the burrow and extend your hand, offering a small gift of food to the stoat. As you do this, imagine yourself becoming more and more connected to the energy of the stoat.

Suddenly, you feel yourself shrinking and transforming into the stoat. You are now one with the stoat, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the stoat? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the stoat shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the stoat for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# SWAN

## Grace



Mute swan  
*Cygnus olor*

Yorkshire Dales, England

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**

Mute swan: green. Whooper swan:  
amber

**Worldwide Conservation Status:**

Least concern

Swan is the name for a group of large, long-necked, waterfowl. They are among the largest flying birds with wingspans reaching up to three metres. They mate for life but occasionally separate if a nesting fails. Swans, widely associated with **grace** and beauty, are a familiar sight in the Sacred Isles, often seen on waterways and in parks.

There are two different species found here – the mute swan and the whooper swan. The mute swan is the most common, and they're named for their relatively quiet call. For centuries, mute swans were domesticated in Britain for food. People would mark the birds with nicks on their webs or beaks to indicate ownership. These marks were registered with the Crown, and a Royal Swanherd was appointed. Any birds not marked became Crown property, which is why the swan is known as the 'Royal Bird'. There were strict medieval laws regarding the 'Royal Bird'. Those who broke these laws were subject to harsh punishments, including imprisonment for a year and a day for stealing a swan's egg.

## Meet Swan

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a lake, where a beautiful swan is gliding gracefully on the water. You sense that the swan is waiting for you.

Kneel down beside the lake and extend your hand, offering a small gift of food to the swan. As you do this, imagine yourself becoming more and more connected to the energy of the swan.

Suddenly, you feel yourself transforming into the swan. You are now one with the swan, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the swan? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you glide on the lake, the swan shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the swan for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

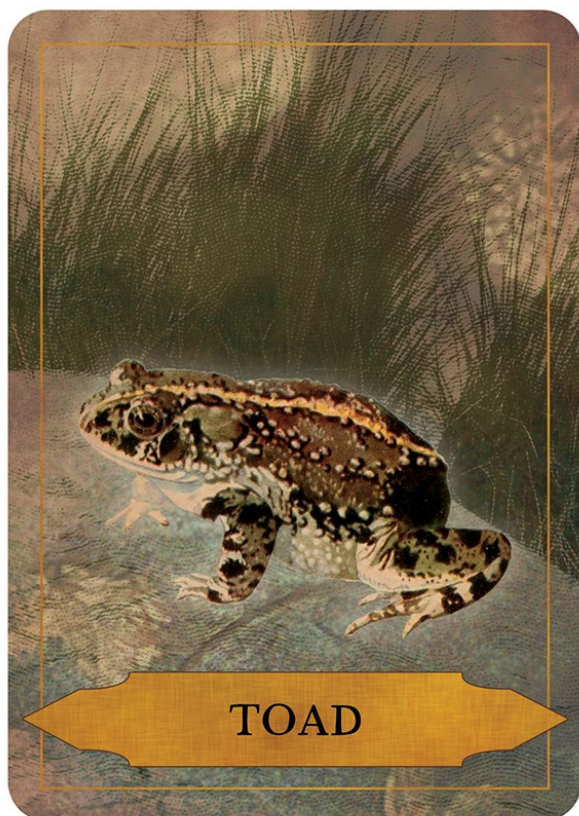
Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# TOAD



## Irritant



Natterjack toad  
*Epidalea Calamita*  
Talacre, Wales

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Natterjack Toad is vulnerable

**Worldwide Conservation Status:**  
Least concern

Toads are found in a variety of habitats including ponds, marshes, and woodlands. These amphibians are most active at night and spend the daylight hours hiding in crevices or underground. Toads typically mate in the spring and the female lays up to 3,000 eggs in a string-like cluster. The tadpoles hatch a few weeks later and undergo a transformation into toadlets which take place over the course of several months. When the common toad is scared or threatened, the warts on its back secrete a vile-tasting **irritant** known as bufotoxin to deter predators.

The Common toad and the Natterjack toad are found in Great Britain, but only the latter in Ireland. With the loss of habitat, particularly breeding ponds, toad populations have been negatively impacted. The drainage of wet areas has caused a reduction in wet woodland, and human infrastructures such as roads pose a serious threat by disrupting migration routes.



## Meet Toad

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a pond, where a toad is lounging on a lily pad. You sense that the toad is waiting for you.

Kneel down beside the pond and extend your hand, offering a small gift of food to the toad. As you do this, imagine yourself becoming more and more connected to the energy of the toad.

Suddenly, you feel yourself transforming into the toad. You are now one with the toad, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the toad? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you lounge on the lily pad, the toad shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the toad for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

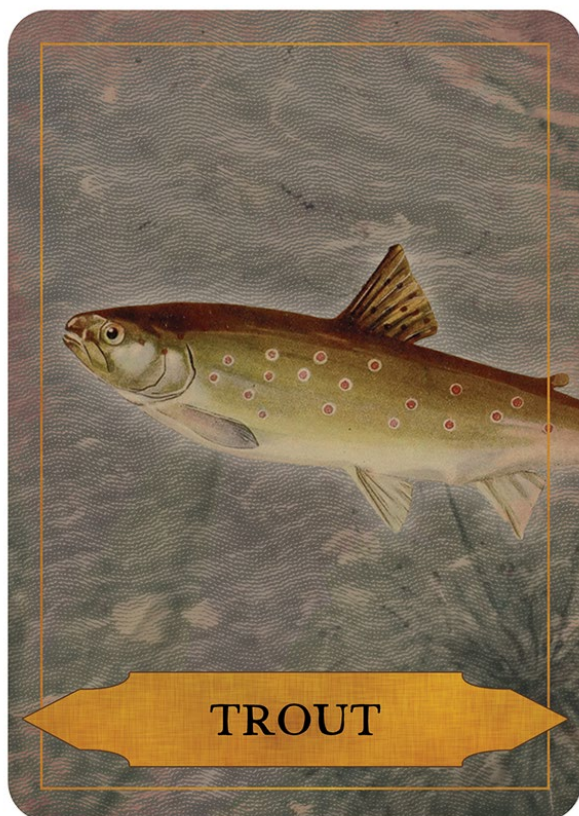
Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# TROUT



