
















Totem and Power Animals A – Z

Use this guide to:



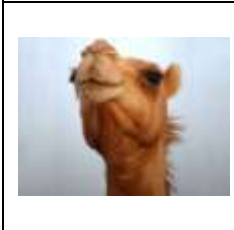





1. Decode your dreams – See them below and more here: <http://www.dreammoods.com>
2. Make a personalised candle
3. See what the Universe is trying to tell you when you see any of these in your daily life








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|  | <p>Ant: Patience, Order, Discipline An Ant Totem can help you see future needs and plan for that future. It will show you how to build your dreams slowly over time, content in knowing that everything will come in time. The ant teaches you how to become the architect of your life. The greatest success comes with persistence. The ant shows you how to work with others.</p> |
|  | <p>Anteater: Curiosity Anteater people are naturally inquisitive, and can often sniff out trouble, or those in trouble, with little difficulty. Anteater also gives you the ability to find lost objects and an understanding the value of "rooting around" to find solutions. They are a connection to the insect world, especially the Ant.</p> |
|  | <p>Antelope: Action, Speed, Adaptability of the Mind Antelope teaches survival and how to avoid indiscriminate destruction of life. The Antelope signifies knowledgeable action. Antelope medicine is the knowledge of life's circle, the knowledge and understanding of death. Through Antelope you can learn to truly live and action is the key and essence to living. Antelope is the messenger of a higher purpose; he knows the way and through him, so will you. Antelope can teach clairvoyance by listening to his voice inside of you. An Antelope person is intrinsically psychic. Often it is in the form of clear-smelling - fragrances and odours will awaken this power. Mediate using a fragrance with musk in it. Trust your instincts. If a person or situation does not "smell" right, back away from it.</p> |
|  | <p>Armadillo: Boundaries, Protection, Empathy Armadillo teaches you how to protect yourself and when to let your defences down. Make yourself an energy body shield using Armadillo medicine. Make a circle on a piece of paper and see it as a medicine shield. Write in the circle all the things that you want to have, experience, and give you joy. This shield will reflect what you are and what you will on an unconscious level. If you have an Armadillo totem, it is time to define your space. You may have trouble saying "no" and are being taken for granted. Learn to guard your personal space and allow entry only when you want to.</p> |
|  | <p>Badger: Aggressiveness, Reliance, Self-Expression The power of the Badger totem is its aggressiveness and the willingness to fight for what it wants. This aggression can also be turned to healing - for Badger is the keeper of Earth's healing herbs. Badger people are often leaders and bosses, the one who will get the job done. If you have a Badger as a totem, you will likely be solitary but comfortable being alone. You are comfortable in your own skin and very self-reliant. Badger anger can get you out of apathy, but be careful not to cut yourself (or others) to ribbons. Badger is a powerful totem when used properly.</p> |
|  | <p>Bat: Transition, Rebirth A Bat totem appearing in your life is a call for the end of a way of life and the beginning of another. You must face your greatest fears and get rid of the part of your life that no longer is needed. This transition is very frightening for many: "better the devil you know..." But you will not grow spiritually until the old parts are gone. Face the darkness before you and you will find the light in rebirth.</p> |
|  | <p>Bear: Caution, Healing, Leadership The power of the Bear totem is the power of introspection. The answers to all our questions lie within us. Each of us has the capacity to quiet the mind, enter the silence and know. Just as the bear hibernates during the winter, people with a Bear totem will be quieter during the winter months. But they must awaken in the spring and seek whatever opportunities are around them. When you have a Bear totem, you are being guided to a leadership role. You must be fearless in defending your beliefs. The Bear also encourages you to exercise your abilities as a natural healer.</p> |









