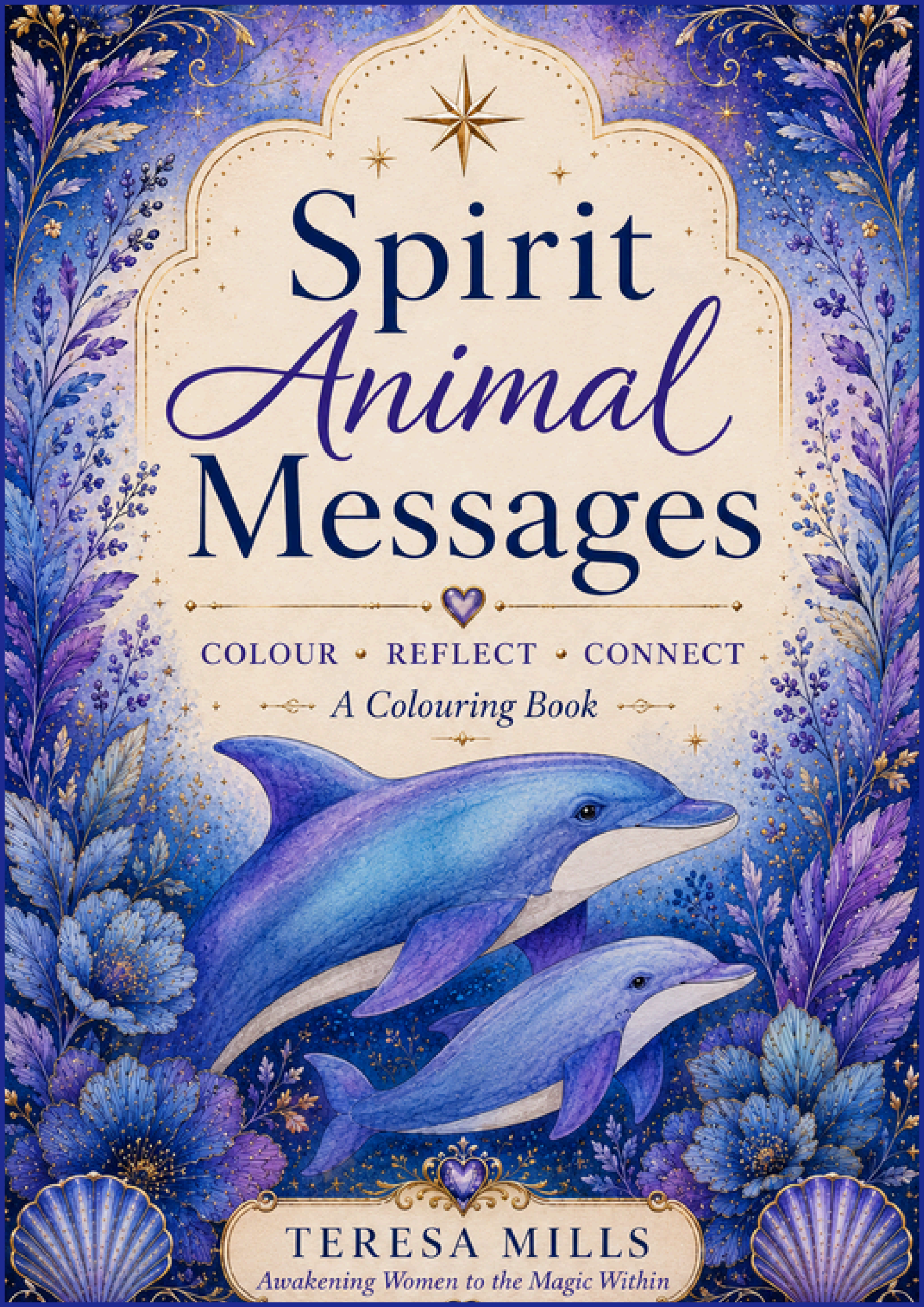




Spirit *Animal* Messages

COLOUR • REFLECT • CONNECT

A Colouring Book



TERESA MILLS

Awakening Women to the Magic Within



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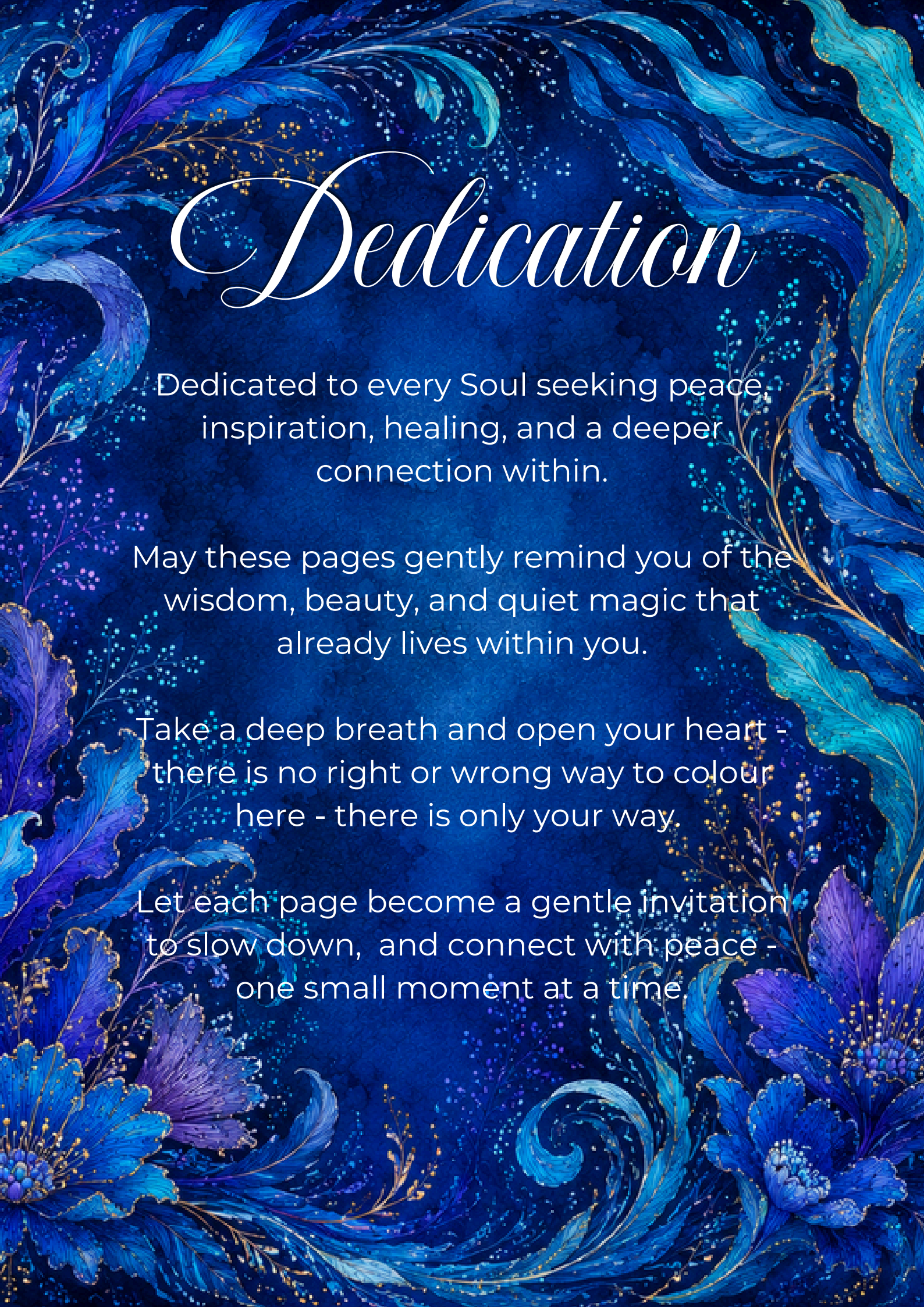
Spirit Animal Messages
Colour. Reflect. Connect - A Colouring Book

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Dedication

Dedicated to every Soul seeking peace,
inspiration, healing, and a deeper
connection within.

May these pages gently remind you of the
wisdom, beauty, and quiet magic that
already lives within you.

Take a deep breath and open your heart -
there is no right or wrong way to colour
here - there is only your way.

Let each page become a gentle invitation
to slow down, and connect with peace -
one small moment at a time.

Welcome



Hello Beautiful Soul...

There are moments in life when something deep within us begins to whisper. A quiet longing for peace. For clarity. For inspiration. For something more meaningful and connected.

Perhaps that is what brought you here.

For centuries, animals have been seen as messengers each carrying their own unique wisdom, energy, and symbolic meaning.

Across cultures and throughout time, they have been viewed as gentle guides - appearing in our lives at just the right moment to offer comfort, insight, and quiet reminders along the way.

Spirit Animal Messages was created as a gentle space for reflection, creativity, and reconnection. Within these pages you will find animal wisdom, affirmations, reflections, and intricate illustrations designed to inspire moments of calm, creativity, and quiet self discovery.

You may feel naturally drawn to a particular animal. Trust that. Your Soul often recognises what it needs, before the mind understands why.

As you colour, reflect, and reconnect, my hope is that these pages offer you moments of peace, inspiration, and quiet magic - gently reminding you that the wisdom, beauty and answers you seek have been within you all along.

Sending big hugs and much love,

Teresa xx



How to Use this Book



There is no right or wrong way to experience these pages.

You may feel drawn to a particular animal, affirmation, or illustration - trust that. Often, the animal we feel most connected to is carrying a message, energy, or gentle reminder that speaks to where we are in our lives right now.

As you colour, allow yourself to slow down and be fully present in the moment. Breathe deeply. Reflect gently. Notice any thoughts, feelings, memories, or insights that arise along the way.

You may wish to spend time with the affirmations and reflections provided, or simply enjoy the calming and creative experience of colouring itself. Let these pages become whatever you need them to be - a quiet pause, a creative escape, a moment of inspiration, or a gentle reconnection with yourself.

Most importantly, enjoy the journey.

There is wisdom in slowing down.

Choose Intuitively — Colour Mindfully —
Reflect Gently — Revisit Often





Your Soul
whispers
softly... but it
always
speaks in
truth.

