

The Spirit Leaper A Totem Scroll of the  
Frog's Way

The Sacred Leap

Frog does not rush—but she does leap.

Not every moment is meant for motion. Frog waits. Observes. And then, when the spirit says go—she leaps with full trust.

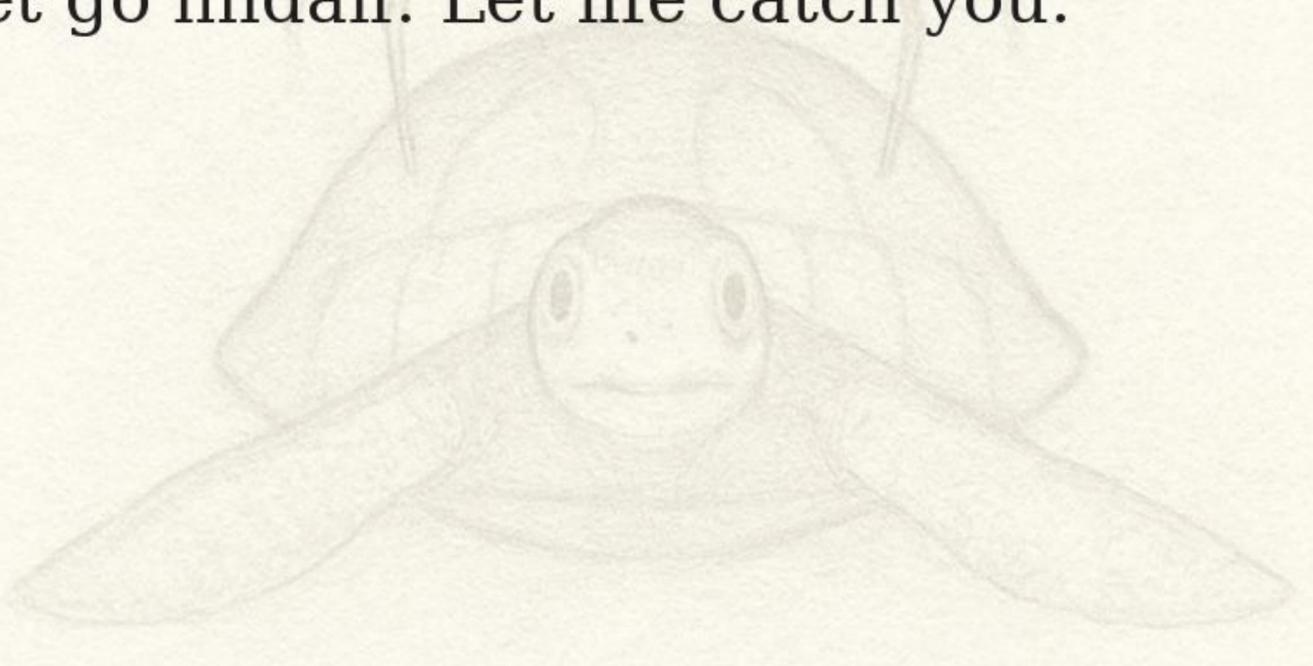
This is not recklessness. It is readiness. A sacred knowing that the next lily pad will rise to meet her mid-air.

Her movement is more than physical. She teaches soul shifts. Quantum jumps. Moments when the old self peels away and the next is born mid-leap.

Frog walks between water and land, breath and silence, spirit and soil. She teaches us how to be both held and free—at once.

To leap is to leave what no longer carries you. To trust that what comes will rise to meet who you've become.

Let go midair. Let life catch you.



## Cycles of Cleansing

Frog is born in water, breathes in air, and returns again.

She is a keeper of thresholds. Of what was and what becomes.

Frog medicine is purification. Emotional detox. Cleansing not just the body—but the grief, the shame, the echoes.

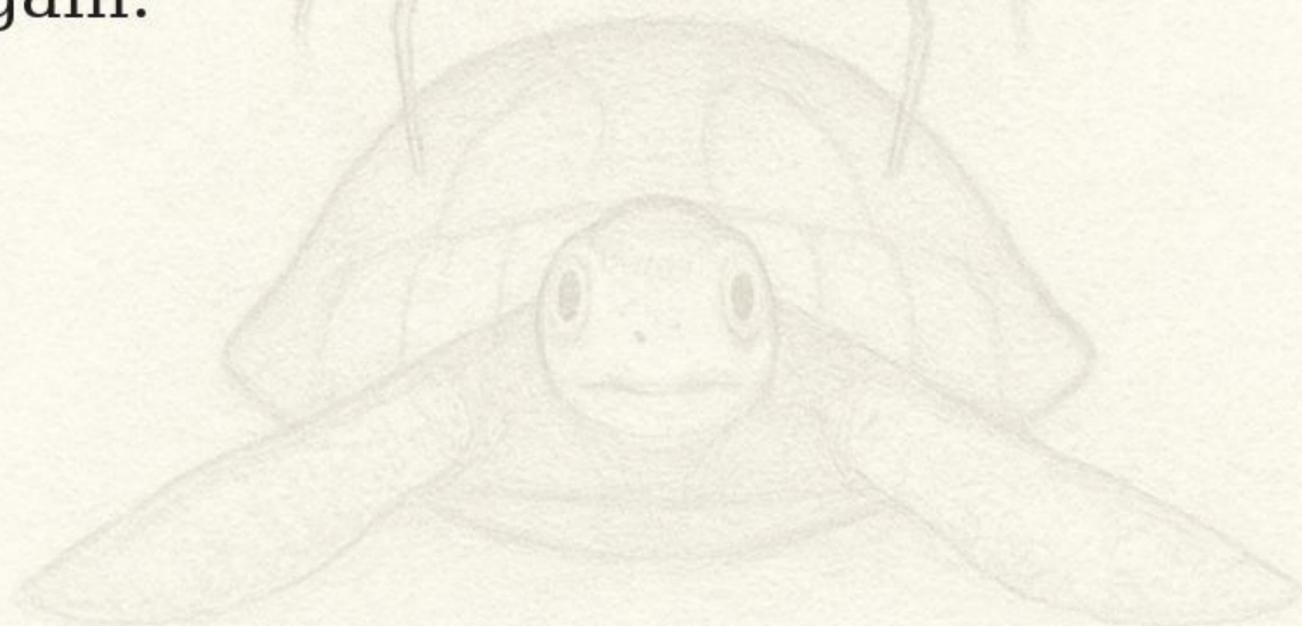
She doesn't just bathe—she becomes the blessing in the water. And invites you to join her.

She moves through memory and emotion with sacred permission— to release, to rinse, to reenter.

Let your tears be sacred. Let your skin feel new. Let your soul breathe like it's just been born.

Cleanse what clings. Shed what stings. Let it wash through you.

You are not too much. You are ready to begin again.



## An Invitation to Transformation

Frog says: You can evolve without apology.

You may be in-between selves—half tadpole, half winged prayer. Still soft. Still shifting. Still holy.

This is sacred alchemy. And Frog walks with those mid-metamorphosis. Those who can no longer crawl but aren't quite ready to fly.

You are enough, even now. You don't have to be finished to be divine.

Leap anyway. Even if your voice cracks. Even if your legs shake. Even if you've never leapt before.

The pond is wide. The spirit is ready. And your becoming? Already begun.

With reverence, radiance, love and light,  
Charming White Eyes