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|  | <p>Beaver: Dream Builder</p> <p>The Beaver totem reminds us that we have to act on our dreams to make them reality. It is time for action. The Beaver reminds us that we have to act on our dreams to make them a reality. It is the time for action. Beaver can show you how to construct wonderful dreams! If you are a Beaver person, do not neglect your dental care. It is essential to those with a Beaver totem. A Beaver is also sets the example of teamwork for you to take into your work life and your family life. Dreams are easier to build with a team helping.</p> |
|  | <p>Bee: Fertility, Accomplishing the Impossible</p> <p>Bee tells you to take the time to appreciate and enjoy the sweetness of life. Bee's gift to you is productivity - making the best of your time so you have some time for yourself. The bee reminds us to extract the honey of life and to make our lives fertile (productive) while the sun shines. No matter how great the dream is, there is the promise of fulfilment if we pursue our dreams. Bee people are very focused and hard workers. They are capable of succeeding at whatever they attempt. Although they are self-sufficient, they work best when they are working with others. If a Bee has shown up in your life, examine your own productivity.</p> |
|  | <p>Blackbird: Omens and Mysticism</p> <p>Blackbirds symbolise the tie to nature and her energies. Recharge your energy by sitting in a quiet outdoors spot and through meditation, with Blackbird's help, you can gain a new understanding of the forces of nature all around you. You can go a step further and use Blackbird's ability to open doors to the ethereal planes. Imagine Blackbird flying ahead of you, leading the way, so that you can go deeper into meditation than ever before and possibly even achieve astral travel. Blackbird is also the symbol of change and when you see many Blackbirds around you, it means that change is coming. Place close attention to where you see Blackbird and what you are doing and you may be able to foresees what changes are coming.</p> |
|  | <p>Bluebird: Modesty, Happiness</p> <p>Bluebird is a reminder that you are born to happiness and fulfilment, but you can sometimes get so wrapped up in everyday things, that happiness seems rare. Bluebird reminds you to take time to enjoy yourself. Bluebird is associated with the throat chakra and creative expression. Bluebird is symbolic of the need to work hard and play hard. Be careful of shouldering too much responsibility. Bluebirds, and their totem people, are gentle and unaggressive. They do not push or bully, but they are very scrappy if threatened. A Bluebird person should have their front door facing south, the door for awakening their inner child.</p> |
|  | <p>Blue Jay: Proper Use of Power</p> <p>If you have a Blue Jay totem, you must learn to use your personal power properly. Be careful not bully others. The word "jay" comes from the Latin word "Gaea" which is Mother Earth. A Blue Jay totem links you directly with the power of the Earth itself. It can link the heavens and the Earth and give you access to universal energies and power. If Blue Jay is your totem, you may have tremendous abilities and potential, but you must learn not to be scattered and neglect to develop your abilities to their fullest. Blue Jay people can become dabblers - a little bit of knowledge about many things but master of none. Develop your gifts and you will have unlimited potential.</p> |
|  | <p>Boar / Pig: Self-Reliance, Protection</p> <p>This totem is one of the most powerful and its gifts are many. Boar is the totem of prosperity and spiritual strength. It is also a strong protector totem. Boar is the master of its domain and can teach you that same self-reliance. With Boar's help, you can face all of life's problems head on and emerge the stronger for it. It is a fearless guide through any tribulations you may face on your life path. Since Boars root around in the dirt, this totem is very connected to Mother Earth and is an excellent grounding totem. Before grounding, imagine you are Boar, low to the earth, standing firm and strong, and digging deeply into Mother Earth.</p> |
|  | <p>Bobcat: Silence and Secrets</p> <p>People with a Bobcat totem are often solitary like their totem animal. Coming to terms with that, learning to be alone without being lonely is part of what the Bobcat can teach. Bobcat people often become keeper of secrets and they must learn never to break their silence and friend's confidences. Bobcats have the ability to turn on and off creative forces. Bobcat magic uses darkness and secrecy; be silent about your magic and power - don't broadcast what you can do to everyone. Speaking of it dissipates the power. You must learn when to speak, how much to say, and what to share with others. This is essential. Bobcat people are night people.</p> |
|  | <p>Buffalo: Prayer and Abundance</p> <p>Those who have a Buffalo totem must walk a sacred path, honouring every walk of life. You will achieve nothing without the aid of the Great Spirit and you must be humble enough to ask for assistance and then be grateful for those gifts. A Buffalo totem will seek to help you establish a deep connection to Mother Earth and it will ask you to help the endangered species of our planet. He will bring you strength of character and an independent spirit. It is the totem of abundance. Do not push or force, but follow the easiest path. Buffalo medicine knows that abundance is present when all relations are honoured as sacred and when gratitude is expressed to every part of creation. Buffalo medicine is prayer, gratitude and praise. Praying for the needs of all creatures, for harmony and give praise for the gifts you have already received.</p> |

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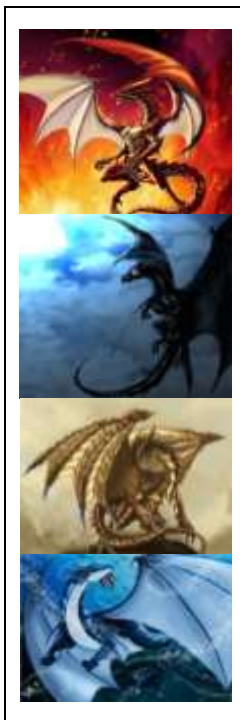





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|  | <p>Bull/Cow: Sacrifice and Productivity</p> <p>A Bull totem symbolises nourishment through its slaughter or sacrifice, while a Cow totem symbolises motherhood. The two are connected - for they are both needed to create new life. People with a Bull/Cow totem often have insight into their past lives. When a Bull/Cow totem appears, ask yourself if you are being as productive as you can be? Are you ready to sow new seeds? Are you being stubborn or rigid?</p> |
|  | <p>The butterfly is the symbol of change, joy and colour.</p> <p>It is the symbol of the soul. They remind us that life is a dance, not to take things quite so seriously. They also remind us to get up and move. Dance brings the sweetness of life. Butterflies bring colour and joy to your life. Look at them and remember what joy is in your life, if it's a lot or a little, it is still joy. They teach us that growth and transformation does not have to be traumatic; it can occur gently, sweetly, and joyfully.</p> |
|  | <p>Camel: Replenishment, Survival</p> <p>Camel is one of the two survival totems-the other is Cockroach. This totem gives you the strength to get over the hurdles that life throws at you and endure. Even though the road is hard and you don't have a lot of support, know that you will succeed in the end. Camel also gives you the ability to remain positive in the harshest of times and experiences. Camel philosophy is always "the glass is half full." Camel people often have unusual sleep habits, rarely sleeping through the night. They often power nap instead. This is the totem of accomplishing the impossible.</p> |
|  | <p>Canary: Power of Song and Voice</p> <p>A Canary totem gives you the power of your voice. This doesn't necessarily mean musical training, but sound, whether spoken or sung, is one of the most powerful forces in the universe. With it, you can heal, enlighten, excite, manifest and awaken. Your words will have more force - they will be felt more lovingly or hurt more deeply. Canary stimulates the heart and throat chakras. This gives the increased ability to feel and to express feelings. People with a Canary totem may have past life connections. Fresh air is very important to Canary people. Canary can teach you how to eliminate the "sour" notes from your life and bring in the sounds of joy.</p> |
|  | <p>Cardinal: Recognising your Self Importance</p> <p>The appearance of Cardinal is a signal to stop everything and look around. Observe what is around you, where you are at that moment. Recognise the importance of each and every day, and how each day can affect our life's purpose. If there is someone near you, check to see if they are in need and can use your help and compassion. Cardinal asks you to pay attention to what your body is telling you, and if necessary, take care of any health problems. Eat good food, not just junk food. Don't put your health on the back burner - your physical body is just as important as your spiritual one. Cardinal also reminds you to listen to your feminine side, the creative side. And don't forget to add some colour to your life; especially the colour red. Red is the colour of strength. It is the key to knowing who you are. The colour red is the colour of compassion and love. Passion is red. Red can clear away feelings of inadequacy and give you courage. Red opens the door to inner confidence.</p> |
|  | <p>Cat: Mystery, Magic and Independence</p> <p>Cat gives you the ability to be self-sufficient and independent. To trust in your own capabilities. Cat people trust their own instincts rather than someone else's advice. You sometimes tend to be in a world of your own, oblivious to what is happening around you. Cat encourages agility in both body and mind and gives you clearer perception. This spirit helper is resourceful, strong and fearless. It will give you courage and confidence. With this totem, magic and mystery come alive so pay close attention to signs and omens. More cats are familiars than any other species because of their ties to magic.</p> |
|  | <p>Catbird: Communication</p> <p>Catbird is the great communicator of the bird world and it shares this gift with you. It can teach you how to communicate effectively and to select your words carefully. Catbirds are noisy and often draw unwanted attention to themselves - something you also need to be watch for. Words can easily be distorted and turned into malicious gossip. So today, be extra careful about what you say and try to use Catbird's gift of communication to your advantage</p> |
|  | <p>Chameleon: Clairvoyance</p> <p>Chameleon gives their totem people the awareness of their own psychic ability and intuition. People with this totem are very sensitive to their environment and often are able to see auras around people. If you have a Chameleon totem, you need to trust what you feel and sense. Chameleon's colour changes symbolise the inconsistency of life and the uncertainty of fortune, while its eyes see both the past and the future, giving its totem people the power of clairvoyance.</p> |