Teresa Mills

Bird



Bird



The energy of the Bird brings joy and the uplifting sensation of soaring to new heights, symbolizing freedom and the ability to view life from a higher perspective. Birds carry intuitive messages from Spirit, offering clarity on situations and often acting as bringers of good news. In embracing the spirit of the Bird, we allow ourselves to rise above limitations, see the bigger picture, welcoming the clarity and freedom that comes from trusting our inner guidance.

Affirmation

It is safe for me to see the world from a new perspective. I welcome fresh insights and allow my mind to expand. I embrace the endless possibilities that surround me, knowing that with each new view, my life becomes more fulfilling and peaceful...and so it is.

Reflection

Let this be a space for self discovery.

As you colour, allow yourself to connect with the energy of the Bird.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

Use the lines below to write down your reflections.



Butterfly



Butterfly



The Butterfly embodies the energy of transformation that guides us through phases of growth and renewal. It symbolizes the beauty of change and the ability to gracefully emerge from life's transitions. As a symbol of rebirth, the Butterfly reminds us that each stage of life holds its own magic, encouraging us to embrace our evolving selves with grace and optimism. In embracing the spirit of the Butterfly, we learn to welcome transformation with grace and finding joy in the continual unfolding of our true selves.

Affirmation

I embrace change with ease, and in doing so, allow myself to transform. I trust the journey of growth, knowing that each shift brings me closer to my highest self. With courage and grace, I step into new beginnings, ready to become all that I am meant to be.... and so it is.

Reflection

Let this be a space for self discovery.

As you colour, allow yourself to connect with the energy of the Butterfly.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

Use the lines below to write down your reflections.



Cat



Cat



The energy of the Cat represents independence, intuition and mystery. It invites us to trust our inner knowing as we move through life with a sense of self belief and healthy personal boundaries. Cats display a unique blend of curiosity and caution, teaching us to be mindful and to trust our instincts. In embracing the spirit of the Cat, we are reminded of the power of observation and reflection, inviting us to explore life's mysteries while staying grounded in our sense of self.

Affirmation

I trust in my intuition and embrace my unique path. I honour my individuality and celebrate my journey ahead, knowing that every step I take aligns me more deeply with my true and intuitive self... and so it is.

Reflection

Let this be a space for self discovery.

As you colour, allow yourself to connect with the energy of the Cat.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

Use the lines below to write down your reflections.



Deer



Deer



The energy of the Deer brings gentleness, sensitivity, and grace, encouraging us to approach life with compassion and softness, while embracing our inner strength. As gentle creatures, Deer move quietly and gracefully through their surroundings, showing us the beauty of patience and the importance of living harmoniously. In embracing the spirit of the Deer, we learn to walk through life with a gentle heart, finding strength in compassion, and peace in our harmonious connection with the world around us.

Affirmation

I move through life with compassion and grace. As I shine my inner light, I walk harmoniously along my path with an open and peaceful spirit, allowing love and patience to guide my actions... and so it is.

Reflection

Let this be a space for self discovery.

As you colour, allow yourself to connect with the energy of the Deer.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

Use the lines below to write down your reflections.



Dog



Dog



The energy of the Dog embodies loyalty, protection, and unconditional love. Known for their deep bonds and unwavering companionship, dogs remind us of the importance of connections rooted in love and trust. They teach us about devotion and selflessness, encouraging us to cherish those we love and to support others wholeheartedly. In embracing the energy of the Dog we learn to open our hearts fully, offering loyalty and love without reservation, and finding joy in the deep bonds that enrich our lives.

Affirmation

I am deeply loved and am blessed to share my love unconditionally with all those around me. I choose to be a source of warmth and kindness, radiating love and peace to all who cross my path... and so it is.

Reflection

Let this be a space for self discovery.

As you colour, allow yourself to connect with the energy of the Dog.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

Use the lines below to write down your reflections.

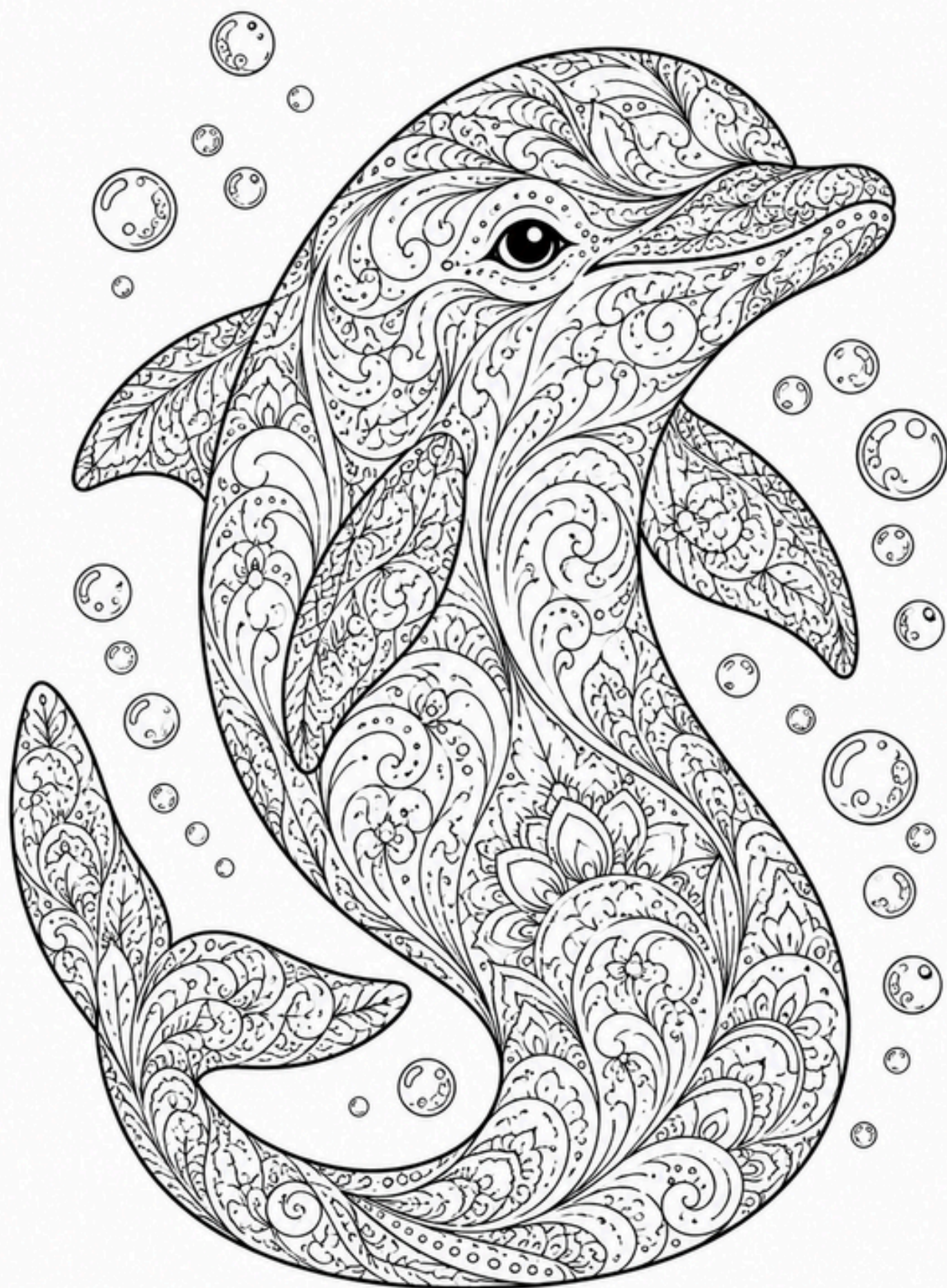




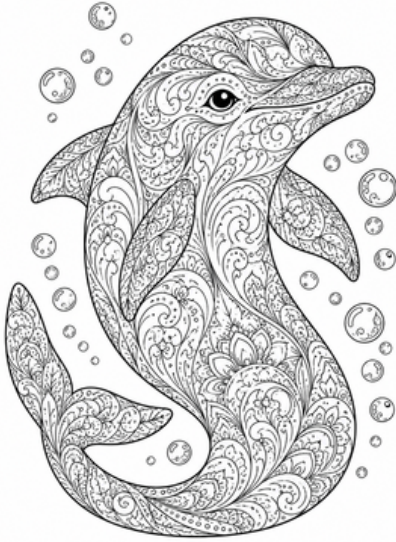
There is
something
beautiful that
happens when a
woman finally
gives herself
permission to
simply be.

Teresa Mills

Dolphin



Dolphin



The energy of the Dolphin radiates joy, playfulness, and harmony, reminding us to embrace laughter and live in harmony with those around us. Dolphins are symbols of friendship and community, inspiring us to build meaningful relationships and to approach life with a spirit of joy and openness. They teach the value of play and the healing that comes from laughter and togetherness. In embracing the spirit of the Dolphin, we are reminded that true joy and healing are found in the connections we experience as we move through life.

Affirmation

I wholeheartedly embrace joy in my life as it brings a spirit of lightness and laughter into each of my days. As I live in harmony with others, I am grateful for the shared moments that fill my life with love, peace, and unity... and so it is.

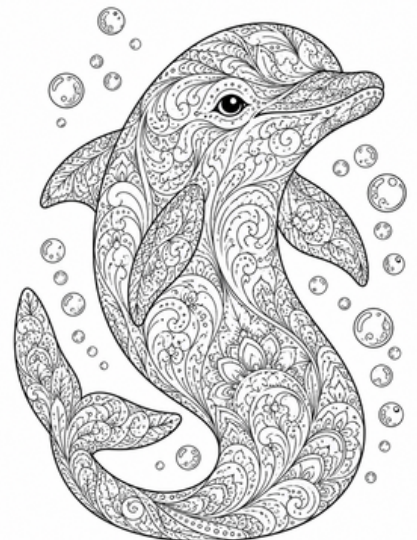
Reflection

Let this be a space for self discovery.

