



Dr. Cara Gubbins

What
the
Owl
Knows

A Workbook for
Personal Growth
and Development

Workbook

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A Note from Cara

Dear Beautiful Soul,

I am so happy you are reading this! Thank you for joining me on this journey! You are beginning a wonderful adventure in connecting with your soul and becoming even more of the person you are here to be – yourself!

This workbook will help you integrate the Owl's Wisdom into your own life, heal old wounds and limiting beliefs, reframe old traumas, and declare your new truths – and this is just a start! There are many more ways to live a Soul-Centered Life guided by Animal Wisdom . . . but this should keep you busy for a while.

Most people come to me for an Intuitive Reading or Coaching Session when they are feeling Stuck, Stressed and/or Powerless. If you are feeling this way right now, I totally understand. What I want you to achieve from this book is your own experience of healing yourself so you have clarity on your next steps, feel peaceful inside and you are Empowered to have tools that work for you in your own personal toolbox.

I believe that there are Three Keys to Living a Soul-Centered Life. They are to Heal Your Past, De-Stress the Present, and Guide Your Future. This book helps you with all three, helping you step into tomorrow more clear, confident and optimistic!

I look forward to helping you connect with your soul and live your life in a heart and soul-centered way.

To your success!

Cara

Owl Wisdom

The **spiritual gifts** of the owl are swiftness, sureness, and **clarity** of vision, knowledge, and **action**.



The **spiritual lesson** of the owl is unbearable **compassion** from understanding and empathizing with the suffering of others.



The owl's **message to humans** is to **take care of yourself and accept the consequences**.

Spiritual Principle:

ACCEPTANCE



Thoughts, feeling and behaviors
are inextricably tied together.

Releasing old emotions opens up
new ways to think, feel and act in
the world.

We can't release the old until we
accept that it exists within us.

Acceptance is the first step to
healing.



Exercise:

FREE FORM WRITING

Are you ready to clear some old patterns in consciousness that aren't serving you? Get ready to release!

Step 1: Gather your supplies: blank paper (there is a template on the next page) and a pen. (Optional: tissues in case you cry.)

Step 2: Set aside fifteen to thirty minutes when you won't be interrupted.

Step 3: Think of an upsetting incident or relationship in your life.

Step 4: Taking responsibility for your own wellbeing, write your thoughts down on the paper in longhand as fast as you can as you are thinking them. Don't stop to judge or analyze or think about them or plan what you will write next. Just write. Keep writing as long as you are having thoughts and feelings about that situation. Write in a stream of consciousness without concern for grammar, punctuation or what anyone else might think. Just write.

Step 5: When you've filled up one side of a page, turn the page ninety degrees and start writing over what you have already written. The goal with Free Form Writing is to purge the body and mind of old stuck feelings and thoughts. We are not attached to them at all, and writing over them shows this clearly to our egos (the part of us that gets attached to stuff). It also allows our minds to let go of paying attention to what is being thought and written and simply flow through the process without attachment. Allow the words to move through you and the feelings associated with them to move out of you.

Step 6: When your time is up or you have no more emotional charge with the situation, stop writing.

Step 7: Dispose of the pages of Free Form Writing that you just created by burning them. I like to burn my pages outside in a clay flower pot. I let it all out on the page and then let go of it all even more by watching the energy float up to the sky in smoke. Sometimes I focus on my intention to release the pattern as I burn the pages. Once they are all burned, I carry the ashes in the clay pot to the garbage can. If you can't burn them, you can shred them or rip them or destroy them in some other way.

A few notes about **Free Form Writing**

1. Free Form Writing is a powerful spiritual tool for releasing stuck energy and emotions. Please don't use this tool if you are feeling too vulnerable emotionally or psychologically because it can be an intense experience. Use your best judgment about whether this is a tool for you or not. Remember you are taking responsibility for your own well-being.
2. Sometimes people get insights or poems or positive messages while doing Free Form Writing that they want to keep. This is totally okay. However, please be sure to write those phrases down on a separate piece of paper to save. As you are writing, note any words or phrases or sentences that you want to keep and circle them so you won't write over them when you turn your page. Don't break your rhythm to copy them onto a separate piece of paper. Just make a notation and keep going. The Free Form Writing is working!
3. Do not re-read what you wrote (other than the inspirational phrases mentioned above).
4. Do not show what you wrote to anyone else.
5. Free Form Writing is a spiritual cleanse, purge, release, etc. Respect its power by following these guidelines and only using this tool when you are psychologically strong enough to do so.

Free Form Writing Template

1

Begin writing here.

Next, begin writing here, covering the words you already wrote.

3

When you get to here, turn the page 90 degrees to the right.

2

Forgiveness

Sometimes free form writing reveals to us judgments we have against ourselves or others and limiting beliefs about ourselves and the world. These judgments are the glue that hold old patterns in place. The most effective way to completely release old patterns and judgments is through forgiveness.