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|  | <p>Cheetah: Speed and Flexibility</p> <p>Flexibility is essential for Cheetah people. It is necessary to have a flexible body and spirit for a healthy and fulfilled life. Speed and manoeuvrability is also paramount to their well-being. They must respond quickly, instantly to all opportunities and dangers. Cheetah people must learn to rest after period of stress and effort. They must never over-heat or over-exhaust their energies. Cheetah gives their totem people the great capacity to feel and respond quickly to the hurt of others. This is a wonderful totem for a healer. Cheetah also reminds us that sometimes we must struggle and shed many a tear before we are successful. Cheetah people tend to be solitary and have a select few that they trust and bond with.</p> |
|  | <p>Chickadee: Cheerful and Truthful Expression</p> <p>Chickadee is associated with the thinking process, higher mind and higher perceptions. It is also associated with mystery and the feminine. Chickadee can help you uncovering the mysteries of the mind. With a Chickadee totem, you can perceive more clearly in the dark and understand higher truths. Chickadees are a social bird, usually travelling in groups, and this is reflected in their totem people. They love being with people and are usually cheerful and fearless. People with this totem always tell the truth, no matter how much it hurts - however, with Chickadee's help, they can learn to express the truth in a manner that heals, balances and opens the perceptions. Truth can be shared in a way that adds joy to everyone's lives.</p> |
|  | <p>Chipmunk: Work and Play</p> <p>Chipmunk is a wonderful totem because it gives you permission to play. To balance work with periods of just having fun. It is a curious totem and shares that innate curiosity with you. Check things out - investigate - and learn in a fun way. The appearance of Chipmunk is a sign that you are well protected and safe. Chipmunk can teach you how to read the voices of others. To know truth and lies through the sound, inflection and pitch their voices. Trust what you hear in their voice rather than their actual words. Practice this until it becomes second nature with you - and always trust your feelings. If they sound wrong, investigate further before committing. Chipmunk, like Squirrel, also shows you to store for a rainy day. Not to point of hoarding, but just so you have enough to fall back on. When you have a little extra cash, save it instead of spending it right away. If you don't spend it on little stuff, you just might be able to save enough for something really great in the future.</p> |
|  | <p>Cockroach: Survival</p> <p>Contrary to what most people think about the Cockroach, it is a wonderful totem. The Cockroach teaches us how to use what we have available to us for survival. To clean out the dead and useless aspects of our lives. When the Cockroach appears as a totem, our sensitivity to subtle changes will be magnified. We will have the power to scurry out of danger. People with this totem often find that they had an abbreviated childhood - a premature movement into adulthood, the necessity to take on early responsibility. Although often seen as a disgusting animal, the Cockroach is actually a gifted teacher in the art of survival and successful adaptability, especially in environment that may seem a bit hostile.</p> |
|  | <p>Cougar, Mountain Lion: Leadership</p> <p>This is a very powerful, but very difficult totem. Cougar medicine is the lesson of the use of power, how to be an effective, fair leader and not abuse power. This totem's gift is how to balance power, intention, strength and grace. It is the balance of body, mind and spirit. The first responsibility of leadership is truth. Remember: Responsibility is no more than the ability to respond to any situation. Cougar can teach you how to bring out your power and fill your heart with it you can take charge of your life. You can use Cougar power to defend yourself or to attack. If you see Cougar (either the animal or an image), you are being called to lead. You must be decisive and not procrastinate. Move forward with courage and always keep your eyes on the goal.</p> |
|  | <p>Coyote: Wisdom, Folly</p> <p>The Coyote teaches you how wisdom and folly go hand-in-hand. In the folly of others, we see our own foolishness and we learn from their mistakes. Coyote energy is tied to simplicity and trust. It stimulates and renews innocence and reawakens a childlike wisdom in the world. A Coyote's howl touches your soul, reminding us of our primal connections. Coyote people are very adaptive to new situations and have close-knit families, especially when children are involved.</p> |
|  | <p>Crab: Protected Sensitivity</p> <p>Crab can show us how to hide and be protected; and it can also signify coming out of our shell. You need to ask yourself if you are exposing too much of your inner being or if you are too withdrawn and hiding in your shell. Crab people are usually very sensitive, shy and self-protective. Their trust must be earned. If Crab has entered your life, examine issues of sensitivity and reclusiveness.</p> |