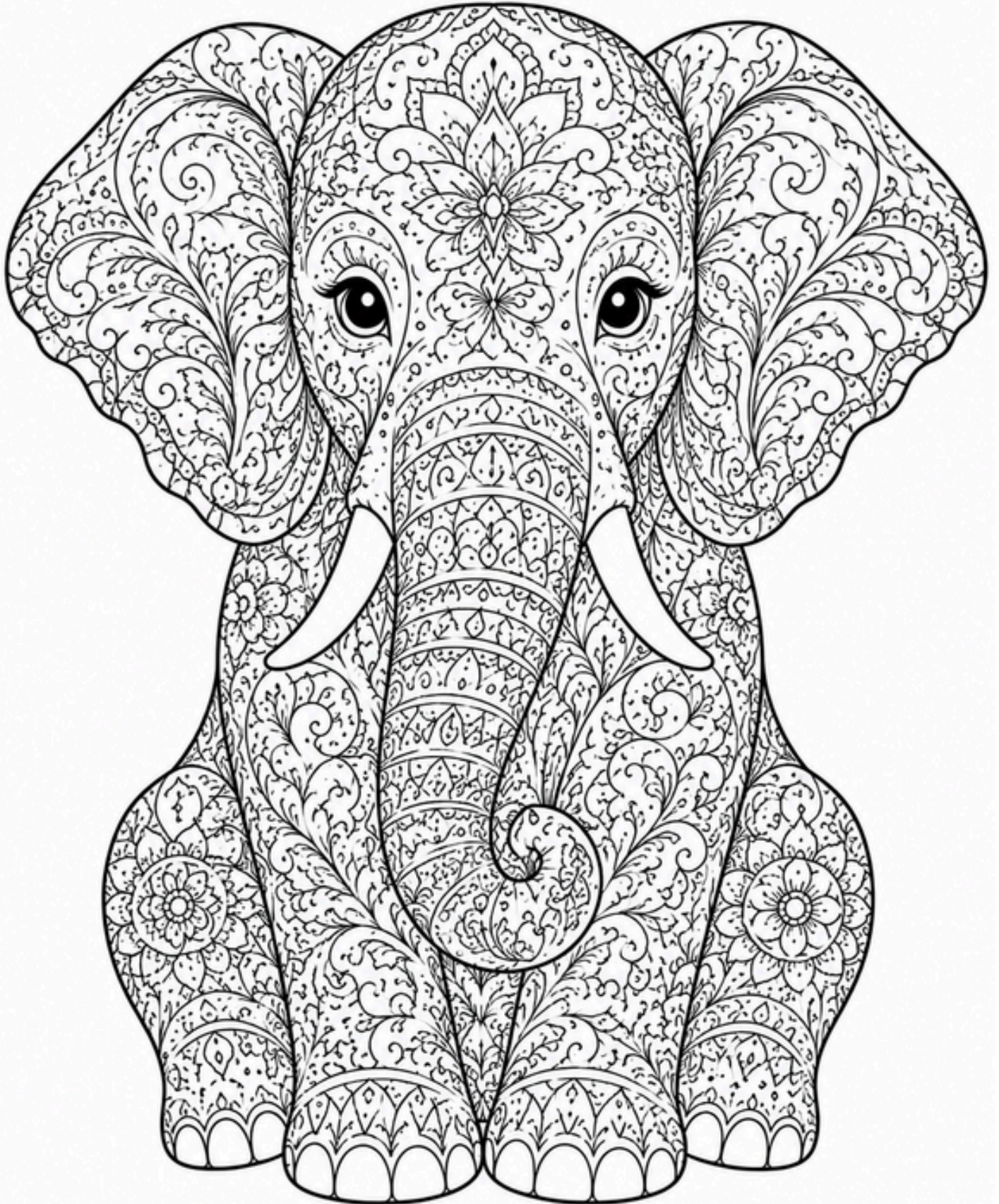
As you colour, allow yourself to connect with the energy of the Dolphin.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

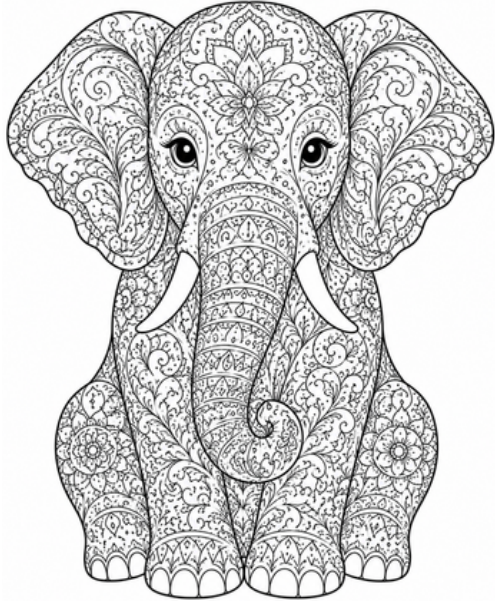
Use the lines below to write down your reflections.



Elephant



Elephant



The energy of the Elephant offers wisdom, patience, and loyalty, guiding us to remain grounded, compassionate, and connected to family and the community. Elephants are known for their close bonds and gentle yet powerful presence, encouraging us to value connection, tradition, and emotional resilience. They teach us the importance of remembering our roots and approaching life with a calm, steady spirit. In embracing the spirit of the Elephant, we honour our roots, cherish our connections, and move forward with a heart full of wisdom, patience, and unwavering strength.

Affirmation

I am patient, wise and grounded deeply in my truth, gently guided by the quiet strength within me. I approach each moment with calm and clarity, knowing that true wisdom comes from within and unfolds in its own time... and so it is.

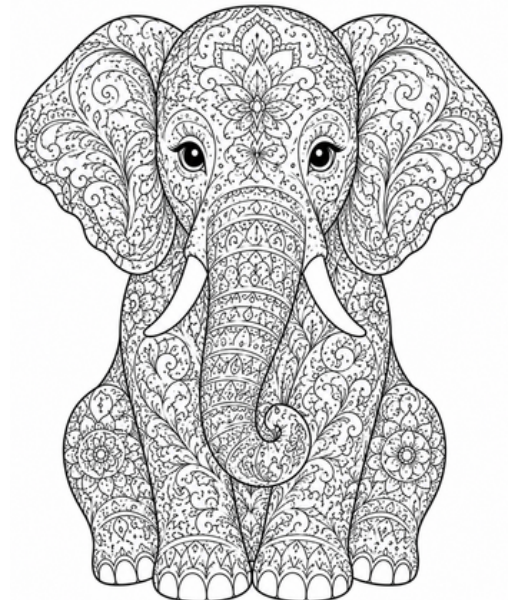
Reflection

Let this be a space for self discovery.

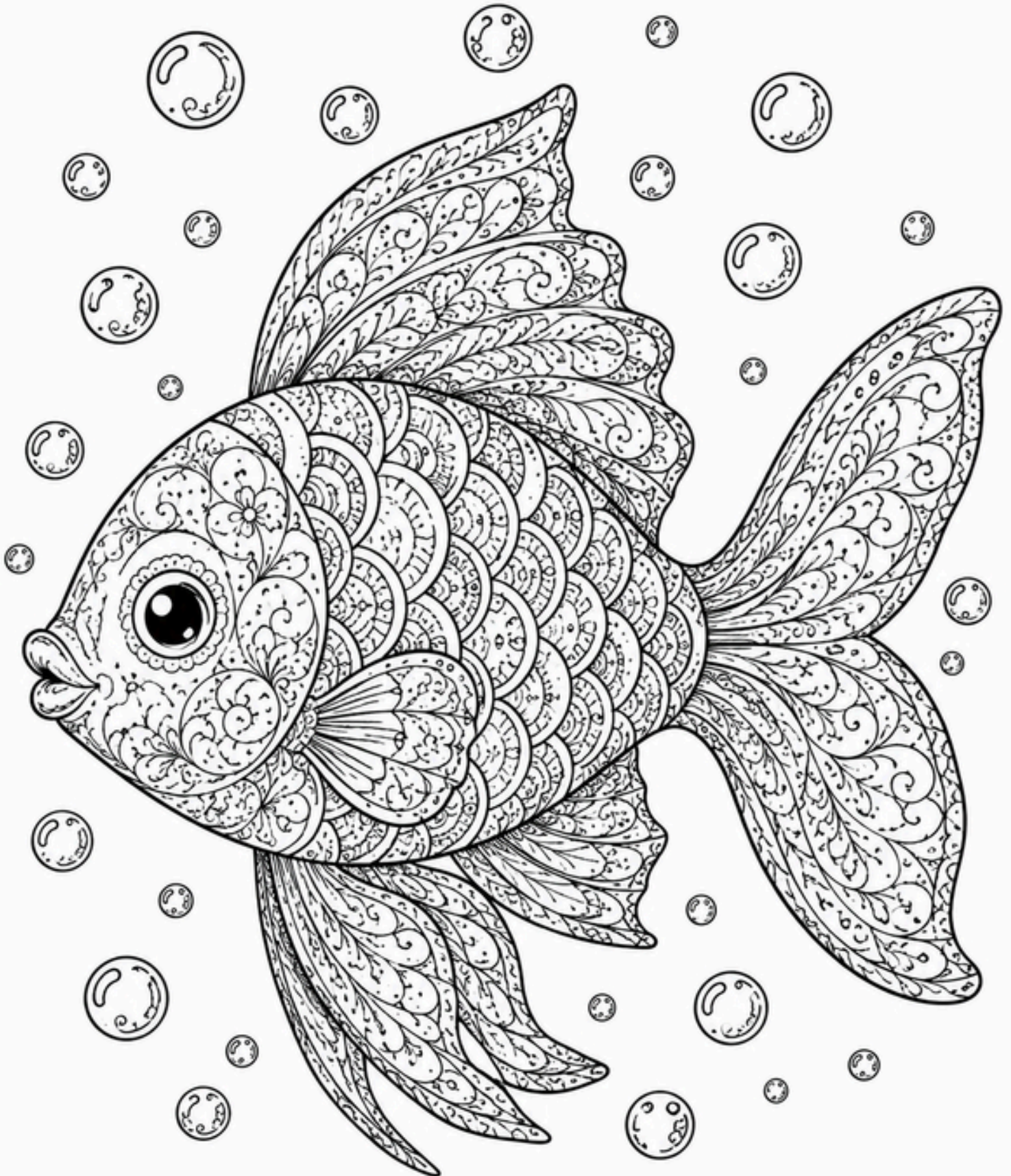
As you colour, allow yourself to connect with the energy of the Elephant.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

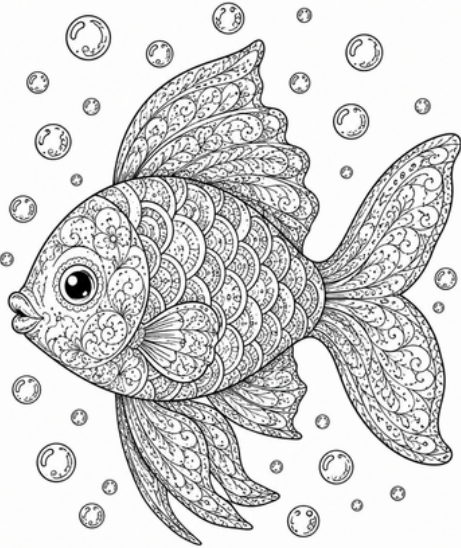
Use the lines below to write down your reflections.