## Transparency



Brown trout  
*Salmo trutta*

Denbighshire river, Wales

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Brown trout is vulnerable

**Worldwide Conservation Status:**  
Least concern

Trout are a popular sport fish and are stocked in many lakes and rivers across the countries. Trout can also be found in the wild, inhabiting streams and rivers (and even the sea). Juvenile trout are mostly **transparent**. This is an adaptation that helps them avoid predators. Their internal organs are visible through their skin. As they grow older, they become less transparent and more mottled in colour. This provides them with better camouflage in their habitats.

There are many different species of trout found in the Sacred Isles, including brown trout, rainbow trout, and brook trout. Trout are often seen as an indicator of the health of a river or lake. If trout thrive then it's an indication of a healthy environment.



## Meet Trout

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a stream, where a beautiful trout is swimming gracefully in the water. You sense that the trout is waiting for you.

Kneel down beside the stream and extend your hand, offering a small gift of food to the trout. As you do this, imagine yourself becoming more and more connected to the energy of the trout.

Suddenly, you feel yourself transforming into the trout. You are now one with the trout, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the trout? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you swim in the stream, the trout shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the trout for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

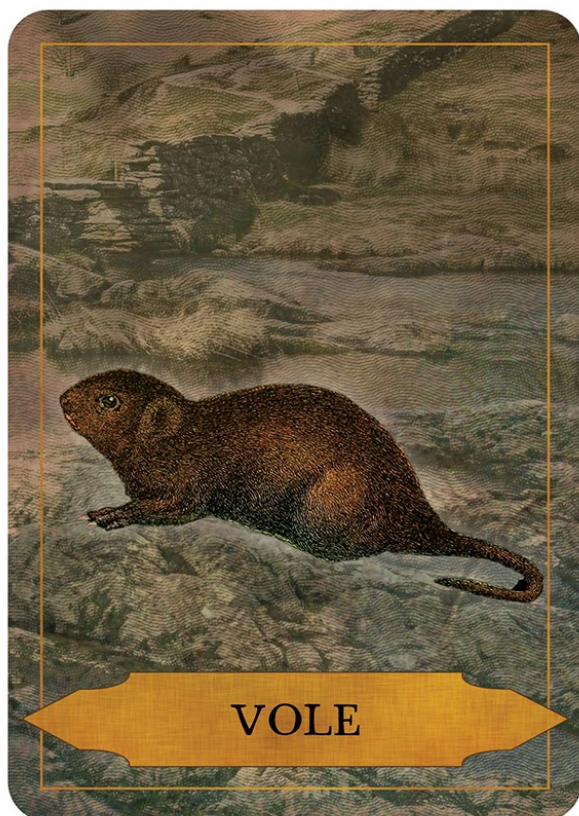
Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# VOLE



## Survival



European water vole  
*Arvicola amphibius*  
Little Langdale, Lake District

**Status:** Native

**Can be found:** Great Britain

**Sacred Isles Conservation Status:**  
Water Vole is endangered. Root Vole is extinct.

**Worldwide Conservation Status:**  
Least concern

Voles are small rodents that are brown or black in colour and have short, furry tails. Voles typically live in burrows underground, but can also be found in trees, shrubs, and other areas with dense vegetation. These animals are known to eat a variety of plants, including roots, stems, leaves, and seeds. The lifespan of the vole is not very long with the smaller voles living up to six-months and larger voles only up to a year. To ensure their **survival**, voles reach sexual maturity in a month and the gestation period is only three weeks. Vole populations have the potential to grow very large in size within a relatively short time frame.

Approximately 75 million field voles inhabit the United Kingdom, making them one of the most common mammals in the country. Often hidden among the vegetation in grassland, heathland, and moorland habitats, they are more difficult to spot than their counterparts, the bank voles.



## Meet Vole

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a small tunnel, a vole's burrow, in the ground. You sense that a vole is inside, waiting for you.

Kneel down beside the tunnel and extend your hand, offering a small gift of food to the vole. As you do this, imagine yourself becoming more and more connected to the energy of the vole.

Suddenly, you feel yourself shrinking and transforming into the vole. You are now one with the vole, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the vole? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the vole shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the vole for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

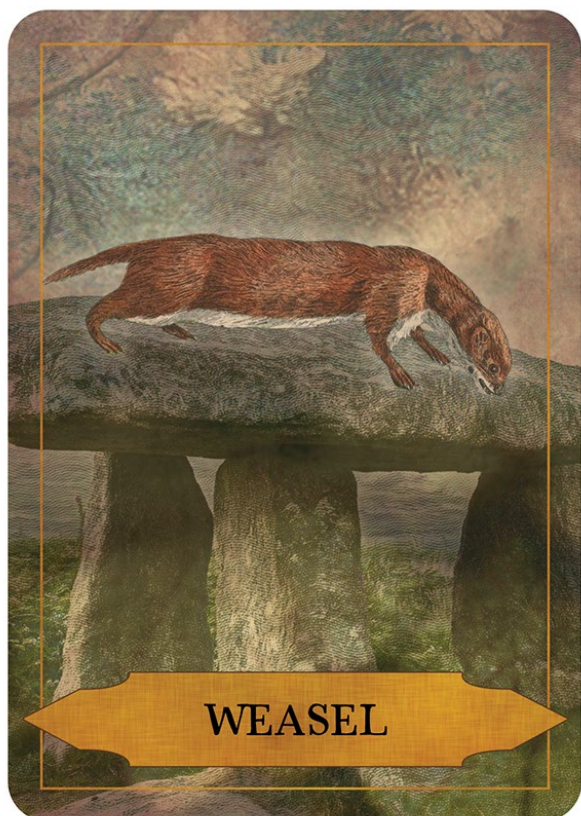
Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# WEASEL