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|  | <p>Crane: Longevity and Focus Crane gives the gift of focus. Crane shows you that sometimes you need to focus on one thing instead of trying to do several projects at the same time. With the help of Crane, you can tap into your creativity through focus. Great writers and painters focus only on the book they are writing or the painting they are creating at that moment. Crane also gives you the gift of balance - and it teaches you how to balance work and play, job and family, etc. Be sure to call on Crane when you feel out of balance or you are being pulled in too many directions.</p> |
|  | <p>Cricket: Intuition and Belief The appearance of Cricket in your life heralds an awakening of sensitivities and finding light within the dark. Dreams become more clairvoyant. Trust in your intuition - it is more accurate than you believe. Just as Cricket sheds its outer shell in order to grow, so must you - shed what is not needed in order to grow in spirit. Make sure to stay grounded and balanced while exploring your intuition and psychic abilities. The appearance of Cricket might also be a reminder that you are using psychic powers without proper grounding.</p> |
|  | <p>Crocodile & Alligator: Primal Energies The Crocodile or Alligator totem contains the unbridled creative forces of the world, the fury and ferocity of Primal Energies. It is the symbol of creation and destruction. The Crocodile or Alligator is the keeper and protector of all knowledge. She is the primal mother in whom all knowledge rests and waits to be born. People with a Crocodile or Alligator totem have the opportunity to develop new wisdom but they must be careful not to be consumed by this wisdom. Study each bit of knowledge carefully before going on to the next. Care of the eyes is important for Crocodile or Alligator people. Also beneficial are breathing techniques like those practiced in Yoga. When a Crocodile or Alligator shows up look for an opportunity to touch very primal energies. There will be an opportunity for new knowledge and wisdom.</p> |
|  | <p>Crow: Keeper of the Sacred Law Crows are the keepers of the Sacred Law and to have a Crow totem is very powerful. Personal Integrity is your watchword and your guide in life. If you have a Crow totem, your prime path is to be mindful of your opinions and actions. You must be willing to walk your talk, to speak your truth and to know your life's mission. Crow is an omen of Change. Things that you have been working toward will come to fruition when Crow appears. Crow lives in the void and has no sense of time; therefore, it sees past, present and future simultaneously. Crow merges both light and dark, both inner and outer. It is the totem of the Great Spirit and must be respected as such.</p> |
|  | <p>Deer: Gentleness and Innocence Deer teaches us to use the power of gentleness to touch the hearts and minds of wounded beings that are in our lives. Don't push towards change in others; rather gently nudge them in right direction with the love that comes from a Deer totem. A Deer totem shows you a new innocence and freshness in life. You will feel the gentle lure of new adventures. There will be an opportunity to express the gentle love that will open new doors for you.</p> |
|  | <p>Dog: Faithfulness and Protection The Dog is a symbol of the small becoming the great. People with this totem have great spirit and a great ability to love. It takes a lot to break a dog spirit. A Dog totem is a great spirit booster. People with a Dog totem are usually helping others or serving humanity in some way. Dog medicine embodies the loving gentleness of best friend and the fierce energy of protector. You will have a deep understanding and compassion of human shortcomings.</p> |
|  | <p>Dolphin: The Power of Breath and Sound Dolphin reminds us to listen more and talk less. Through listening to someone while they talk, you can "hear" the tones of the voice, not just the words. Also, listen when you are outdoors - listen to the heartbeat of Mother Earth, to the sound of the birds. Listen to the trees talking as a breeze rustles their leaves. Sound is creative life force. Learn from nature and Dolphin how to create inner sounds so that you can create outer manifestations. A Dolphin totem can show you how to enter the waters of life and then with breath and sound call forth what you most need or desire. Sounds are a part of dolphin life, and therefore, if you have this totem, they need to be a part of yours. Dolphins always seem to be smiling - take a clue from them and smile more often. Be more loving and kind towards people and they will return the same. Dolphins are also one of three sentient beings here on Earth (humans and Whales are the other two) and we are just now beginning to understand their complex language.</p> |
|  | <p>Dove: Feminine, Peace, Maternity, Prophecy The Dove is the embodiment of maternal instinct. She can connect you to Mother Earth and her creative energies. Her mournful call speaks to our deepest self and stirs our emotions. The voice of the dove is a rain song and brings us hope of a new beginning. The dove is the totem of "Between Times" and shows us the time of the thinning of the veils between the physical and the spiritual world.</p> |