Fish



Fish



The energy of the Fish symbolizes abundance, adaptability, and flow, encouraging us to move with the currents of life and trust in the process of change. Fish navigate effortlessly through water, showing us how to adapt and embrace change without resistance. They inspire us to trust in the abundance of the universe and to align ourselves with the flow of life. In embracing the spirit of the Fish, we learn to trust our journey, moving gracefully through life's changes and allowing abundance to flow naturally into our lives.

Affirmation

I allow myself to flow with the currents of life, adapting with ease and grace to whatever comes my way. I trust in the natural rhythm of my journey, knowing that each change is an opportunity for me to grow and evolve... and so it is.

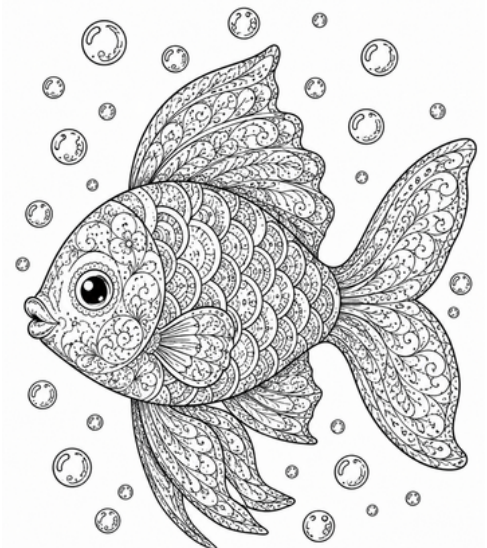
Reflection

Let this be a space for self discovery.

As you colour, allow yourself to connect with the energy of the Fish.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

Use the lines below to write down your reflections.



FOX



FOX



The energy of the Fox embodies cleverness, adaptability and resourcefulness, inspiring us to navigate life with agility. Known for their intelligence and creativity, Foxes teach us to think on our feet, and to find innovative solutions to challenges. They remind us of the power in being adaptable and strategic. In embracing the spirit of the Fox, we cultivate a sharp mind and a flexible spirit, empowering ourselves to face challenges with creativity, confidence, and skillful adaptability.

Affirmation

I am clever and resilient as I adapt quickly to finding creative solutions to every challenge. With sharp instincts and a flexible spirit, I navigate life's twists and turns with confidence and ease. I trust in my resourcefulness, knowing that I have all I need to overcome obstacles and thrive. I move forward with quiet strength, ready to turn challenges into opportunities... and so it is.

Reflection

Let this be a space for self discovery.

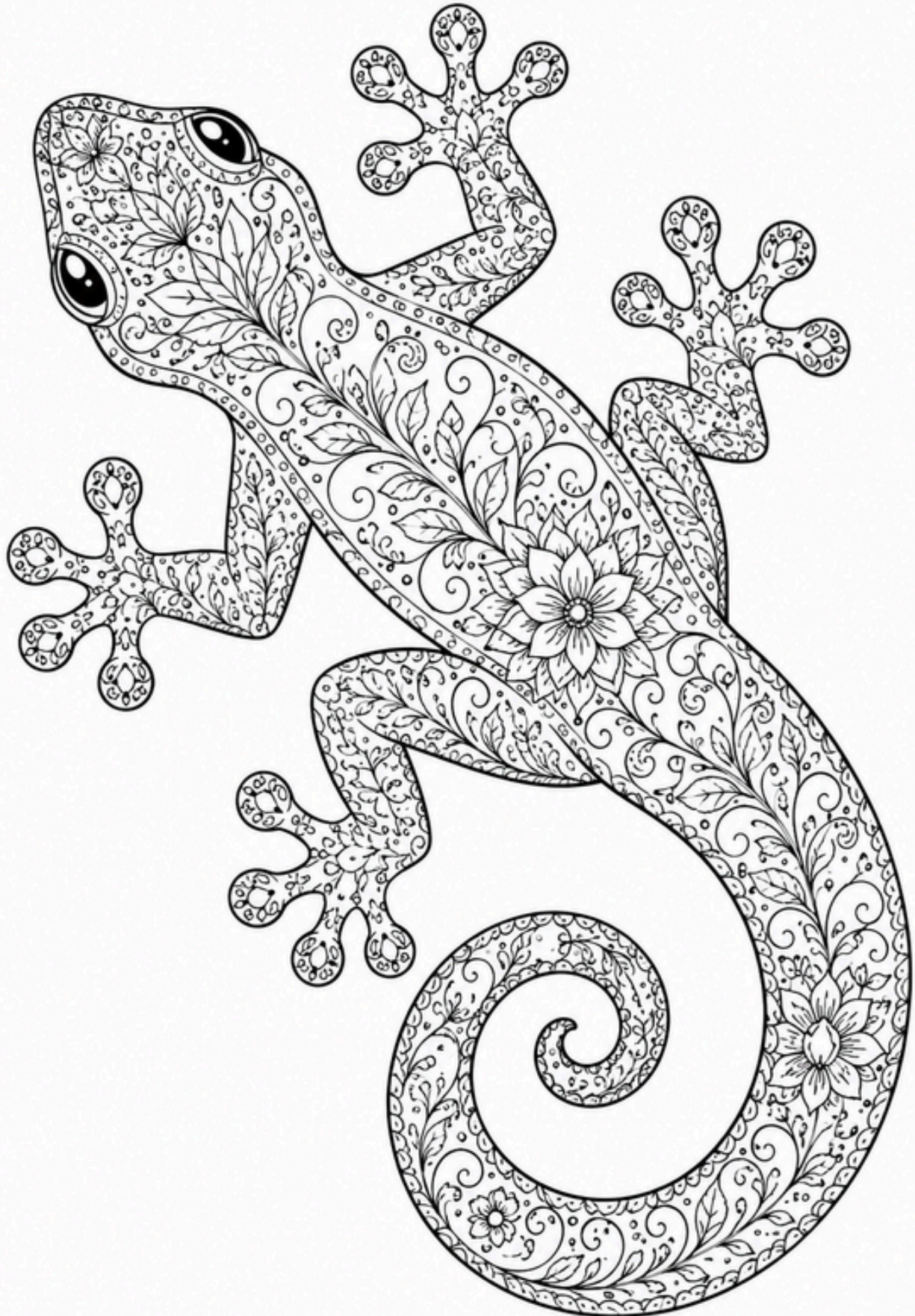
As you colour, allow yourself to connect with the energy of the Fox.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

Use the lines below to write down your reflections.



Gecko



Gecko



The energy of the Gecko brings resilience, adaptability and renewal, symbolizing our innate ability to let go of what no longer serves us. Geckos are known for their ability to shed their tails to escape danger, which teaches us about the power of releasing old habits or attachments to create space for growth. They inspire us to embrace renewal and trust in our ability to recover and thrive. In embracing the spirit of the Gecko, we are inspired to look toward renewal and to trust in our ability to recover and thrive.

Affirmation

I am resilient and adapt to change with ease, embracing each new challenge as an opportunity to grow and evolve. I let go of past limitations and welcome new possibilities with an open heart. I trust in my strength and flexibility, knowing I can navigate life's shifts with confidence and grace... and so it is.

Reflection

Let this be a space for self discovery.

As you colour, allow yourself to connect with the energy of the Gecko.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

Use the lines below to write down your reflections.