## Intolerance



Common weasel  
*Mustela nivalis*

Lanyon quoit, Cornwall, England

**Status:** Native

**Can be found:** Absent from Ireland and many islands

**Sacred Isles Conservation Status:**  
Least concern

**Worldwide Conservation Status:**  
Least concern

Weasels are a type of mustelid and they are the Sacred Isle's smallest carnivore. They live in farmland, woods and hedgerows. Weasels are very active and have a high metabolism, meaning they need to eat around eight times a day. Their diet consists of mice, voles, shrews and other small rodents. Weasels are proficient hunters, using their long, thin bodies to follow their prey into their tunnels (they are so streamlined that they can fit through a wedding ring).

Although they are very fierce predators, weasels are quite shy animals and are rarely seen by humans. They are extremely solitary with an **intolerance** of other creatures, only coming together with other weasels to mate.

## Meet Weasel

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a burrow, a weasel's den, in the ground. You sense that a weasel is inside, waiting for you.

Kneel down beside the burrow and extend your hand, offering a small gift of food to the weasel. As you do this, imagine yourself becoming more and more connected to the energy of the weasel.

Suddenly, you feel yourself shrinking and transforming into the weasel. You are now one with the weasel, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the weasel? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the weasel shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the weasel for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

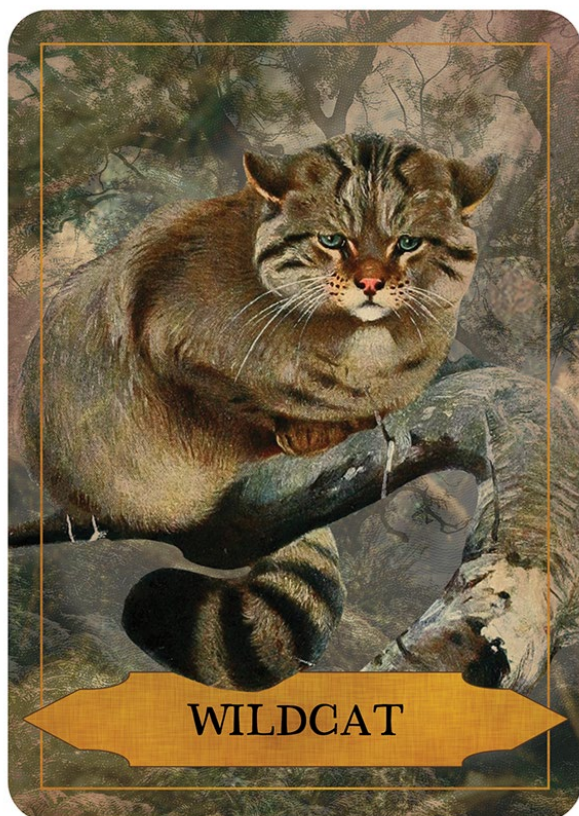
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# WILDCAT



## Fury



European wildcat  
*Felis silvestris*  
Anglesey, Wales

The wildcat is a solitary creature but will attack with ferociousness and **fury** if threatened. The Eurasian wildcat is an apex predator and the only wild member of the cat family found in the Sacred Isles. It closely resembles the tabby cat but they are significantly bigger and stronger than their domestic cousins, with a longer, thicker tail and denser fur.

In recent centuries, the expansion of people and destruction of forests have taken a toll on the wildcat population, leaving only a few hundred remaining in Scotland. These cats are now considered to be among the most endangered animals in the Sacred Isles.

**Status:** Native

**Can be found:** Scotland

**Sacred Isles Conservation Status:**  
Critically endangered

**Worldwide Conservation Status:**  
Least concern





## Meet Wildcat

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a wildcat perched on a tree branch. You sense that the wildcat is waiting for you.

Extend your hand, offering a small gift of food to the wildcat. As you do this, imagine yourself becoming more and more connected to the energy of the wildcat.

Suddenly, you feel yourself transforming into the wildcat. You are now one with the wildcat, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the wildcat? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you roam the forest, the wildcat shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the wildcat for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# WOLF



## Teamwork



Grey wolf  
*Canis lupus*  
Snowdonia, Wales

**Status:** Native

**Could be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Extinct

**Worldwide Conservation Status:**  
Least concern

The largest members of the dog family, wolves are an iconic symbol of the wild. Their spine-tingling howl is one of the most recognisable sounds in nature, and is used by wolves to communicate with each other. A lone wolf will often howl to attract the attention of its pack, whilst communal howls may be used to communicate messages between different packs. Some howls are confrontational, whilst others may simply be a response to another wolf howling nearby. Wolves in the wild typically live in family units consisting of a breeding pair and their offspring. These family groups closely resemble human family structures in many ways, including the close bonds between the parents and their children. Wolves in a pack use **teamwork** to raise their young, hunt for food, and protect their territory.