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|  | <p>Dragon: Protection, Elemental Magic</p> <p>If you have a Dragon, your soul has lived during a time when spiritual practices were predominant. It is rare that a younger soul would have a Dragon totem. Dragon represents the supernatural, infinity itself and the spiritual powers of change and transformation. It is a fierce protector and adds extra power to any magic you may perform.</p> <p>A Fire Dragon brings vitality, enthusiasm and courage. He will help you overcome obstacles and give you qualities of leadership and mastery. He can fuel your inner fires. He is a powerful protector. Fire is the element of transformation, so he can help you transform yourself, your life or change the energy around others.</p> <p>An Air Dragon brings Inspiration, Insight, and Vitality. This totem must be treated with great respect. Great flashes of illumination in intellect and psyche are possible with this totem. The Air Dragon brings insight and clarity to all problems. Trust your inner voice.</p> <p>An Earth Dragon brings Power, Potential, and Riches. This totem shows us our potential, our riches: what we are capable of. With his help, we can discover the beauty and power that lies in all of us. He lives deep within the Earth and can help you ground scattered energies. When you call him, think of a slow moving, heavy Dragon pulling himself toward you. Feel his weight around you. He will nurture you as Mother Earth does.</p> <p>A Water Dragon brings Passion, Depth, and Connection. This totem brings memories and wishes, perhaps long hidden, to the surface. By facing painful past experiences, we can achieve a sense of peace and balance in our lives. This totem gives us the courage and compassion in this challenge. This Dragon also has the gift of emotional healing since he lives in the element of Water.</p> |
|  | <p>Dragonfly: Illusion, the Power of Light</p> <p>Dragonfly is the power of light. The dragonfly inhabits two realms: air and water and the influence of both these elements will be felt by Dragonfly people. Dragonfly is the essence of the winds of change, the messages of wisdom and enlightenment; and the communication from the elemental world. Dragonfly medicine beckons you to seek out the parts of your habits that need changing. Call on Dragonfly to guide you through the mists of illusion to the pathway of transformation. Dragonfly brings the light and colour of transformation into your life.</p> |
|  | <p>Duck: Emotional Comfort and Protection</p> <p>Duck is connected to feminine energies, the astral plane and emotions through their connection with water. Duck reminds us to drink deeply from the waters of life. Find comfort in your element and with those of like mind and spirit. Duck teaches you how to manoeuvre through the waters of life with grace and comfort. Psychologist and therapists often have Duck as a totem, assisting them to help others move through emotional tangles.</p> |
|  | <p>Eagle: Spirit, Healing, Creation</p> <p>The appearance of an Eagle signifies a new beginning is coming soon. Whether it is a positive beginning or not depends on the energy you are putting out. The law of attraction states that what you give out, you receive. If you want good to come to you, put out good and positive thoughts. Eagle will help by bringing the opportunities to you. This new beginning could be a spiritual awakening. Eagle is a demanding totem, but one that offers so much reward at the end of the journey. Its four-toed feet remind you to stay grounded even when soaring high; its talons remind you to grasp the things of the earth; its sharp beak shows you when to speak, how much, and how strongly. This totem will show you opportunities and how to ride the winds to your benefit. Eagle people can live in the realm of the spirit yet still remain connected and balanced within the realm of the Earth. You must become much more than you ever dreamed possible.</p> |
|  | <p>Earthworm: Examining the Past</p> <p>When Earthworm appears, it is time to work over all we have been experiencing, a time to examine and digest what has occurred in our life. Then we can cast off what is not beneficial or necessary - clean house emotionally. This allows new growth. Earthworm also reminds us that no matter how small our efforts seem, we are reshaping the earth around us. Earthworm also cautions about putting ourselves into a vulnerable position. We need to be careful when before throwing ourselves wholeheartedly into something new. Do not react hastily. Work over the old before starting anything new. Earthworm reminds us that no matter how difficult things might have been, new growth and new hope awaits us.</p> |
|  | <p>Eel: Great Transformation</p> <p>Eel brings an awakening of the Kundalini energy, the "serpent creative life force," the force of life that allows great transformations. An Eel totem heralds a great spiritual transformation. This transformation might bring a physical journey or it might be just a spiritual one. However, it will be a very profound change. Moray Eel totem people are observant; watching from the side lines. They stand quietly on the edges and wait for opportunities which they immediately take advantage of. Moray people often have unusual partnerships, an on-again-off-again relationship which benefits both partners.</p> |









