

**Totem Guardians
Oracle Deck
By Tatiana Bondareva**

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Introduction



I created the Totem Guardians Oracle Deck during a period of my life when I was forced to face my shadow side, with all its hidden emotions and deep-seated beliefs. All the old stuffed feelings that I had been carrying around since childhood, came out to the surface, one after another. As I was facing and integrating all these different facets of my personality, all the past selves, I explored what kind of messages I would have liked to receive that could make this journey a little bit easier and lighter. For the visual inspiration I decided to turn to the natural world of fauna. Some of the animals that I chose are common, others are unusual, and some are mythical or imaginary. Some are depicted with their human companions, others by

themselves, and some appear in the form of a shapeshifter. The message in each card resonates with the archetypal energy of the animal it represents, the way it appears and behaves. Unlike most oracle decks, these cards are not meant to foretell your future, but rather bring you into a state of peace with the present moment and encourage you to contemplate your life from the neutral position of an observer. I recommend that you only pick one card at a time and sit with the message, exploring how it resonates with what you are going through on a given day.



The Cards

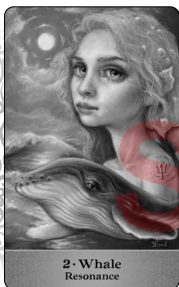
1 • Nightingale Music



The nightingale card is a reminder to acknowledge the role music plays in your life. Notice the way one tune affects you, whether it lifts you up or strongly resonates with what you are already feeling inside. If you have an urge to listen to a song on the spur of the moment, or you wake up with a tune on your mind—play it! See if there is a message for you in the lyrics of the song, or an energetic resonance in the melody. Both of these synchronicities will connect you more with your present state of feeling and bring deeper awareness to it. Singing, dancing, playing music, or listening to live

as well as recorded music will also uplift you when you really need to raise your vibration. Or, if in need of a good cry, a sad melody and lyrics can help you get to the tipping point of connecting with your current emotion.

2 • Whale Resonance



The whale spirit animal reminds us to be consciously aware of the way the outside world reacts in resonance to the frequency that we are emitting through habitual feelings and beliefs about how things really are. Dare to change this cause and effect, not via bypassing any negative frequency that's already sitting inside you; but instead by noticing it, acknowledging that it's in

you, communicating with it, allowing it to pass through you without resistance and emitting a different frequency once the work is done. Should the echoes of old programs reassert themselves again, be willing to release yet another layer of them. For some of this negative programming is deep seated and has been passed on to you from generations of people reinforcing and resisting, and therefore affirming these negative frequencies. Integrate these feelings by allowing them to pass through you. Give them your conscious attention instead of plunging into the story that brought them about. Direct this valuable energy build-up with your inward focus by releasing it through tears or anger, motion or stillness and breathing, whatever feels most suitable in the moment. When it's time, consciously replace it with an outlook that feels good and resonates with what you really want to see in your world.

3 • Frog Dream World



The frog is our messenger between the dimensions we visit in our dreams and this realm. Make your dreams more vivid and memorable by keeping a dream journal. Look for solutions to your current troubles either in past dreams or the future ones. Declare an intention before going to sleep to get a hint within your dream as to how to resolve your problem, or to help you integrate a repetitive old pattern that you can't seem to shake off yet. A more down-to-earth message from the frog is to make sure you get enough sleep. Enough does not mean

what is prescribed for an average human; but enough for the way you feel right now even if some of the responsibilities and daily tasks might get disrupted by it.

4 • Goat Resistance



The goat totem speaks about resistance. Not all resistance is equal, but if you picked this card you will know what kind it is in reference to. Resisting what is only creates more of the circumstances that you are trying to avoid. Resistance causes a lot of internal suffering, for your gaze is securely stuck on avoiding something that you do

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