



SOUL LESSON GUIDE

Understanding What Your Animal Is Teaching You

NAME OF ANIMAL COMPANION: _____ **DATE:** _____

Animals provide companionship, teach us valuable Soul Lessons, and help us grow spiritually. During your animal communication session, you'll learn about the Soul Lesson your animal is teaching you.

I will ask your animal questions to reveal the **four parts** of the Soul Lesson. You can use this form to record the information your animal shares, which will serve as a guide as you work on the Soul Lesson with them. Remember, this is just the beginning of a journey of discovery, learning, and love. Your understanding of the Soul Lesson will deepen over time.

PART I: WHAT BEHAVIOR IS MY ANIMAL USING TO TEACH ME THEIR LESSON?

- * Your animal's behavior is not random but a significant communication tool. It can be their way of telling you it's time to engage with them in the activity they describe in Part III. If your animal has passed they won't use their physical body to signal the lesson; it might be memories, signs, a sense of their presence or something else. Keep an eye out for this behavior.

PART II: WHAT LESSON IS MY ANIMAL TEACHING ME THROUGH THIS BEHAVIOR?

- * Common lessons include trust, boundaries, personal authority, patience, and forgiveness, among others.

PART III: WHAT DOES MY ANIMAL WANT ME TO DO WITH THEM TO WORK ON THIS LESSON?

- * These are the activities your animal would like you to engage in with them when you observe the behavior they described in Part I.

PART IV: WHAT CHANGES WILL OCCUR IN MY RELATIONSHIP WITH MY ANIMAL AS I LEARN THIS LESSON?

- * As you start responding differently to your animal's behavior by engaging in the activities recommended by your animal in Part III, you'll notice a shift in your relationship. This is the transformative power of the Soul Lesson at work as you embrace, practice, and integrate the lesson your animal is teaching you.

SUMMARY

- * Do the four parts of the Soul Lesson make sense to you? If you have questions, please ask for clarification.
- * Summarize the four parts of the Soul Lesson in your own words.