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|  | <p>Elephant: Ancient Power, Strength, Royalty</p> <p>Elephant is a wise totem which embodies strength and power. An Elephant will give you insight into the power of the three feminine energies: maiden, mother and old wise woman (or crone). Through the use of fragrances and incense, Elephant can guide you to new energies and power. Elephant also gives you a thirst for knowledge and understanding. Family is very important to Elephant, especially the very young and the very old. Elephants care for their elderly rather than push them aside and very protective of their young. They have a soft spot for the weak and helpless. Loyalty is another quality that Elephant teaches. How to remain loyal no matter what anyone says about your friend or family member. For Elephant, they always come first.</p> |
|  | <p>Elk: Stamina, Strength, Nobility</p> <p>The appearance of an Elk signifies that you are entering a time of plenty. Everything you need you will get. An Elk totem teaches you how to pace yourself. You might not be the first to arrive, but you'll get there without burning out. Don't try for quick and easy; long and steady is the key to reaching your goals. If you have an Elk totem, you will feel the need for companionship or group support. You do not have to do everything alone, help is out there waiting for you if you just ask for it. People with Elk totems have a need for high energy levels and this can be accomplished through their foods. A diet that is mostly vegetarian will give you strength without stress. Vitamins are a good supplement.</p> |
|  | <p>Falcon: Mental Speed, Agility and Grace</p> <p>Falcon soars high and its gift to you is that ability - to soar high and see the big picture. If you stand too close to a situation, sometimes you can only see what is right in front of you - rather than the whole panorama. Falcon also teaches control of speed and movement. It shows how to recognise opportunities and act upon them at only the correct moment. Watching a Falcon will show you to fully commit and when to act to achieve success. People with Falcon totems like to be a position where they can see everything around them. Study Falcon to use your mental facilities more effectively and more patiently to attain what you most need and desire. Falcon people are often independent and need alone time to be happy. They have a sharp mind and are very agile.</p> |
|  | <p>Finch: Variety, Activity</p> <p>A Finch totem increases the opportunities to experience a variety of activities. Everything is amplified. There is a distinct possibility of mingling with a wide variety of people and environments. Life will become more active after a Finch totem has arrived in your life.</p> |
|  | <p>Fish: Independence, Potential, Adaptation</p> <p>Fish can teach us to adapt to all environments; they can teach us to streamline our lives; they can give us protection when we need it; and connect us to the creative element of life: water. A Fish swimming down symbolises the involution of spirit, while a Fish swimming up is the evolution of the spirit. They reveal the strength of the currents of our lives and see clearly in the murky waters of the future. When Fish entered your life as a Totem, it will often signal one of the senses being awakened: visions, prophetic dreams, or clairaudience is possible. There will be greater contact with the spiritual realm.</p> |
|  | <p>Flamingo: Heart Healing</p> <p>Flamingo can teach you how to filter out things from your life, to discard those that do not benefit you and keep those that help and heal your heart. Flamingo people often have Raphael as their guardian angel. Flamingo is also often the totem to people who use psychometry - the ability to sense things through the touching of objects. Flamingo people do not like to be alone and are usually in the company of others. Those with a Flamingo Totem are flirtatious. Flamingo signals a time of cleansing and filtering to find out what nourishes and heals the heart. Flamingo shows you how to follow your heart in all of your endeavours.</p> |
|  | <p>Fox: Magic, Shape shifting, Invisibility</p> <p>A fox can teach you to control your aura so that you can be more in harmony with others and the world. If you have a fox totem, learning to be invisible is very important in your life. Imagine yourself blending in with your surroundings, becoming part of the background. Be very still and quiet. Through practice you can be unnoticed even at a party or in a crowd. A fox totem also teaches good eating habits; the fox eats small amounts frequently which medicine is now telling us is better for our health. But fox people already knew this.</p> |
|  | <p>Frog: Transformation</p> <p>The frog is the totem of metamorphosis. It symbolises coming into your personal power. It reminds us not to become bogged down with day-to-day living. It is the totem of water. Its voice calls forth the rains. Emotions are associated with water and a frog totem may be telling you to get in touch with your feelings. People with frog medicine give support and energy where it is needed. They can cleanse the negativity from an environment.</p> |









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|  | <p>Giraffe: Far-sightedness</p> <p>People who have a Giraffe totem often know the future. They can sense what is going to happen, what lies over the horizon. Giraffe people should be very careful of what they say. Be sure you are not saying too much to the wrong person, or in the reverse, too little. Do not allow other's words to affect you. Giraffes have their legs firmly planted on the earth but their heads in the sky. This represents balance and the ability to progress. Giraffe people should never become complacent and lose sight of the future. Life will become increasingly difficult until you set your sights once more on the path ahead. Giraffes, and their people, have very strong ties to family and friends, especially parent and children.</p> |
|  | <p>Goose: Communication, Imprinting Your Life Path</p> <p>A Goose totem reflects a stimulation of childhood thrills and the belief in stories and legends. The stories we loved as children often reflect our life quest. Think about the stories that affected you the most and see what in them you took into your adult life. The Goose also helps in communication, especially with the written word. It is also a symbol of fertility and marital fidelity. Since Geese are vegetarians, those with a Goose totem should always incorporate plenty of vegetables into their diet. Goose people have an innate belief that there is just one special person for each one.</p> |
|  | <p>Gorilla: Strength, Nobility, Generosity</p> <p>A Gorilla totem is a confirmation that our endeavours are solid and steady. They remind us to stay grounded and handle our responsibilities. Gorilla helps us find our inner strength and our nobility of living, caring for our families and friends. A Gorilla totem also asks several questions: are we too materialistic? Are we looking out for our own needs? Are we being too assertive? Gorilla can help with all of these problems if they are present.</p> |
|  | <p>Grackle: Overcoming Emotional Congestion</p> <p>The Grackle's iridescent colouring reflects a need to look at their life differently. Situations are not always what they appear to be - particularly when dealing with emotions. Emotions that are not dealt with can clog our emotions, even to the point of creating physical congestion. Look at your life and take a new approach to the way you see it. Grackles are very happy birds - finding joy in the smallest of things. Look past the emotional turmoil and find the joy in your life too. Grackle also reminds us to take action, not just rehash everything, talk about it and not doing anything to resolve the problem. Pine fragrances can be helpful during meditation with this totem.</p> |
|  | <p>Grasshopper: Uncanny Leaps Forward</p> <p>Jump! Those are the words that Grasshopper shouts out. Take a chance, trust your hunches and leap forward. Grasshopper does not move slowly, or step-by-step. It jumps at an alarming rate. Trust your own instincts on when to make the leaps. Trust your inner voice. It will lead you to great successes. Don't be afraid to leap - and remember that Grasshopper only leaps forward - never backward. And remember, Grasshopper is the Chinese symbol of good luck and abundance.</p> |
|  | <p>Griffon: Spiritual Enlightenment</p> <p>The Griffon protects hidden treasures and gold mines. Griffon is the guardian to the path of spiritual enlightenment. It has the body of a lion and the head of an eagle and is sometimes depicted with the tail of a serpent. The Griffon is consecrated to the Sun and is often shown drawing the Apollo's chariot across the sky. It is the symbol of vigilant strength and dominates both the earth and the sky.</p> |
|  | <p>Groundhog, Woodchuck: Altered Consciousness</p> <p>The Groundhog is the symbol of opening fully to the dreamtime. Of exploring altered states of consciousness more deeply and fully. Lessons associated with death, dying and revelations about its processes will begin to surface. Groundhog can teach its people metabolic control. How to go into the great unconscious without harm. Groundhog's power is strongest in Winter and two years is an important time period. Two years of intensive studying might be required to achieve true trances or alter states of consciousness.</p> |
|  | <p>Grouse: Sacred Spiral, Sacred Dance</p> <p>Grouse medicine is the medicine of personal power. Of letting loose and being spontaneous. Grouse is connected to the Sacred Spiral, one of the oldest known symbols of personal power. It can give you personal vision and enlightenment. Awaken your Grouse medicine by mediating and visualising spirals of energy surrounding you. Dancing with spiral movements will also help release this power. Dance freely with drumming as your background music. This will open a new flow of energy into your life. Dancing a circle is the act of creation. It will open a cone of power around you that you can tap into. Revitalise yourself and your life with this power and energy.</p> |