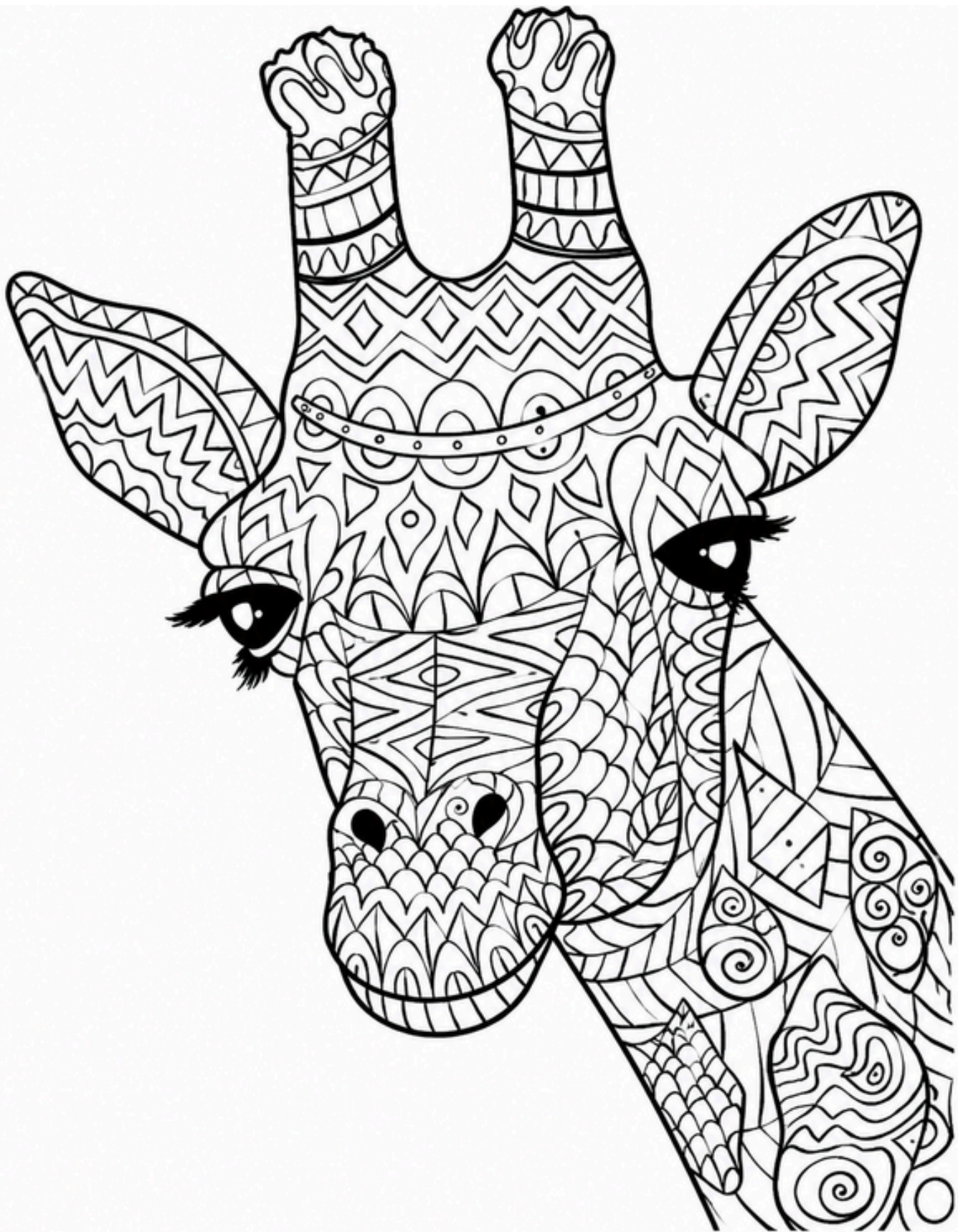




This is not
about
becoming
someone new.
It is about
remembering
who you have
always been.

Teresa Mills

Giraffe



Giraffe



The energy of the Giraffe embodies gracefulness, perspective and inner peace, inspiring us to rise above life's challenges and see the bigger picture with calm and insight. Giraffes move with elegance and grace, symbolizing the beauty of staying grounded while aiming high. They teach us to rise above daily challenges and keep our focus on the bigger picture. In embracing the spirit of the Giraffe, we are reminded of the peace that comes from maintaining balance and perspective helping us to move through life aiming for our goals especially the ones that seem to be out of our reach.

Affirmation

I stand tall with grace, seeing life from a higher view. With calm and wisdom, I rise above everyday challenges, choosing to focus on what truly matters. In every moment, I move with elegance, grace and inner peace, trusting that clarity and balance will guide my path... and so it is.

Reflection

Let this be a space for self discovery.

As you colour, allow yourself to connect with the energy of the Giraffe.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

Use the lines below to write down your reflections.



Horse



Horse



The energy of the Horse represents freedom, strength, and endurance, urging us to explore our inner power and pursue our path with passion and resilience. Horses symbolize the spirit of adventure and the joy of moving freely through life, teaching us to break free from constraints and to pursue our passions. They encourage us to trust in our strength and to move forward with confidence and determination. In embracing the spirit of the Horse, we unlock our boundless potential, moving forward with courage, joy, and a steadfast commitment to follow our dreams.

Affirmation

I am free to explore my strengths and embrace my journey with an open heart and a courageous spirit. I trust in my path forward allowing myself to discover new facets of my potential and grow through each experience. I am empowered to create a life that reflects my true self, knowing that each moment is an opportunity to deepen my connection to my passion and purpose...and so it is.

Reflection

Let this be a space for self discovery.

As you colour, allow yourself to connect with the energy of the Horse.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

Use the lines below to write down your reflections.



Hummingbird



Hummingbird



The energy of the Hummingbird radiates joy, lightness and resilience, inviting us to embrace the beauty of each and every moment. Known for their ability to hover gracefully, Hummingbirds remind us to find joy in the present and to rise above difficulties with a cheerful heart. In embracing the spirit of the Hummingbird, we are encouraged to approach life with lightness. As we learn to dance through life with a joyful heart, we are able to discover the magic and potential of each precious moment.

Affirmation

I welcome joy and lightness into my life, embracing each moment with a grateful heart. I rise above challenges with grace, finding beauty in the small wonders around me. I am grateful for the gift of today... and so it is.

Reflection

Let this be a space for self discovery.

As you colour, allow yourself to connect with the energy of the Hummingbird.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

Use the lines below to write down your reflections.



Ostrich



Ostrich



The energy of the Ostrich symbolizes grounding, stability and resilience, helping us find balance - particularly in uncertain times. With their strength and deep connection to the earth, Ostriches also teach us discernment—knowing when to run, when to let go and when to step away from situations that may leave us feeling unprotected or vulnerable. They are also known to symbolize wealth, abundance, and fertility, encouraging us to trust in the natural flow of prosperity. In embracing the spirit of the Ostrich, we learn to stand strong and grounded, trusting in our own resilience and wisdom to guide us through life's uncertainties with confidence and grace.

Affirmation

I stand grounded, aligned, and blessed. My inner wisdom guides me effortlessly toward prosperity and the natural flow of my path. I move through life with confidence and grace, intuitively knowing when to take action and when to stand firm in my truth. I trust the timing of my journey, embracing each step with faith and resilience... and so it is.

Reflection

Let this be a space for self discovery.

As you colour, allow yourself to connect with the energy of the Ostrich.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

Use the lines below to write down your reflections.



OWI



OWL



The energy of the Owl brings with it a message of heightened wisdom, intuitive insights, and the possibility of transformative change. It allows us to see beyond illusions, revealing the truth within each situation. The Owl's energy invites us to dive deeply into self discovery, encouraging us to explore our purpose and align with our inner truth. In embracing the spirit of the owl, we gain the courage to trust our inner knowing, to look beyond the surface, and to walk our path with clarity and purpose.

Affirmation

I embrace the deep wisdom that resides within me, seeing beyond illusions to the truth. My intuition lights the way, revealing answers that guide my every step. Guided by inner knowing, I navigate life with clarity and confidence, trusting in the insights I receive. I am aligned with my inner vision, wise and unwavering... and so it is.

Reflection

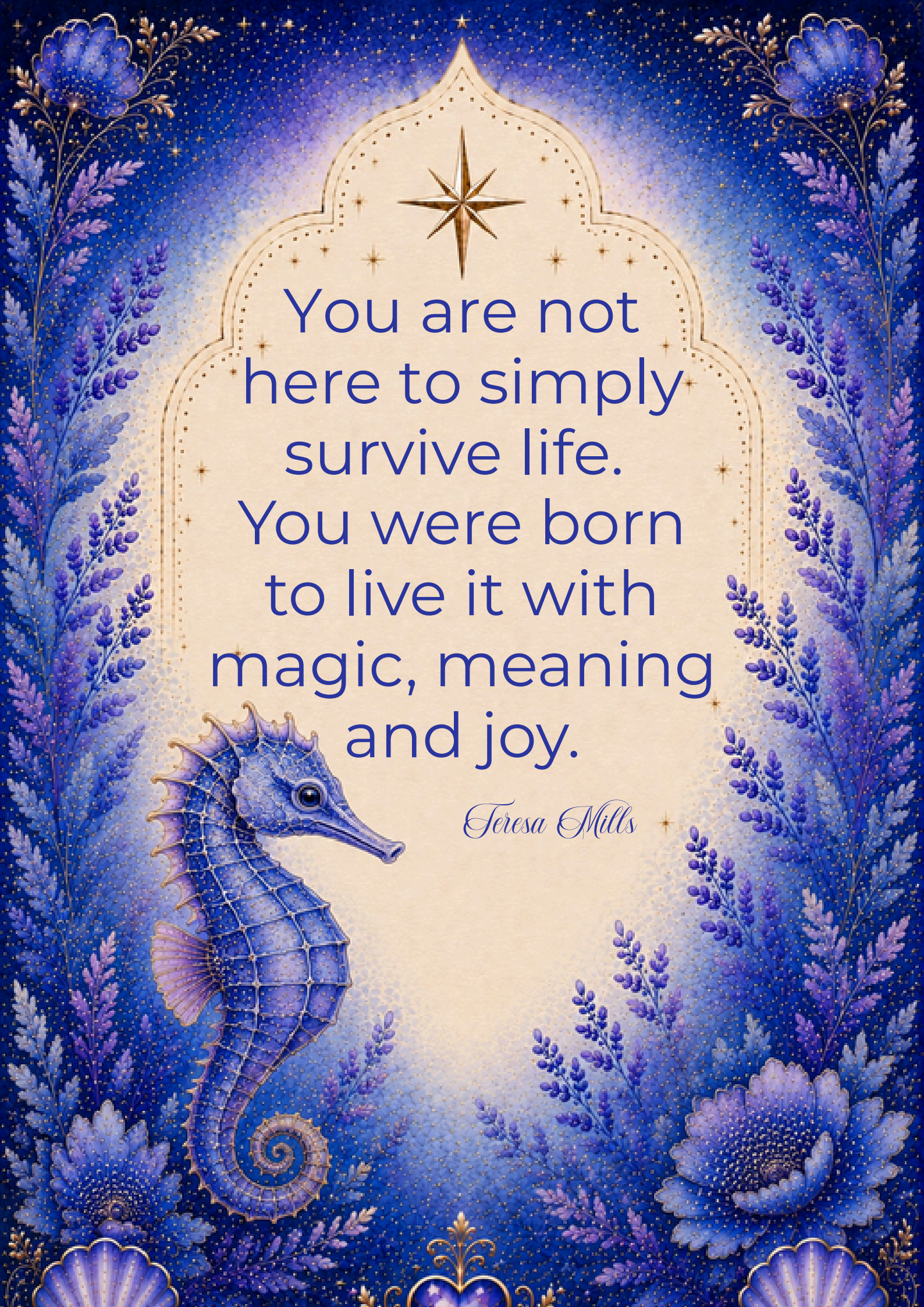
Let this be a space for self discovery.

As you colour, allow yourself to connect with the energy of the Owl.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

Use the lines below to write down your reflections.





You are not
here to simply
survive life.
You were born
to live it with
magic, meaning
and joy.

