

Michele Faia Classes & Workshops
MANDALAS AND OUR SPIRIT ANIMALS

MARCH 5 — APRIL 9, 2026

In each class we will explore the **SUGGESTED SPIRIT ANIMALS AT EACH CHAKRA BELOW**.
Or, you can pick an oracle card for the week, or receive your own spirit animal in meditation.
Have fun, play, keep it simple and ask for help!

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Class #1
Root Chakra, Color: Red
Affirmation: I Am Safe; Sound: LAM
Spirit Animals: Elephant, Buffalo



Class #2
Sacral Chakra, Color: Orange
Affirmation: I Am Creative; Sound: VAM
Spirit Animals: Fish, Dolphin, Bee, Stag, Tiger



Class #3
Solar Plexus, Color: Yellow
Affirmation: I Am Strong; Sound: RAM
Spirit Animals: Ram, Bear, Elk, Snake



Class #4
Heart Chakra, Color: Green or Pink
Affirmation: I Am Love; Sound: YAM
Spirit Animals: Birds, Deer, Dove



Class #5
Throat Chakra. Color: Blue
Affirmation: My Voice is Heard; Sound: HAM
Spirit Animals: Lion, Wolf, Whale, Birds



Class #6
Third Eye (#6) & Crown Chakras (#7);
Colors: Indigo, Violet
Affirmation for 3rd eye: I know; Sound: OM
Affirmation for Crown: I AM; Sound: Silence
Spirit Animals: Owl (6) Eagle (6), Butterfly (7)