

# SPIRIT ANIMAL GUIDE:

dragon



## SYMBOLISM:

The dragon symbolizes **life force, transformation, and sacred power**. Across cultures, dragon is revered as a guardian of wisdom, a keeper of elemental forces, and a bridge between the earthly and the divine. As a spirit animal, dragon reminds us that power is meant to be embodied consciously.

It teaches courage, clarity, and the responsibility that comes with inner strength. Dragon energy carries vitality, protection, and the ability to transform fear into wisdom and purpose.

Dragon invites you to step fully into your power with awareness and integrity.

## WHEN IT APPEARS:

You may feel drawn to the dragon during times when:

- Personal power or confidence is awakening
- You are stepping into leadership or visibility
- Deep transformation or initiation is underway
- Old fears are ready to be faced and transmuted
- A sense of purpose feels strong but untamed

Dragon often appears as a reminder that your power is real, and meant to be honored, not hidden.

## WORK WITH THIS ENERGY:

To work with dragon energy, ground your strength and act with intention. You might:

- Reflect on where you are holding back your full expression
- Strengthen boundaries and personal authority
- Channel energy into creative or purposeful action
- Breathe deeply, visualizing inner fire or light
- Return to the guided meditation when courage or clarity is needed

Dragon energy teaches that true power is steady, conscious, and rooted in truth.

## REFLECTION:

- Where in your life are you being called to step into your power more fully?
- How can you honor your strength while remaining grounded and compassionate?

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