Teresa Mills

Panther



Panther



The energy of the Panther signifies courage, power, and protection, encouraging us to embrace our inner strength and face our fears with confidence. Panthers are symbols of mystery and elegance, teaching us about the power of presence and the courage to protect what matters most. They remind us of our own inner power and the confidence to unleash our passions, pursue our dreams, and embrace the next phase of our journey. In embracing the spirit of the Panther, we awaken to our inner power, moving forward with courage, grace, and the fierce determination to pursue what truly matters.

Affirmation

I step into my life with quiet strength and unwavering courage, honouring the power within me. I am fearless in pursuing my dreams, protecting my path with grace and intention. Embracing my deepest passions, I move forward with confidence and purpose. I am fully aligned with my true self, trusting that each step leads me to my highest good... and so it is.

Reflection

Let this be a space for self discovery.

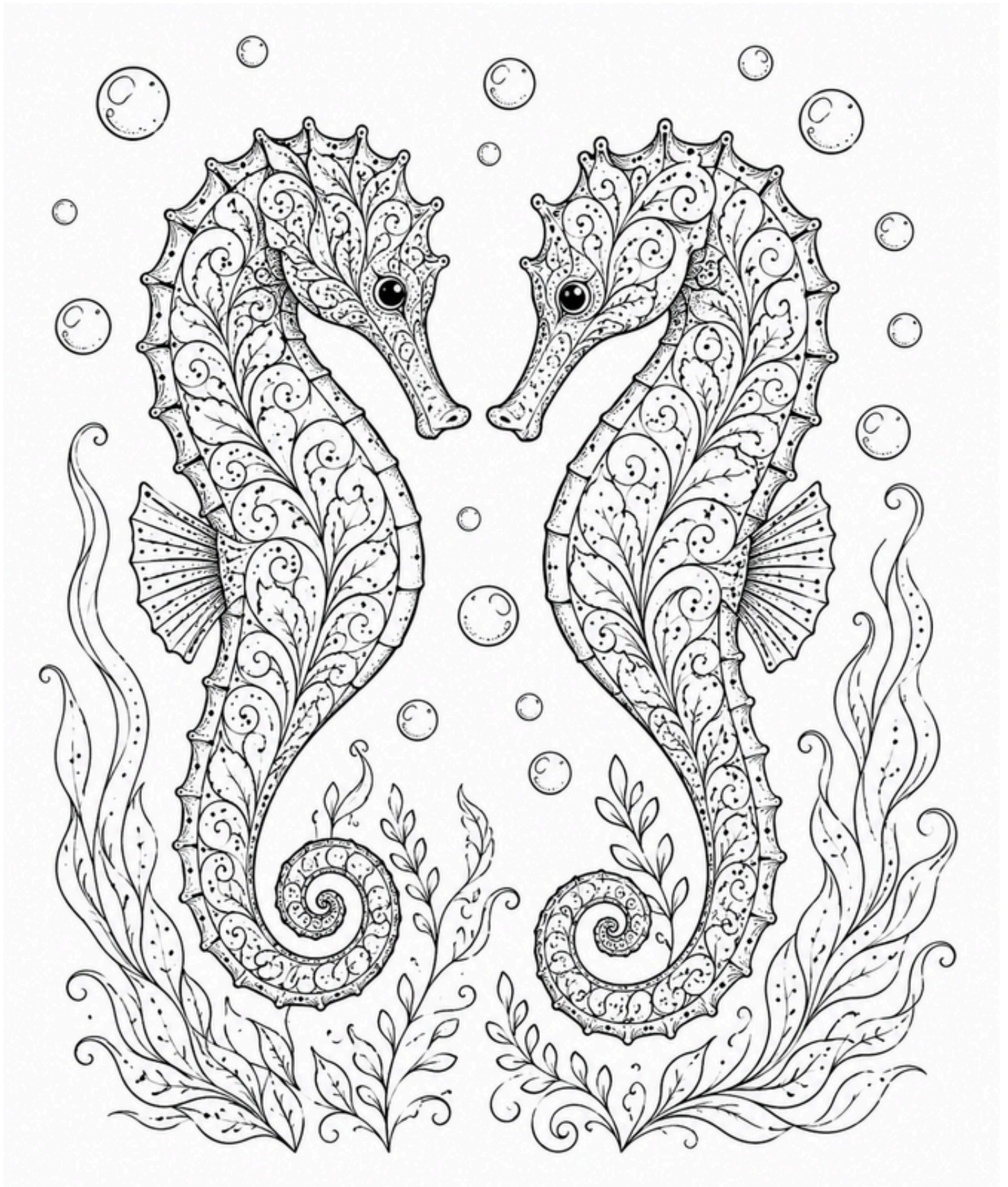
As you colour, allow yourself to connect with the energy of the Panther.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

Use the lines below to write down your reflections.



Sea Horse



Sea Horse



The energy of the Sea Horse reminds us that true strength lies in both gentleness and resilience, urging us to embrace our journey with patience and poise. It teaches us to adapt to our circumstances with ease and stay grounded in who we are, while we remain steady amidst life's currents. Connecting with this energy, we learn to trust and move through life at our own pace, honouring the beauty of a life lived with calm purpose. In embracing the spirit of the Sea Horse, we find peace in being our authentic selves and a quiet grace in every connection.

Affirmation

I move through life with calm and grace, honouring my true self and embracing my unique path. I trust in the balance between independence and connection, allowing me to navigate each moment with gentle strength and authenticity. I am at peace with who I am, flowing with life's currents in harmony... and so it is.

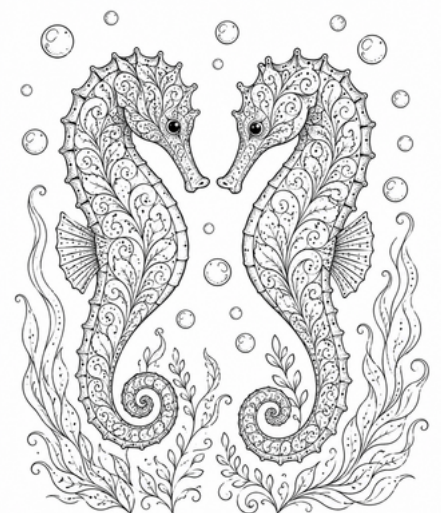
Reflection

Let this be a space for self discovery.

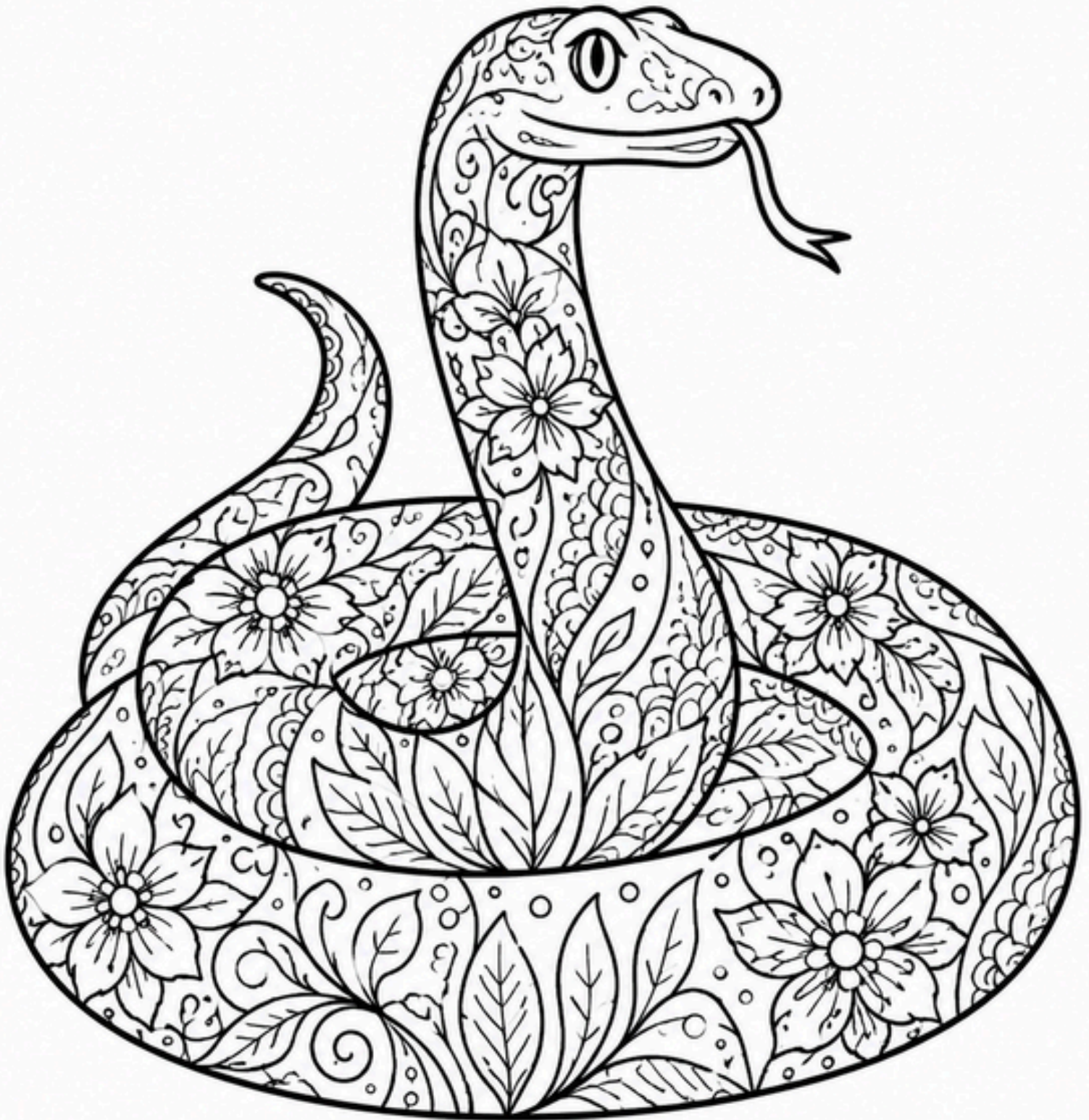
As you colour, allow yourself to connect with the energy of the Sea Horse.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

Use the lines below to write down your reflections.