Wolves disappeared from the Sacred Isles in the 18th century following centuries of persecution. They were the last of the top predators to be hunted to extinction.

## Meet Wolf

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a pack of wolves, roaming and hunting in the wild. You sense that one of the wolves is waiting for you.

Kneel down beside the pack and extend your hand, offering a small gift of food to the wolf. As you do this, imagine yourself becoming more and more connected to the energy of the wolf.

Suddenly, you feel yourself transforming into the wolf. You are now one with the wolf, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the wolf? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you roam the forest, the wolf shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the wolf for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

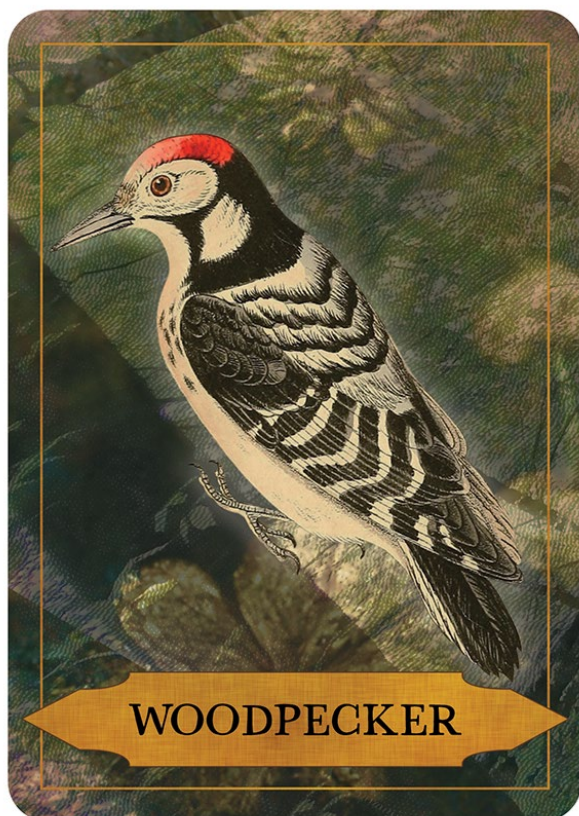
Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# WOODPECKER



## Determination



Lesser spotted woodpecker  
*Dryobates minor*  
Loggerheads, Denbighshire

**Status:** Native

**Can be found:** Great Britain

**Sacred Isles Conservation Status:**  
Red

**Worldwide Conservation Status:**  
Least concern

There are over 200 species of woodpecker worldwide but only three that make their home in the Sacred Isles. Woodpeckers are mostly elusive and solitary birds which are difficult to spot. Their characteristic pecking or drumming sound is very distinctive and can often be heard before the bird is seen. Woodpeckers also use their sharp beaks to excavate holes to nest in.

The male woodpecker will hammer at a tree or wooden structure to create loud drumming sounds. These woodpeckers can hammer wood with their beaks at a rate of 20 times a second, with focus and **determination**, they have been known to reach 40 hits a second. This velocity is much greater than what a human could tolerate without receiving a severe concussion.



## Meet Woodpecker

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a tree, where a woodpecker is pecking away at the trunk. You sense that the woodpecker is waiting for you.

Approach the trunk and then extend your hand, offering a small gift of food to the woodpecker. As you do this, imagine yourself becoming more and more connected to the energy of the woodpecker.

Suddenly, you feel yourself transforming into the woodpecker. You are now one with the woodpecker, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the woodpecker? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you peck at the tree, the woodpecker shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the woodpecker for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

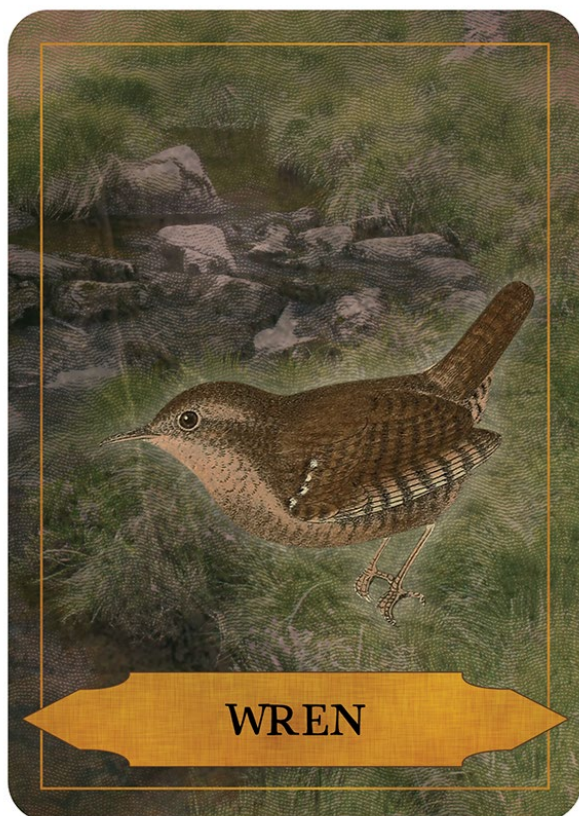
Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.



# WREN



## Resourcefulness



Eurasian wren  
*Troglodytes troglodytes*  
Gap of Dunload, Ireland

**Status:** Native

**Can be found:** Great Britain & Ireland

**Sacred Isles Conservation Status:**  
Amber

**Worldwide Conservation Status:**  
Least concern

Wrens are a common bird found in the Sacred Isles year-round. They are comfortable in most habitats, including urban and suburban areas, farmland, woodland, and heath. Wrens will also nest in back gardens and will use nesting boxes provided by humans. Wrens are secondary cavity nesters which means they don't excavate their own nests but will inhabit naturally occurring hollows. Ever **resourceful**, they also use nests abandoned by other birds, and are known to bully blue tits from their nests, break their eggs, and move into their space.

