

Shake this *innerSpirit Rattle*
to put you in the mind of
SONG & DANCE.



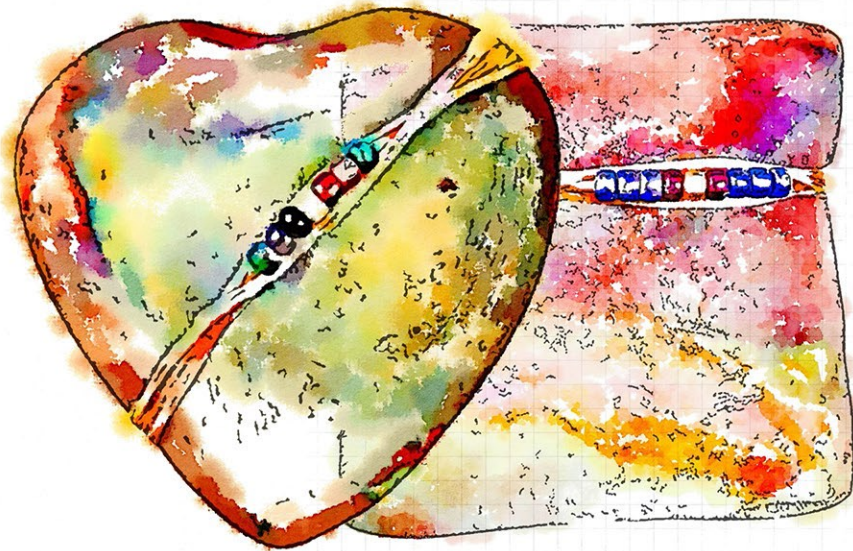
SONG AND DANCE

"I think music in itself is healing. It's an explosive expression of humanity. It's something we are all touched by. No matter what culture we're from, everybody loves music." ~ Billy Joel

The bells and clapper beads give this rattle a joyful, celebratory sound.



Shake this *innerSpirit Rattle*
to put you in the mind of
TRANQUILITY.



SMOOTH SAILING

When times are rough and difficult, it's a comfort to touch something smooth and delicate to remind you of calmer times that lie ahead. Our Smooth design is beautiful in its simplicity and serves as a touchstone that carries you through even the stormiest seas towards smooth sailing.

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Shake this *innerSpirit Rattle*
to put you in the mind of
CREATIVITY.

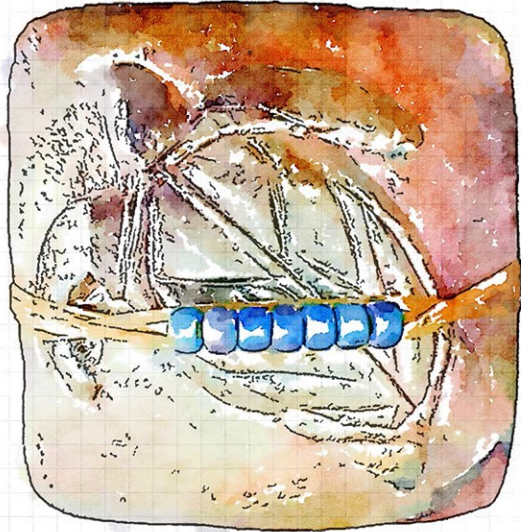


STARRY NIGHT

"It does me good to do what's difficult," Van Gogh wrote about the night sky in his *Starry Night* paintings, the inspiration for the swirling clouds of this rattle's design. "That doesn't stop me from having a tremendous need for, shall I say the word - for religion - so I go outside at night to paint the stars."

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Shake this *inner Spirit Rattle*
to put you in the mind of
ENDURANCE & INDEPENDENCE.

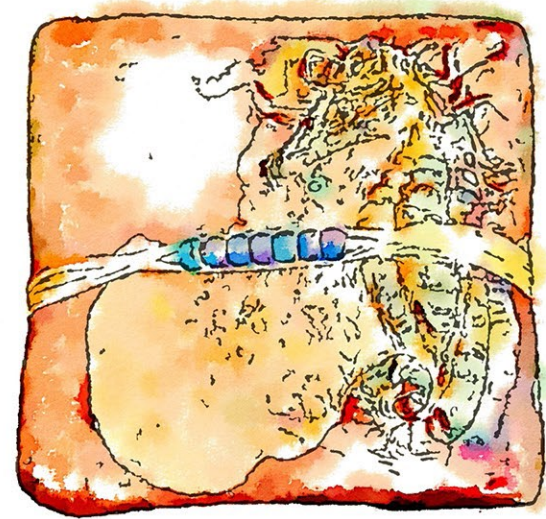


SEA TURTLE

Sea turtles are long-lived. Over 110 million years ago, the family of sea turtles became distinct from all other turtles, and they've remained nearly unchanged for all that time. Patient, wise, and steadfast, their protective shells make them independent and strong, an emblem of longevity and stability in many cultures.