Snake



Snake



The energy of the Snake represents spiritual awakening, transformation, healing and renewal, as it reminds us of our power to release the past and embrace new beginnings. Snakes are known for their ability to shed their skin, as they undergo a process of rebirth and renewal. Similarly, they inspire us to release old patterns and embrace growth, trusting in our ability to heal and evolve. In embracing the spirit of the Snake, we learn to honour our journey of transformation, shedding what no longer serves us to make way for new possibilities and deeper self awareness.

Affirmation

I release what no longer serves me, allowing space for growth and transformation. I trust in my ability to heal and embrace new beginnings, welcoming each change with ease and grace. Grounded in my inner strength, I move forward with courage and resilience. I am continually growing and evolving, walking confidently on my path toward my purpose... and so it is.

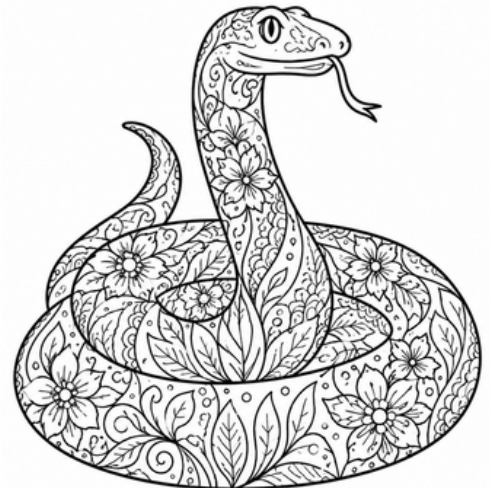
Reflection

Let this be a space for self discovery.

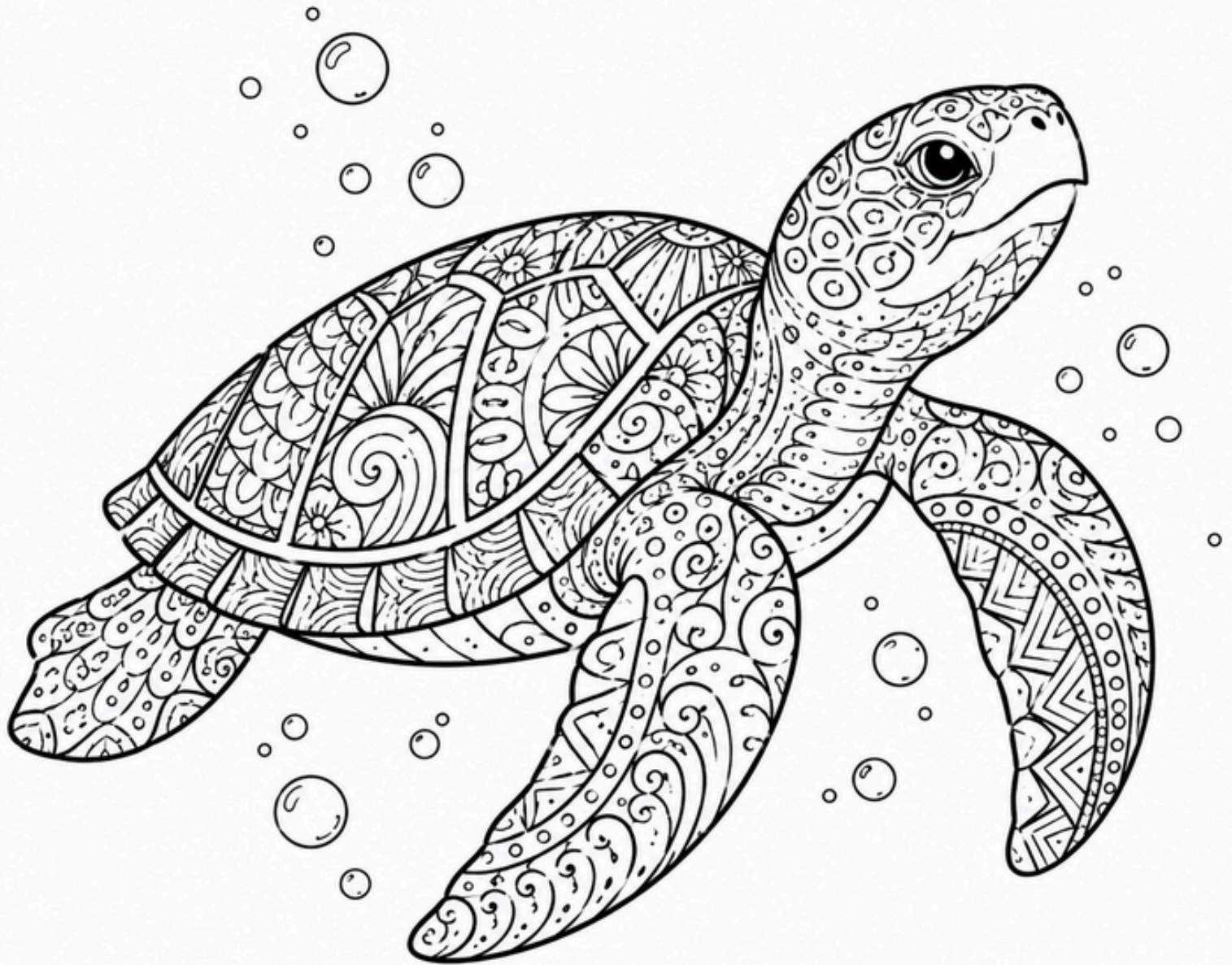
As you colour, allow yourself to connect with the energy of Snake.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

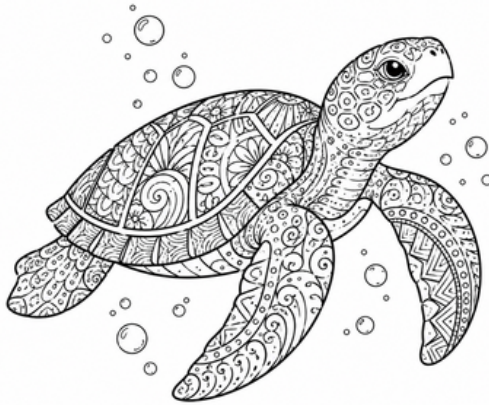
Use the lines below to write down your reflections.



Turtle



Turtle



The energy of the Turtle represents patience, longevity and persistence. They teach us to honour the pace of our journey and to find joy in the present. Turtles are ancient creatures known for their steady movement, symbolizing the wisdom that comes from taking slow and considered action. They encourage us to stay committed and embrace life with patience and calm. In embracing the spirit of the Turtle we learn to move through life with mindful patience, trusting that each step brings us closer to our purpose allowing us to grow with grace and resilience.

Affirmation

I move through life with patience and purpose, trusting in the natural rhythm of my journey. I honour each step I take, knowing that true growth and wisdom reveal themselves in the most perfect time for me. I approach every challenge with calm and strength, finding peace in the present and confidence in the path ahead. I am guided by grace and steadiness... and so it is.

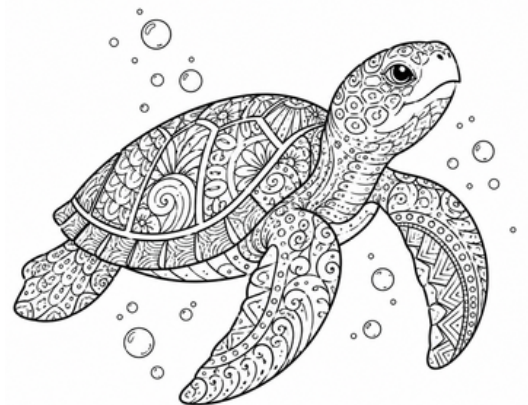
Reflection

Let this be a space for self discovery.

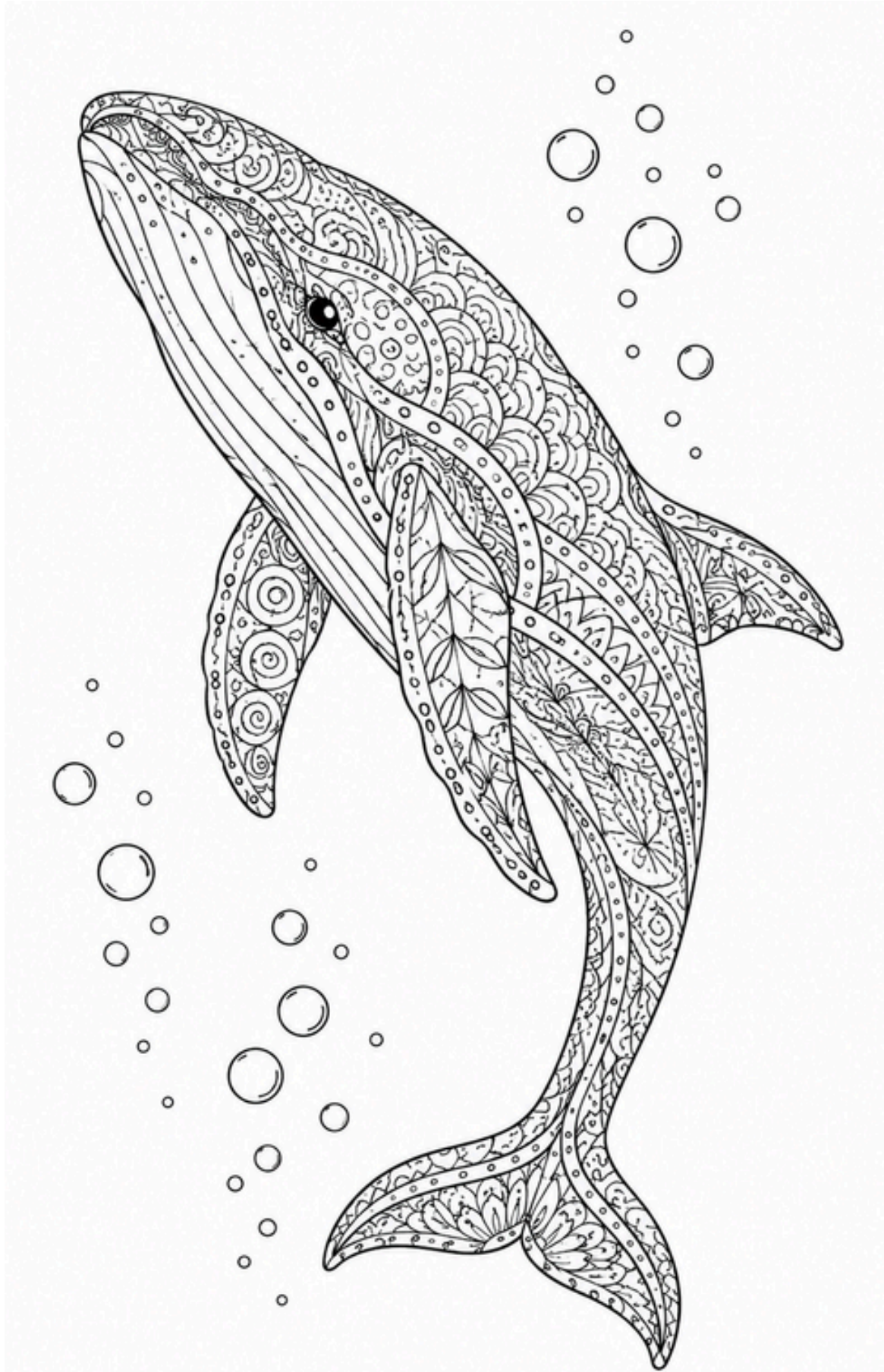
As you colour, allow yourself to connect with the energy of the Turtle.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

