



Uganda Animal Spirit Set - Shamanic Essences

The Uganda Animal Spirit offers you access to the energetic imprints of eight African animals. You can use these essences to journey in meditation, answer questions or introduce new energy into your life. You may also take these essences to learn the lesson or receive the gift of a particular creature. Take one essence at a time (one drop), and record your impressions over a period of a few days. Be sure to take a few days off between essences for a clearer sense of each animal's energy.

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Antelope : Alert, quick, responsive, ephemeral; helpful for those who are bogged down by earthly matters and for those who are overly material

Eagle : Air, wisdom, understanding, clarity, vision, expanded mental functioning; good for those who are confused, unclear, unable to see a larger picture, stuck or overwhelmed

Elephant : Earth, practical, steady, serious, methodical; helpful for those who cannot grasp the reins of practical reality or for dreamers who cannot manifest

Hippopotamus : Water, placid, collected, serene, conscious and respectful of self; good for those who overdo it or push themselves past their healthy limits

Hyena : Shrewd, inventive, forceful, single-minded, resilient; useful for those who cannot get out of a bad situation; for those who have given up or are resigned; for those who live in a cloud of failure; for those who feel judged or outcast

Lion : Intolerance, force, majesty, certainty; activates fire, strength and power; helps us focus energy and complete tasks; good for those who are fearful, uncertain, ambivalent or for those who procrastinate or cannot make decisions

Mongoose : Loyal, committed, brave, clever; helps those who are afraid of commitment; for people who resist taking on responsible social roles or who fear authority

Wathog : Flexible, adaptable, creative, social; for people who frustrate easily and cannot get along with others

Delta Gardens makes no claims that essences can alleviate or heal any disease or condition. Essences should not be used as a substitute for professional medical evaluation and care.

For more information about the Uganda Animal Spirit Set, contact us at: info@deltagardens.com / 603.601.6929.

Visit us online and order our essences at: deltagardens.com
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