



Inquire

Ask yourself:

What am I willing to give another being?
What do I have to offer?



Hold Your Inquiry

Then, just hold it. Hold the question there inside your belly, in your heart. Notice what comes up. Then, move from that place inside yourself.



Notice

Notice if doubt or your internal critic arises here to question you, your readiness or offering. What does it say? Is that really true?

How to Find Your #SoulHound

So, if you're sensing a readiness to invite an animal companion—a soul hound—into your world, stop for a moment. Get quiet. Close your eyes. And follow these steps.



Allow it to Take Shape

This process brings what was once just a vision—just a fleeting feeling, thought or image—into the conscious world of form. And here, we let it go and watch it begin to take shape in ways we would have never conceived of on our own.



Be Witnessed

It really helps us to be witnessed by others who feel safe. So, speak your intention to a friend, lover, a safe stranger or acquaintance who can listen without judgement or critique.



Speak Your Intention

Now, speak your intention. Speak your willingness. Speak your offering. Write it out in a journal and date it.