When a male wren is ready to find a mate, he begins the nest building process using tiny twigs. He'll make up to twelve nests and then invites his chosen mate to pick her favourite. If the female wren likes a nest, she'll finish adding twigs to finalise the nest. Wrens' nests often include spider egg sacs in the construction of the nests. The sticky sacs serve as a bonding agent then the hatchling spiders eat nuisance mites that form as the nest deteriorates and finally, the spiders become food for the wrens.

## Meet Wren

Find a quiet place where you can sit comfortably and not be disturbed. Close your eyes and take a deep breath in through your nose, hold it for a few seconds, and then exhale through your mouth. Repeat this deep breathing several times, feeling your body relax with each exhale.

Imagine yourself in a forest, surrounded by tall trees and lush vegetation. The sun is shining down on you, warming your skin, and the sounds of nature are all around you.

As you walk deeper into the forest, you come across a small bird's nest, belonging to a wren. You sense that the wren is inside, waiting for you.

Approach the nest and extend your hand, offering a small gift of food to the wren. As you do this, imagine yourself becoming more and more connected to the energy of the wren.

Suddenly, you feel yourself transforming into the wren. You are now one with the wren, experiencing the world from its perspective.

Look around and take in your surroundings. How do you feel as the wren? What do you sense? How does your body feel? Take a moment to fully immerse yourself in this experience.

As you explore the forest, the wren shows you the wisdom it has to offer. You may see visions, hear messages, or simply feel a deep understanding. Allow the wisdom to flow into you and become a part of you.

Give thanks to the wren for sharing its wisdom with you and for the gift of this experience. When you feel ready, return to your human form.

Open your eyes, stretch, and take a deep breath.

Take a moment to reflect on what you have learned and experienced. Write down or remember the messages or insights that came to you during the meditation.

# ORACLE SPREADS

Oracle spreads are an incredibly powerful tool for anyone interested in exploring the world of divination and intuitive guidance. Whether you're new to oracles or have been reading for years, spreads can help you to focus your readings, clarify your questions, and gain deeper insights into the messages the cards have to offer.

At its core, an oracle spread is simply a pattern or arrangement of cards that provides a framework for your reading. Each spread is designed to explore a specific question or theme, and the position of each card within the spread provides additional context and meaning to the overall message of the reading.

## How to Carry Out Oracle Reading

**Set your intention:** Before you begin your reading, take a moment to set your intention. What do you hope to gain from this reading? What questions do you have? What areas of your life would you like guidance on? By setting your intention, you create a focused energy that can help to guide your reading.

**Shuffle the cards:** Once you've set your intention, shuffle the Animal Spirits of the Sacred Isles oracle deck thoroughly. Take a few deep breaths and focus your energy on your question or intention as you shuffle.

**Choose your spread:** Next, choose a spread that feels appropriate for your question or intention. The Animal Spirits of the Sacred Isles deck comes with a guidebook that includes several suggested spreads, or you can create your own.



**Draw your cards:** Once you've chosen your spread, draw your cards one at a time, placing each card in its designated position in the spread. As you draw each card, pay attention to your intuition and any thoughts or feelings that arise.

**Interpret your reading:** Once you've drawn all of your cards, take some time to interpret your reading. Look at the cards as a whole and consider how they relate to your question or intention. What messages are the animal spirits trying to communicate to you? How can you apply this guidance to your life?

**Take action:** Finally, take action based on the guidance you received in your reading. Whether it's making a change in your life, shifting your perspective, or simply being more mindful, the guidance of the animal spirits can be a powerful tool for transformation and growth.

Remember, oracle readings are a tool for guidance and self-reflection, and ultimately, the power is in your hands to create the life you desire. The *Animal Spirits of the Sacred Isles* oracle deck can be a helpful tool on your journey, but always trust your own intuition and inner wisdom above all else.

# Puffin's Commitment

## Relationship Evaluation Spread

We often find ourselves in relationships feeling like we're doing all the work. Giving our time, love, and effort but not feeling like it's being reciprocated. We end up feeling unfulfilled and unhappy. We wonder if we should try to work on the relationship or if it's time to let it go. It's important to assess what we need and what we're getting out of the relationship. If it's not meeting our needs, then it might be time to move on.



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### 1. What is this person's contribution to my life?-

The card drawn for this position will give you insight into what this person is bringing to your life, and what they are contributing to your overall well-being. It can help you understand what you are getting out of the relationship, and whether or not this is meeting your needs.

**2. Why does this relationship feel off to me?**

The card drawn for this position will give you insight into what is causing the relationship to feel unbalanced or unsatisfying. It can help you identify the underlying issues that may be contributing to your feelings of dissatisfaction or discomfort.

**3. How does this person's energy affect me?**

The card drawn for this position will give you insight into how this person's energy is impacting your own energy and well-being. It can help you understand whether their energy is positive and uplifting, or negative and draining.

**4. Why don't I feel as if this person and I are a team?**

The card drawn for this position will give you insight into what may be preventing you and your partner from feeling like a cohesive team. It can help you identify any underlying issues that may be contributing to a lack of unity in the relationship.

**5. Likely outcome of me expressing my concerns to this person.**

The card drawn for this position will give you insight into what the likely outcome will be if you express your concerns to your partner. It can help you understand whether or not this conversation will be productive or if it will lead to further conflict.