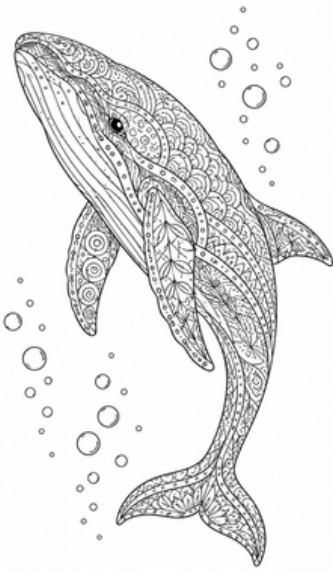
Use the lines below to write down your reflections.



Whale



Whale



The energy of the Whale embodies depth, wisdom, and emotional healing, gently inviting us to dive deep within ourselves to find peace, understanding, and wholeness. Known for their songs and powerful presence, Whales symbolize emotional awareness and the healing that comes from connecting with our inner depths. They teach us to explore our feelings, trust our intuition, and embrace inner harmony with gentleness and grace. In embracing the spirit of the Whale, we cultivate a profound peace within, guided by intuition and the quiet strength of self awareness.

Affirmation

With calm and purpose, I move through life, deeply connected to my inner guidance and the path before me. I honour my emotions, allowing them to lead me gently toward healing and understanding. In embracing the essence of who I am, I walk my journey with grace, finding wholeness and peace in each step... and so it is.

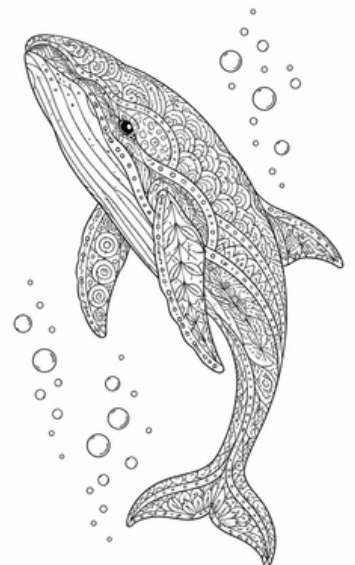
Reflection

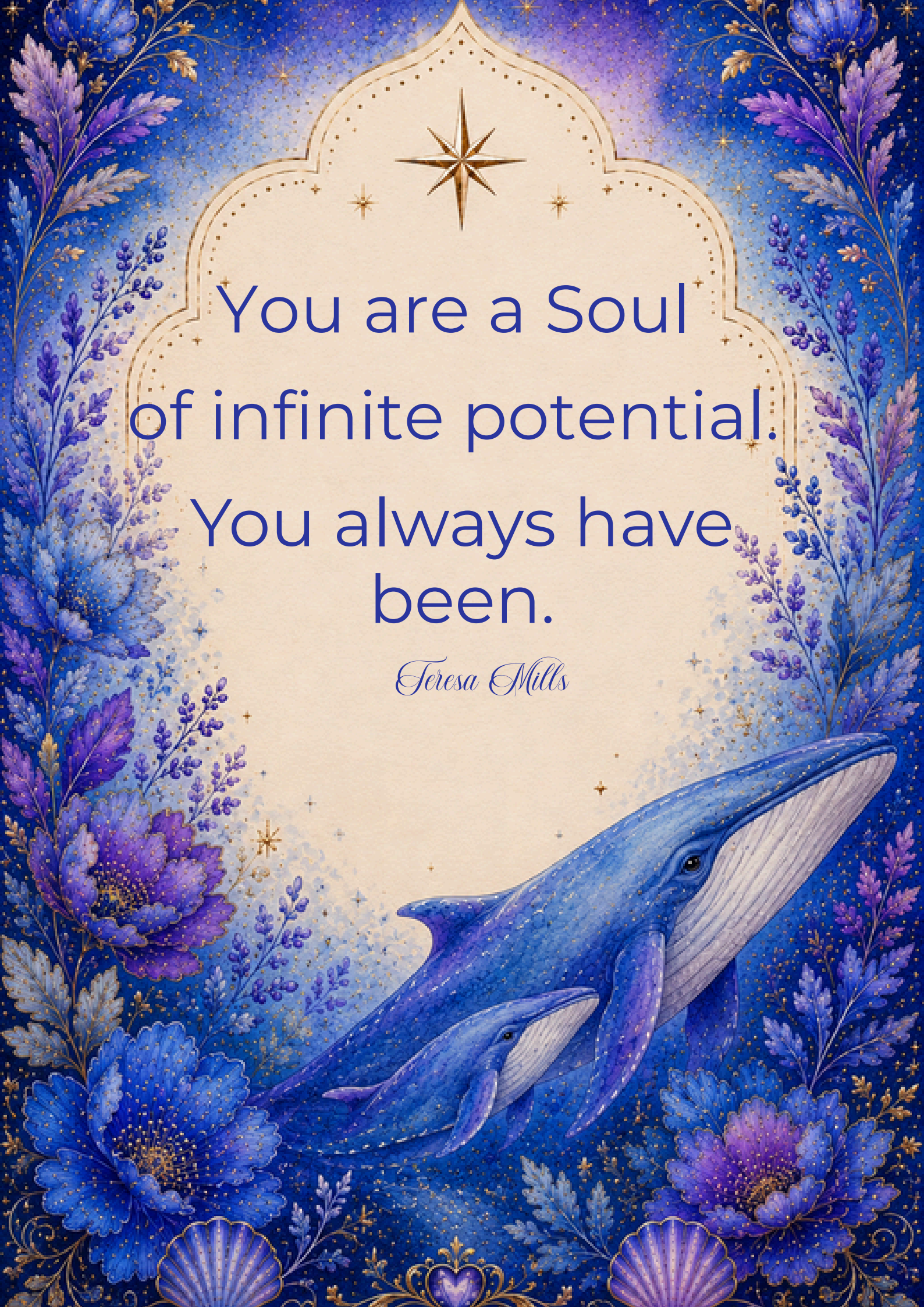
Let this be a space for self discovery.

As you colour, allow yourself to connect with the energy of the Whale.

Take a few moments to reflect on any thoughts, feelings, or insights that arise.

Use the lines below to write down your reflections.





You are a Soul
of infinite potential.
You always have
been.

Teresa Mills



Final Reflection

You were never broken. You simply forgot.

And now, having journeyed through these pages, perhaps you are beginning to remember.

Take a quiet moment to sit with everything that has stirred within you.

Which animal messenger resonated most deeply with you?

What have you discovered or remembered about yourself along the way?

What qualities or energies are you ready to embrace more fully in your life?

What is your Soul inviting you toward as you close these pages?

Use the space below to write freely - without judgement, without editing.

Simply allow whatever wants to be expressed to find its way onto the page.

The journey doesn't end here.

It simply continues - one beautiful step at a time.

Thank You!



Thank you for spending time within these pages.

In a world that moves so quickly, choosing to pause, reflect, create, and reconnect with yourself is a beautiful act of self love.

I hope these animal messengers, reflections, and illustrations have offered you moments of peace, creativity, inspiration, and quiet magic along the way.

You came to this book for a reason. Trust that.

Whatever has stirred within you - the quiet insights, gentle reminders, or the moments of unexpected recognition - carry them with you. They are your Soul speaking - and your Soul always speaks in truth.

May you continue to trust yourself, listen deeply, and follow the quiet whispers guiding you toward a life filled with meaning, joy, and connection.

This is not an ending. It is simply a moment to pause before the next beautiful step of your journey begins.

Keep shining brightly.

Sending big hugs and much love xx



About Teresa

I am a Soul on a journey - just like you.

I have walked through many of the experiences that bring women to pages like these. The heaviness of life, the feeling of giving everything to everyone else and wondering what remains for yourself. The quiet knowing that there has to be more... and the long journey back to remembering that there is.

For more than 40 years, I have been deeply passionate about spirituality, Soul alignment, and the profound journey of self discovery. I have had the privilege of studying with some of the leading spiritual teachers of our time and have spent decades exploring the tools, practices, and wisdom that help women reconnect with themselves and create lives filled with greater meaning, joy, clarity, and alignment.

I am a certified Heal Your Life Coach, Soul Intuitive, Spiritual Teacher, and Angel Intuitive, as well as the author of Believe Achieve Soar, but more than any credential, I am someone who has found her way back - and it is my greatest joy to gently walk beside other women as they find their way back too.

Spirit Animal Messages was lovingly created as a sanctuary of creativity, reflection, and quiet inspiration - a reminder that sometimes the messages we most need arrive softly through moments of stillness, intuition, beauty, and connection.

If these pages have stirred something within you, I would love to continue the journey together.

Keep shining brightly!

Teresa xx

Continue The Journey

If this guide has touched your heart, I would love to stay connected and continue walking beside you as you journey back to yourself and the magic within.

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The journey continues... and I would love to walk beside you.
