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## New Paths to Animal Totems: Three Alternative Approaches to Creating Your Own Totemism

By Lupa

Llewellyn Publications, U.S. Paperback. Book Condition: new. BRAND NEW, New Paths to Animal Totems: Three Alternative Approaches to Creating Your Own Totemism, Lupa, Invigorate your animal totem work by incorporating your unique life experience and your personal mythology. In "New Paths to Animal Totems", author Lupa provides a new approach to totemism that broadens the foundations, theories, and practices beyond the typical pseudo-Native-American animal totem book. Exploring three different models of totem work - correspondences, archetypal, and bioregional - you will make your relationships with your totems stronger and more personalized. Whether you are new to totemic work or are looking for some novel spiritual direction, Lupa addresses questions about what totems are, why they aren't restricted to one's geographical location, and how to practise totem traditions with cultural sensitivity. With hands-on rituals and meditations, connect to your animal totems in a way that brings you strength, renewal, and wisdom.



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