**6. What spirit animal will lend its knowledge and support to this time of evaluation.**

The card drawn for this position will provide you with insight into the spirit animal that can lend its knowledge and support to you during this time of evaluation. It can help you understand what qualities or strengths you can draw upon to navigate the challenges and opportunities presented by the relationship.

# Donkey's Hard Work

## Career Spread

No matter what stage you're at in your career, this spread can help you move forward with confidence by helping you to understand your passions and motivations and identify any areas where you may need to make some changes. Successful careers can provide us with purpose, fulfilment, and satisfaction. But they can also be a source of anxiety, stress, and frustration. This spread can help you to navigate your career path with ease and assurance, so that you can find fulfilment and satisfaction in your work.



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**1. What is my greatest passion?**

The card drawn for this position helps you identify your greatest passion, which could be a hobby, interest, or area of expertise that brings you joy and fulfilment. By understanding what you are passionate about, you can align your career choices with your personal interests and values, which can lead to a more fulfilling and satisfying career.

**2. What motivation ignites and fuels that passion?**

The card drawn for this position helps you understand the driving force behind your passion and what motivates you to pursue it. By identifying your motivations, you can gain a deeper understanding of your values and what is important to you, which can help you make better decisions about your career path.

**3. What career will make me feel fulfilled?**

The card drawn for this position helps you identify a career that aligns with your passion and provides you with a sense of fulfilment. By understanding what type of career can bring you fulfilment, you can make informed decisions about your future career path and work towards a fulfilling and satisfying career.

**4. What can I do right now to move forward in that career?**

The card drawn for this position provides you with actionable steps you can take to move forward in your chosen career path. By identifying specific actions, you can take, you can begin to make progress towards your career goals and gain momentum towards a fulfilling career.

**5. What skills do I need to learn or brush up on?**

The card drawn for this position helps you identify the skills you need to develop or improve upon to succeed in your chosen career. By understanding what skills are necessary to succeed in your desired career, you can take the necessary steps to acquire or improve upon those skills.

**6. Who can I connect with to help me along my career path?**

The card drawn for this position helps you identify potential mentors, colleagues, or networks you can connect with to gain support and guidance along your career journey. By building a supportive network, you can gain valuable insights and advice, and can potentially open doors to new opportunities.

**7. What challenges do I need to learn to overcome?**

The card drawn for this position identifies potential challenges you may face in your chosen career path and how you can develop the skills and mindset to overcome them. By understanding the potential obstacles, you can prepare for them and work on developing the resilience and problem-solving skills necessary to overcome them.

**8. Where can I look to further my knowledge about my chosen career?**

The card drawn for this position helps you identify resources such as books, courses, or conferences you can utilize to gain further knowledge and expertise in your chosen career. By continuously developing your skills and knowledge, you can stay up to date with industry trends and advancements and remain competitive in your field.

**9. What spirit animal chooses to be my mascot for this part of my career journey?**

The card drawn for this position allows you to connect with a spirit animal that will provide you with inspiration and guidance. By connecting with the energy of a spirit animal, you can draw upon its qualities and strengths to help you navigate your career journey with confidence and clarity.

# H-owl-istic Wisdom

## Health and Healing Spread

Your mind, body, and spirit are all connected, and that means that your physical health is affected by your mental and emotional state. If you can understand how your mind and spirit contribute to your symptoms, you can find ways to heal faster and more efficiently. This spread can help you understand the meaning behind your illness and what you can do to promote your healing. Remember to always seek medical advice from a qualified physician if you believe something is wrong.

You can also use this spread to encourage your healing if you are already working with a medical professional. It can help you to identify any areas that you need to focus on in order to recover more fully. By understanding the spiritual cause of your illness, you can work to release any negative patterns that may be exacerbating your condition.



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### 1. Why do I have these symptoms?

The card drawn for this position helps you understand the root cause of your symptoms. It may provide insight into any underlying physical or emotional factors that are contributing to the symptoms.

### 2. Where do these symptoms stem from?

The card drawn for this position is related to the previous one and helps you further understand the origin of your symptoms. It may provide insight into any past experiences or events that may be linked to the symptoms.

**3. What spiritual lesson is behind my symptoms?**

The card drawn for this position helps you understand the spiritual lesson or message that your symptoms are trying to communicate to you. It may provide insight into any spiritual or energetic imbalances that may be contributing to the symptoms.

**4. What action can I take to promote my healing?**

The card drawn for this position provides you with actionable steps you can take to promote your healing. It may provide guidance on specific actions you can take, such as seeking medical treatment, changing your diet or lifestyle habits, or seeking out spiritual practices.

**5. What animal spirit energy do I need to embrace to promote my healing?**

The card drawn for this position allows you to connect with an animal spirit energy that can provide you with guidance and inspiration on your healing journey.



## Digging the Roots

### Ancestor Spread

There are many different opinions about what our ancestry means. Some believe that our ancestors were reincarnated versions of ourselves from past lives. Others believe that we choose our family based on the experiences and lessons we want to learn in this lifetime. And still others believe that our ancestry is completely random. No matter what your beliefs are, this spread will help you to identify intergenerational life lessons, traits, and patterns that have been passed down to you through your family lineage. By understanding these patterns, you can gain a greater sense of self-awareness and clarity about your own life path.



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**1. What role do your ancestors play in your life at this time?**

The card drawn for this position offers valuable insights into the ways in which your ancestors have contributed to your present circumstances, and how you can build upon their teachings and experiences. By exploring the role of your ancestors, you may gain a deeper understanding of your own identity and purpose, as well as a greater appreciation for the connections that exist between generations.

