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Nahualli is the Aztec word for shadow soul, the animal double of the human soul. Aztec tradition held that on the fourth day of an infant's life a priest would perform a ceremony to bind the newborn to its animal soul mate. A sacred pact between human and animal initiated a lifelong relationship of mutual protection and guidance. In return for defending its nahualli, the human would be endowed with the unique skills, strength, and wisdom of that animal.

The Nahualli Animal Oracle offers a means for contemporary spiritual seekers to identify their own nahualli and receive soul guidance from the Aztec wisdom tradition. Each of the 40 beautifully illustrated cards, which includes 31 nahualli animals and 9 Lords of the Night deities, represents an essential aspect of human life—such as joy, aggression, or sacrifice. The book shows how to invoke these powerful entities, through meditation and divination, to intervene in everyday affairs and provide insight into perplexing problems. The authors provide detailed guidelines for interpreting the significance of each nahualli animal or deity, along with an explanation of its mythological origins. Ancient Aztec religious symbolism is reflected in the divination spreads, such as The Five Directions, which is derived from the compass symbol at the center of the intricate Aztec calendar.