

SPIRIT ANIMAL GUIDE: dragonfly



SYMBOLISM:

The dragonfly symbolizes **transformation, adaptability, and clarity**. Moving effortlessly between air and water, dragonfly represents the ability to navigate emotional depth while maintaining lightness and grace.

As a spirit animal, dragonfly reminds us that change does not have to feel heavy. It teaches flexibility, presence, and the power of seeing clearly, beyond illusion or fear. Dragonfly energy carries brightness, responsiveness, and the wisdom of living fully in the moment.

Dragonfly invites you to meet transformation with openness rather than resistance.

WHEN IT APPEARS:

You may feel drawn to the dragonfly during times when:

- Change or transition is unfolding quickly
- Perspective is shifting or becoming clearer
- You are learning to adapt without losing yourself
- Lightness is needed during emotional growth
- The present moment is asking for full attention

Dragonfly often appears as reassurance that transformation can feel graceful and freeing.

WORK WITH THIS ENERGY:

To work with dragonfly energy, stay present and flexible.

You might:

- Notice subtle shifts in mood, thought, or perception
- Allow yourself to respond rather than over-plan
- Spend time outdoors observing light, air, and movement
- Practice releasing what feels unnecessarily heavy
- Return to the guided meditation when change feels disorienting

Dragonfly energy teaches that clarity comes through presence.

REFLECTION:

- Where in your life could lightness create more ease?
- What becomes possible when you trust change as it happens?

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