**2. What essential qualities have your ancestors passed down to you?**

The card drawn for this position focuses on the positive traits and characteristics that have been passed down to you through your ancestral lineage. By reflecting on these qualities, you may gain a deeper understanding of your own strengths and potential. You may also gain insight into the values and beliefs that have guided your family throughout generations, and how these qualities have shaped your own perspective on life. By exploring the qualities that you have inherited, you can begin to appreciate the richness of your ancestral heritage and use these strengths to guide your own path forward.

**3. What attributes and quirks have your ancestors passed down to you?**

The card drawn for this position reveals the distinctive characteristics and personality traits that have been passed down through your ancestral lineage. By acknowledging and reflecting on these traits, you may gain a deeper understanding of your own tendencies and behaviours. You may also gain insight into the challenges and opportunities that have shaped your family's history, and how these experiences have influenced your own life.

**4. What ancestral teaching would your ancestors have you embrace for this moment?**

The card drawn for this position reveals a piece of ancient wisdom from your ancestors. By reflecting on this teaching that has been passed down through your ancestral lineage, you may gain insight into the challenges and opportunities that you are currently facing, and how you can best address them. You may also gain a deeper appreciation for the guidance and support that your ancestors can offer, even across generations.

**5. How can you make a stronger connection with your ancestry?**

The card drawn for this position reveals a practice or ritual that can help you to connect with your ancestors and honour their legacy. By reflecting on these practices, you may gain a deeper appreciation for the connections that exist between generations and the importance of honouring your ancestral heritage. You may also gain insight into the ways in which you can draw upon the guidance and support of your ancestors to guide your path forward.

**6. What animal spirit can help you to learn more of your ancestry?**

The card drawn for this position reveals and invites you to explore the animal spirit that can help you to deepen your connection with your ancestral lineage and gain insight into your family's history. By reflecting on the unique qualities and characteristics of this animal spirit, you may gain a deeper understanding of the ancestral teachings that are most relevant to your current circumstances.

**7. What message do your ancestors want you to have right now?**

The card drawn for this position connects you with the advice of your ancestors on how to navigate your current circumstances. By reflecting on this message or guidance that your ancestors have for you, you may gain a deeper understanding of the challenges and opportunities that lie ahead and how you can best approach them.

# Badger Power Spread

The Badger Power Spread is a dynamic and empowering spread that draws on the strength and determination of the Badger. This three-card spread is designed to help you tap into your own inner power to overcome obstacles and move forward in your life. Each card in the spread offers unique insights and guidance, allowing you to gain clarity on the nature of the challenge you are facing, and what you need to do to overcome it.

By tapping into the strength and tenacity of the Badger, you can gain a deeper sense of your own inner power and find the courage and determination you need to overcome any obstacle. This spread is perfect for anyone who is feeling stuck or uncertain and is seeking guidance on how to move forward in their life with greater confidence and strength.



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## 1. What challenge am I facing?

The card drawn for this position provides insight into the nature of the challenge you are facing, and helps you gain a better understanding of what is holding you back. It could be a situation that requires you to make a difficult decision, or it could be a personal or emotional issue that is preventing you from moving forward.

## 2. What qualities or strengths do I need to draw on to meet the challenge.

The card drawn for this position provides insight into the specific qualities that you need to cultivate or focus on in order to overcome the challenge at hand. This could be anything from courage and resilience to patience and flexibility, depending on the nature of the challenge. It may also provide guidance on how to cultivate these



qualities, whether through self-reflection, seeking support from others, or taking specific actions to build your inner strength.

**3. What is the outcome or result of using your personal power.**

The card drawn for this position provides insight into the positive outcome that is possible as a result of using your personal power.

This could include a sense of accomplishment and personal growth, increased confidence and self-esteem, or a breakthrough in a specific area of your life.

# The Animals Spread

The Animals Spread is a powerful oracle spread that can help you deepen your understanding of the important role that animals play in your life. By drawing on the wisdom and guidance of the animal kingdom, this spread can provide insight and clarity on a range of different issues and challenges.

By exploring these different aspects of your relationship with animals, you can gain a deeper understanding of your own values, beliefs, and motivations, as well as gain new insights into the world around you. Whether you are an animal lover or simply curious about the role that animals play in your life, the Animals Spread can provide powerful and transformative insights that can help you on your path towards personal growth and self-discovery.



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## 1. My current relationship with animals.

The card drawn for this position provides guidance on the nature of your relationship with animals, including any challenges or opportunities that may exist in your interactions with them. It can also help you to identify any patterns or habits that may be impacting your relationship with animals, and provide suggestions for how to improve your connection with them. By gaining a deeper understanding of your current relationship with animals, you can

begin to identify areas where you may want to focus your attention in order to develop a more positive and fulfilling relationship with the animal kingdom. This may involve exploring new ways to connect with animals, cultivating a greater sense of empathy and compassion towards them, or simply taking steps to ensure that you are treating them with respect and kindness in your daily interactions.

**2. How I feel about animals in general.**

The card drawn for this position is meant to provide insight into your feelings, thoughts, and behaviours related to animals. This could include your attitudes towards different types of animals, how frequently you interact with animals, and any particular challenges or opportunities that arise in your interactions with animals. By gaining a deeper understanding of your current relationship with animals, you can identify areas where you may want to focus your attention in order to develop a more positive and fulfilling relationship with the animal kingdom.

**3. An animal that I am particularly drawn to.**

The card drawn for this position can provide insight into the unique qualities and characteristics of this animal, as well as how they may be reflected in your own life. This animal may hold special significance for you, either because of a personal experience you have had with it, or because of a particular quality or trait that it embodies. This card can help you to explore the deeper meaning and symbolism of this animal in your life, and how it can help guide and inspire you towards personal growth and self-discovery. By gaining a deeper understanding of the animal that you are particularly drawn to, you can begin to connect with its unique qualities and strengths and integrate them into your own life in a meaningful way. This may involve exploring new ways to incorporate these qualities into your daily routine, or simply finding inspiration and motivation from the animal's natural instincts and behaviours.

