

# SPIRIT ANIMAL GUIDE: *dove*



## SYMBOLISM:

The dove symbolizes **peace**, **emotional healing**, and **spiritual reassurance**. Often associated with renewal and reconciliation, dove carries a quiet message of hope, tenderness, and trust.

As a spirit animal, dove reminds us that gentleness can be powerful and restorative. It teaches forgiveness, emotional honesty, and the ability to return to inner calm after disruption or loss. Dove energy carries compassion, grace, and the steady presence of love.

Dove invites you to rest in peace, within yourself and with others.

## WHEN IT APPEARS:

You may feel drawn to the dove during times when:

- You are seeking peace after conflict or emotional strain
- Grief, healing, or reconciliation is present
- Gentleness is needed more than action
- You are longing for calm or spiritual reassurance
- Love and compassion are being called forward

Dove often appears as a reminder that peace begins within.

## WORK WITH THIS ENERGY:

To work with dove energy, soften and allow calm to settle.

You might:

- Practice forgiveness, inward or outward
- Breathe slowly, focusing on gentleness in the body
- Create moments of quiet and stillness
- Speak or act with compassion rather than urgency
- Return to the guided meditation when emotions feel heavy

Dove energy teaches that peace is something you can return to again and again.

## REFLECTION:

- Where in your life are you being asked to choose gentleness?
- What might shift if you allowed peace to lead the way?

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