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Shake this *inner Spirit Rattle*
to put you in the mind of
TENACITY & GOOD FORTUNE.



SEAHORSE

In Greek mythology, seahorses pulled Neptune's chariot, and seen as a symbol of strength. Some believed seahorses kept the souls of deceased sailors safe, so seahorses were seen as a good luck charm. Seahorses are not good swimmers. To prevent being washed away in a roiling sea, seahorses anchor themselves with their prehensile tail to coral or sea grass.

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Shake this *innerSpirit Rattle*
to put you in the mind of
COURAGE & TRANSITION



JAPANESE KOI

A variety of common carp, Koi became prized in ancient times when color mutations changed their once brownish scales yellow, red, or blue. Vulnerable but strong, Koi became respected for their determined perseverance, and therefor represented courage in Japanese and Chinese folklore.

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Shake this *innerSpirit Rattle*
to put you in the mind of
STRENGTH & RECOVERY

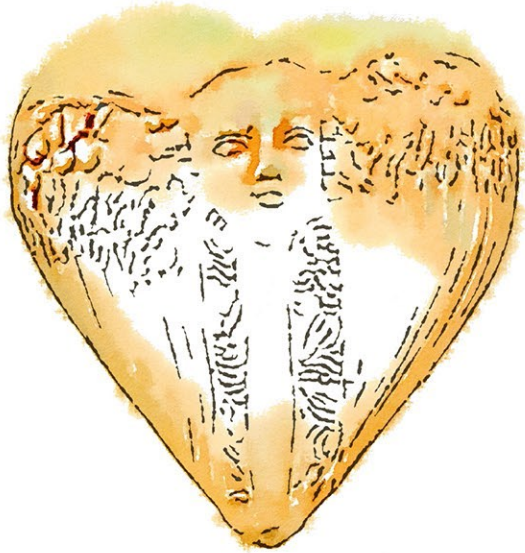


HUMMINGBIRD WHISPERER

Though they are the tiniest birds in the world, hummingbirds are independent, feisty, and ferocious. Agile and resilient creatures, during adverse conditions, hummingbirds enter a brief hibernation to reduce metabolism, but will soon recover when conditions improve.

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Shake this *innerSpirit Rattle*
to put you in the mind of
MIRACLES.



GUARDIAN ANGEL

Some believe that every human being and creature on earth has a guardian angel who is assigned to care for and safeguard each individual throughout life. Keep this angel rattle close at hand to remind you that miracles can happen. Relax to her soothing sound, be mindful of the beauty that surrounds you, and focus on your blessings in life.

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Shake this *innerSpirit Rattle*
to put you in the mind of
GOOD HEALTH



BUTTERFLY

With their symmetry and colorful wing patterns, butterflies are a multicultural symbol of the grace and beauty of nature. As pollinators and a food source to numerous animals, butterflies are a good indicator of a diverse ecosystem and a healthy environment.

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Shake this *inner Spirit Rattle*
to put you in the mind of
NEW BEGINNINGS



FROG

The frog begins life as a slippery tadpole with gills, but transforms gradually into a little creature with two small legs, then into the four-legged creature we know. The frog's transformation has given it an important role in folklore as an emblem of transformation, change, and beginning anew.

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Shake this *inner Spirit Rattle*
to put you in the mind of
WISDOM



HONEY BEE

In ancient fables, bees were sacred and wise creatures, and a sign of good fortune. It was believed that bees were divine messengers, and that their steady hum was a hymn of praise. Shake this bee rattle to the rhythm of your favorite hymn or other music to help put you in a frame of mind that will make it easier for good things to fly into your life.

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Shake this *innerSpirit Rattle*
to put you in the mind of
PLAYFULNESS



DOLPHIN

"We don't stop playing because we grow old; we grow old because we stop playing."

~George Bernard Shaw

Playful, energetic, and very social, dolphins are loved by all. Scientists have noted an increase in harmony between the left and right side of the human brain after contact with dolphins.

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Shake this *innerSpirit Rattle*
to put you in the mind of
RESILIENCE



DRAGONFLY

Dragonflies were a recurring symbol in many Native American tribes. For the Navajo, they represented pure water, which endures no matter how often it changes form. The dragonfly has endured through the ages, since before the dinosaurs, and it's a beautiful symbol of resilience.

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