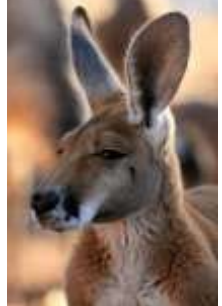





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|  | <p>Guinea Pig or Hamster: Communing and Healing</p> <p>The Guinea Pig or Hamster brings like-minded people to you with its appearance in your life. No matter how different your beliefs are from the norm, you will find yourself meeting people who think like you do. When this totem appears, it signals a time to explore new possibilities, a time to open (or reopen) spiritual doors. It also brings a cautionary message: are you being too solitary in your spiritual practices? Do you need to seek out groups to help with your healing work? Are you ignoring the opportunities presented to you to involve yourself in healing activities? Take advantage of all the opportunities that this special totem brings.</p> |
|   | <p>Hawk: Power, Magic, Messenger</p> <p>Hawk is the messenger, the protector and the visionaries of the Air. It holds the key to higher levels of consciousness. This totem awakens vision and inspires a creative life purpose. A Hawk totem is filled with responsibility because Hawk people seek the overall view. Be careful not to become caught up in the details; step back (or fly high) so you can see the big picture. Observe and study your surroundings and work on accepting things the way they are, rather than forcing change. Soar high above the mundane and everyday problems and find the peace and power that comes from having a Hawk totem.</p> <p>A Red-Tailed Hawk totem is special. It has direct ties to the Kundalini, the seat of primal life force. It is associated with the base chakra. If you have this Totem, you will be aware of and work towards fulfilling your soul's purpose. It reflects a greater intensity of energy within your life: physical, emotional, mental and spiritual forces will all be strong within you. The Red-Tail Hawk is a permanent totem -- it will always be with you. It is associated with the Tarot card Temperance. This card represents the teaching of higher expressions of psychic ability and vision.</p> |
|  | <p>Hedgehog: Defence</p> <p>Hedgehog reminds you to take the time to enjoy life, no matter what is happening otherwise. It also is the symbol of the Wisdom of the Female Elder, with close ties to Mother Earth; therefore, planting and gardening is very beneficial to you. Hedgehog has a deep connection to the female Goddess energy and allows those who have its totem to connect to that energy. People with a Hedgehog totem often understand weather patterns - they know when it will rain. Hedgehog also teaches how to be on the defence and how to protect yourself. It shows how to protect the soft inside - your inner self. Hedgehog shows how to be gentle, yet protective at the same time. How to build defences and protective barriers that discourage negative people.</p> |
|  | <p>Heron, Egret: Self Determination and Self-Reliance</p> <p>A Heron or an Egret totem teaches balance; the ability to progress and evolve -- to walk into deeper waters without fear. It is important for someone with a Heron or an Egret totem to learn to stand on their own two feet, to become independent and self-reliant. Heron and Egret has a strong connection to the element of Earth and you must also be aware and cultivate this connection. The Mother Earth is a source of strength and will help you stand strong and firm. Heron or Egret medicine allows you to perform many tasks at the same time, keeping all in balance. Heron and Egret people do not need a lot of people in their life and they are often following non-traditional roles. You know what is best for you and you should follow that path. Mediation on colour will provide insight to Heron and Egret people.</p> |
|  | <p>Hippopotamus: Power</p> <p>The Hippo totem represents power, but not physical power. It gives you the strength to create, imagine and heal. Hippo also awakens your awareness and intuition. Trust your intuition but be careful to stay grounded - remember, even when Hippo is in water, its feet are usually firmly planted on the ground. Since Hippo lives in water, it is a link to the healing and spiritual realm of that element - and Hippo will teach you how to be strong there. Call upon Hippo when you are starting a new project and Hippo will give you the strength to see it through to the end.</p> |
|  | <p>Horse: Travel, Power, Freedom</p> <p>Horses are symbols of freedom. This totem brings new journeys. It will teach you to ride in new directions and discover your own freedom and power. Horse people are usually friendly and adventurous. If you have a Horse totem, you must ask yourself: "Am I feeling constricted? Do you need to move on or allow others to move on?" Horse will teach you how to ride into new directions to awaken and discover your own freedom and power.</p> |
|  | <p>Hummingbird: Joy</p> <p>Hummingbird a symbol for accomplishing that that seems impossible. It can teach you how to find the miracle of joyful living in your own life. Hummingbird medicine is herbal; it shows us how to use flowers for healing. They teach us how to draw life essence from flowers and create your own medicines. This totem reminds us to explore the past and extract the sweetness from it. It</p> |







