

SPIRIT ANIMAL GUIDE:

Lion



SYMBOLISM:

The lion symbolizes **courage, leadership, and confident self-expression**. Often called the king of the animal kingdom, lion represents strength that is rooted in presence, dignity, and heart-centered authority rather than domination.

As a spirit animal, lion reminds us that true leadership begins within. It teaches the importance of self-respect, bravery, and standing fully in one's truth. Lion energy carries warmth, vitality, and the ability to lead with both strength and compassion.

Lion invites you to embody your power openly and without apology.

WHEN IT APPEARS:

You may feel drawn to the lion during times when:

- You are stepping into visibility or leadership
- Confidence and self-expression are being called forward
- You are learning to own your power without fear
- Courage is needed to speak or act from the heart
- You are reclaiming self-worth or inner authority

Lion often appears to remind you that you are allowed to take up space.

WORK WITH THIS ENERGY:

To work with lion energy, connect with your inner strength and heart. You might:

- Practice speaking or acting from a place of self-trust
- Strengthen posture and breath to embody confidence
- Reflect on where you may be dimming yourself unnecessarily
- Lead with kindness while maintaining firm boundaries
- Return to the guided meditation when courage feels shaky

Lion energy teaches that confidence grows when you honor your heart.

REFLECTION:

- Where in your life are you being asked to lead more boldly?
- What changes when you allow yourself to be fully seen?

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