

The Four Animals



WHITE
RAVEN
CONSULTING

Within all communities, families, organizations and human dynamics there are unspoken elements that need to be discussed and tended to or they have the potential to erode or destroy our best intentions.

We come from story people – the fastest way to re-connect and gain insight and understanding about each other and our world is through authentic sharing of story. The animal world has always provided our ancestors insights in what is true about ourselves, each other and the complex dynamics of our world.

These four animals provide insight into ourselves and can remind us of what needs to be tended:



What comes forward for healing/wholeness – wounds, conflict, shadow – if ignored gets bigger and bigger. The Whale asks us, like it did our ancestors, to connect deeply to our spirit, our truest expression of our best self through a disciplined way of being with ourselves, with others and our world.



Calls us to lift our head up and see the long view/bigger picture, to see the forest for the trees and not get stuck in what is small. To remember what really matters.



With the spirit of wholeness and the well-being of our families and communities the Wolf gives us courage to speak truth (without judgment, blame or shaming).



A joyful messenger reminding us of the healing we do when we laugh together and invite joy in. The Hummingbird is the spirit of fun, laughter, and camaraderie that shows up (or we feel its absence).

When we come together to create communities and circles of support with each other it often creates the stability to talk about difficult topics.

For healthy communities we need **ALL** of the components of energy and personality to 'show up' fully and provide balance, insight, safety, support and growth for all.