

# SPIRIT ANIMAL GUIDE: *snake*



## SYMBOLISM:

The snake symbolizes transformation, healing, and life force energy. Through the act of shedding its skin, snake represents renewal, rebirth, and the cyclical nature of growth.

As a spirit animal, snake reminds us that healing often requires release. It teaches the wisdom of letting go of old identities, patterns, or fears in order to make space for new vitality. Snake energy is deeply embodied, guiding us back into relationship with the body, instinct, and subtle inner currents.

Snake invites you to trust change as a natural and necessary process.

## WHEN IT APPEARS:

You may feel drawn to the snake during times when:

- You are moving through deep personal transformation
- Old patterns, habits, or identities are falling away
- Healing—physical, emotional, or energetic—is underway
- You are reconnecting with instinct or body wisdom
- Renewal feels necessary, even if uncomfortable

Snake often appears to signal that a shedding is complete, or about to begin.

## WORK WITH THIS ENERGY:

To work with snake energy, allow release and listen to your body.

You might:

- Reflect on what is ready to be released or outgrown
- Bring gentle awareness to physical sensations and intuition
- Practice slow, mindful movement or breath
- Spend time in stillness, allowing insight to surface
- Return to the guided meditation when change feels intense or uncertain

Snake energy teaches that renewal comes through surrender, not force.

## REFLECTION:

- What are you being asked to release in order to grow?
- How might trusting your body's wisdom support this transition?

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