**4. An animal I can learn from.**

The card drawn for this position provides insight into the specific qualities or traits of this animal that you can cultivate or develop in your own life. This animal may represent a particular area of growth

or personal development that you are seeking, or it may simply hold important lessons that can help you on your path towards self-discovery and personal fulfilment. This card can help you to explore the deeper meaning and symbolism of this animal and identify how you can integrate its wisdom and guidance into your own life. By connecting with the animal that you can learn from, you can gain inspiration and guidance on how to develop specific qualities or traits in yourself. This may involve exploring new ways to cultivate courage, strength, or adaptability, or simply finding inspiration in the animal's natural instincts and behaviours.

**5. An animal I need to pay attention to.**

The card drawn for this position can provide insight into a particular area of your life or aspect of your personality that may be calling for your attention or focus. This animal may represent a challenge or opportunity that you are currently facing, or it may simply reflect an area of your life that you have been neglecting or overlooking. This card can help you to identify the specific issues or challenges that are associated with this animal and provide guidance on how to address them in a positive and constructive way. By paying attention to the animal that you need to focus on, you can begin to identify areas where you may want to shift your focus or change your approach. This may involve exploring new ways to address a particular challenge, or simply finding new ways to prioritize the things that matter most in your life.

**6. An animal I'm afraid of.**

The card drawn for this position can provide insight into the specific fears or anxieties that are associated with this animal, and how they may be impacting your life. This animal may represent a specific fear or phobia that you have, or it may reflect a more general sense of anxiety or uncertainty in your life. This card can help you to explore the deeper meaning and symbolism of this animal, and identify strategies for overcoming your fear and developing greater courage and resilience in your life. By facing the animal that you are afraid of, you can begin to confront the fears and anxieties that may be holding you back in your life. This may involve seeking out support from others, taking specific actions to confront your fears, or simply finding new ways to cultivate greater courage and self-confidence in your life.



**7. An animal I'm protected by.**

The card drawn for this position can provide insight into the specific sources of protection or support in your life, and how they are helping you to navigate challenges and difficulties. This animal may represent a person, group, or even a spiritual force that is providing you with guidance, strength, or protection in your life. This card can help you to explore the deeper meaning and symbolism of this animal, and identify the specific ways in which it is helping you to feel safe, secure, and supported. By recognizing the animal that you are protected by, you can gain a greater appreciation for the sources of support and guidance in your life. This may involve expressing gratitude to those who have helped you along the way, or simply finding new ways to connect with the spiritual or energetic forces that are supporting you on your journey.

# Eagle's Higher Vision Spiritual Spread

When life becomes uncertain and you find yourself feeling lost, gaining a new perspective can be incredibly helpful. The Eagle Higher Spiritual Vision Spread offers just that – a fresh viewpoint that can shed light on your situation. This spread includes four cards that address different aspects of your spiritual journey. You'll explore your current state of mind, your personal beliefs and values, the guidance of your spiritual guide, and the path that you are currently on. By tapping into the wisdom of the Eagle, you can gain a higher spiritual vision and find your way back to your centre.



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## 1. **My current state of mind.**

The card drawn for this position represents your current state of mind. This card is intended to help you gain clarity on any internal blocks or hurdles that may be hindering your spiritual journey. It can also help you understand how your current mental state is influencing the way you see yourself and the world around you. By acknowledging and understanding your current state of mind, you can begin to identify areas where you may need to focus your attention in order to move forward on your spiritual path. This card is a reminder to be honest with yourself and to approach your spiritual journey with an open mind and heart.

## 2. **My spiritual beliefs and values.**

The card drawn for this position represents your spiritual beliefs and values. This card is intended to help you gain a deeper understanding of your personal belief system, as well as what is most important to you on a spiritual level. By exploring this aspect

of your spiritual journey, you can gain greater insight into your own values, and how they are guiding your life. This card is an opportunity to examine your spiritual beliefs with honesty and authenticity, and to consider how they are serving you in your life. Through this process, you can begin to gain greater clarity on your spiritual path and deepen your connection with your inner self. This card is an invitation to explore your spirituality more deeply, and to allow your values and beliefs to guide your journey.

**3. My spiritual guide.**

The card drawn for this position reveals your animal spirit guide. This card is intended to help you connect with your inner guidance, and to gain insight into how you can connect with your animal spirit guide more deeply. This card can help you understand how to tap into this guidance more effectively, and how to integrate this wisdom into your daily life. By exploring this aspect of your spiritual journey, you can gain a deeper sense of trust in your own intuition and feel more connected to your inner wisdom. This card is a reminder that you are not alone on your spiritual journey, and that you have access to a powerful source of guidance that can help you navigate even the most challenging times.

**4. My spiritual path spiritual path.**

The card drawn for this position represents your spiritual path. This card is intended to help you gain clarity on the direction of your spiritual journey, and to identify any obstacles that may be hindering your progress. It can help you understand how your current path is serving your highest good, and how to stay aligned with your purpose. This card is an invitation to examine the choices you are making on your spiritual journey, and to consider how they are shaping your life. Through this process, you can gain a greater sense of purpose and direction and feel more connected to your inner self. This card is a reminder that your spiritual journey is unique to you, and that you have the power to shape it in any way that serves your highest good. By tuning into your inner wisdom and following your intuition, you can stay on track and find your way back to your spiritual centre.