Here are a few examples from What the Owl Knows:

I forgive myself for judging myself as untrustworthy.

I forgive myself for buying into the misunderstanding that people don't believe me.

I forgive myself for judging my dad as uncaring.

Here is the general format for you to use with forgiveness:

I forgive myself for judging myself as _____.

I forgive myself for buying into the misunderstanding that _____.

I forgive myself for judging _____ as _____.



Affirmations

It's great when judgments and limiting beliefs are released through free form writing and forgiveness, but they leave an empty space in our consciousness when they are cleared. The old beliefs need to be replaced with new, updated beliefs.

Affirmations are Truth Statements that replace the outdated limiting beliefs that you created based on a limited understanding of the world. Here are a few affirmations for you to play with from *What the Owl Knows* - and please feel free to make up your own!

The truth is I am trustworthy.

The truth is people believe me.

The truth is my dad might care.

The truth is _____.



Mindfulness Meditation

I love connecting with the essence of animals through Mindfulness Meditations. It began spontaneously with the Asian Elephant and has since expanded to all animals.

Below is a mindfulness meditation script based on the Wisdom of the Owl. To perform the meditation, match the following words to your breathe, breathing in on "In" and out on "Out" as you focus on each phrase. You can repeat a phrase several times over several breathes or you can move through all of the phrases in order with one phrase for each breath. You can then repeat the whole sequence for greater peace if you'd like.



In, clarity. Out, action.

In, unlimited compassion. Out, for the suffering of all beings.

In, taking care of myself. Out, accepting the consequences.



Next Steps

I love helping spiritual seekers find the authentic voice of their souls so they can live the lives they are here to live.

Now that you've experienced the Wisdom of the Owl in your own life, you may want to explore animal wisdom and your personal growth more deeply. My goal in writing these books is to empower readers to take charge of their lives using the wisdom and tools that helped me. But I didn't do it alone! And you don't have to, either.

If you would like assistance as you work through the exercises in this workbook, or if you simply want to go deeper into this kind of spiritual healing work, I would be honored to be your guide. I offer several options for supporting you and your evolution.

As an **Animal Intuitive and Pet Medium**, I help people connect soul to soul with their beloved animals, whether those animals are living or have passed on. During Intuitive Readings, I clear up misunderstandings, facilitate forgiveness, and help create happy, healthy homes for pets and people. I also help people and pets prepare for their final goodbyes and move gracefully through illnesses and the aging process.

As a **Spiritual Intuitive and Transformational Coach**, I help you recognize your truth, clear your blocks, and connect with your inner guidance to live your most authentic, joyful, purpose-filled life. If you want to be on the fast track to making your dreams come true, this is the way to go!

Next Steps (cont'd)

My **Retreats** are an opportunity for you to step out of your daily life and have peak experiences with animals and nature all around the world. Combined with one on one coaching, these Retreats can be powerful forces for lifelong transformation.

To explore all your options, you can **visit my website** (www.DrCaraGubbins.com) and look at my services pages.

You can also **email me directly** at Cara@caragubbins.com to set up a complimentary **Connection Session**. Like a virtual coffee chat, the Connection Session is a twenty minute conversation where we get to know each other.

We'll talk about where you are, where you want to be, and how to get there. I will give you at least a few ideas for steps you can take right now to start to clear your path to the life of your dreams.

If you feel like I am the best person to help you achieve your goals, we can discuss options for classes and coaching.

Email me at Cara@caragubbins.com to get connected!

I look forward to connecting with you!

Cara

About the



The **Animal Wisdom Circle** is a live, monthly membership program designed to inspire, educate and support animal lovers as they create soulful connections with animals in order to become their best selves.

Three Levels of Exploration will help you naturally and easily incorporate animal wisdom and guidance into your life (just as you just did with the Owl Wisdom). More info about each level is available on the website. Choose your level and then dive in!

Level 1: **Seeker** - Explore the World of Animals and Intuition

Level 2: **Sage** - Receive Spiritual Guidance Directly from Animals

Level 3: **Alchemist** - Talk to Animals. Change Your World.

Memberships include interviews with experts, animal wisdom calls, group coaching calls, guided meditations, a customized monthly workbook, and private coaching.

Every activity in the Animal Wisdom Circle helps you become the person you are meant to be so you can go out and live the life you are here to live!

www.AnimalWisdomCircle.com

Meet Dr. Cara



Here are the great joys in my life:

*spending time in nature

*connecting with people and animals during intuitive readings

*helping people see themselves as divine beings & achieve their full potential

*exploring the world and helping animals

My dream is to live in a world where everyone knows who they are,
speaks their truth, and shares their gifts . . . and talks to animals!

I'm honored to be the author of the Amazon #1 Bestselling book **Words of Wisdom What the Elephant Knows**, and the Amazon bestselling book **Divine Beings - The Spiritual Lives and Lessons of Animals**.

www.DrCaraGubbins.com