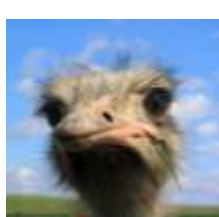

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| | <p>can help you find joy and sweetness in any situation. Grab joy as swiftly as you can. Hummingbird reminds us to find the joy in what we do and to sing it out.</p> |
|  | <p>Hyena: Instincts and Discernment Hyena's message is three-fold. First, a cautionary message: be careful of your words. Kind words will mean twice as much while hurtful words will cut twice as deep. The next message is pay attention to your intuition. If it feels wrong - don't do it. If it feels right - go for it! Lastly, groups are important. A group dynamic, be it friends, family or co-workers, will make the job much easier and safer. So, be careful, be alert and get help from your group</p> |
|  | <p>Kangaroo: Moving Forward Kangaroo only moves forward, never backward and Kangaroo people should do the same. Once you've achieved momentum in your endeavour, keep moving forward and never look back. Progress is happen in leaps and bounds. Kangaroo also teaches how to balance the creative energies needed to complete your task. Those with a Kangaroo totem are given the strength and power needed. You will have the strength and stamina to continue, just as long as you go forward and not backward.</p> |
|  | <p>Kingfisher, Kookaburra: New Paths, Prosperity, Peace The Kingfisher (the Australian Kookaburra is of this family) is a symbol of peace and prosperity. The Kingfisher is the promise of abundance -- its blue plumage is associated with Jupiter, the planet of abundance. People with a Kingfisher totem need to live as near to water and as far north as they can. If this isn't possible, then a water feature with flowing water is essential. And they have a knack of teaching their children how to enjoy life and how to prosper at the same time. If a Kingfisher comes into your life, you might be required to dive headlong into some activity -- or possibly a new love will enter your life. No matter what it is, don't be afraid of trying the new. Kingfisher will be there to guide you. You won't drown -- and you will have sunshine, love and abundance!</p> |
|  | <p>Kite: Adaptability and Flexibility Kites are associated with spirits and the underworld and can show us how to manoeuvre in this realm. Many mediums have Kites as their Totem when they begin to develop their ability to communicate with the dead. Kites teach the breathing techniques necessary to open psychic abilities. Any time a Kite shows up, it is a signal to develop flexibility and adaptability. Kites are messages to use our skills. Kites are part of the Falcon family and Falcon should be studied also.</p> |
|  | <p>Komodo Dragon: Survival Instincts and Impulses A Komodo Dragon totem gives you the ability to trust in your survival instincts and move ahead with your life. This totem gives you quick decisions, changes and actions. Its appearance heralds a time of new adventures and journeys, physical and spiritual that will help you control and direct the creative forces for the future. These changes will be long lasting; however, if you fail to act, the opportunity may not return for a long time. Be careful of the power of your words with a Komodo Dragon totem -- speak more gently and more lovingly. Words can be poisonous and we must guard them carefully.</p> |
|  | <p>Ladybug: Wish Fulfilled The appearance of a Ladybug heralds a time of luck and protection in which our wishes begin to be fulfilled. Their presence signals a time of shielding from our own aggravations and pests. Fall and Spring are the most abundance times for a person with a Ladybug totem. Higher goals and new heights are possible with a Ladybug totem. Worries begin to dissipate. New happiness comes about. Ladybug also cautions not to try too hard or go too fast to fulfil our dreams. Let things flow at their natural pace. In the due course of time, our wishes will all come true.</p> |
|  | <p>Lark, Nightingale: The Mystery of Sound For those to whom the lark or nightingale appears, the mysteries and science of sound, music and voice will be important and the shamanic aspects of song and sorcery will become unveiled. The creative power of voice awakens. Words spoken will take on greater power and magic. Things spoken lovingly will be felt more deeply; things spoken harshly will cut more deeply. The power of the voice is awakening.</p> |








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|  | <p>Lion: Feminine Power</p> <p>The Lion is the symbol of the sun and of gold, both regal components. Therefore, always keep your head high and your dignity intact. You are much stronger than you think for Lion gives you great power and emotional strength. You have a well of courage inside of you. A Lion totem presents a lesson in dealing with groups and your role within those groups. It is a totem for avoiding confrontations and for stealth. Take the easy way to meet your goals; do not confront them head on. A Lion totem leads you to trust in your feminine energies - creativity, intuition and imagination. Always follow your heart rather than trying to rationalise the problem.</p> |
|  | <p>Lizard: Dreaming</p> <p>Lizard medicine is the shadow side of reality where your dreams are reviewed before you manifest them physically. If you have a Lizard totem, listen to our own intuition above anyone else's. Pay attention to your dreams for they show us what we do not perceive when awake. Dreams are shadows showing your fears and hopes. Make a dream log and record your dreams. Look for your symbolic and reoccurring dreams and study them carefully. Lizard can also teach you to become more detached in life. Sometimes it is necessary to separate yourself from others to accomplish what is necessary. Lizard helps you awaken the ability for objective detachment. It can show you how to break from the past.</p> |
|  | <p>Llama: Sure-footedness</p> <p>When a Llama appears as your totem, you will find that your footing is secure. You will be able to manoeuvre through paths that are steep and dangerous. If you are worried about a situation, relax. Llama will guide you to the right path. Climb slowly and safely - don't rush into things and fall. Also, be aware of being stubborn and refusing to move forward. Llama is a herd animal so seek out the company of others rather than spending time alone. Ask yourself these questions: Are others putting too much a burden on us? Are we doing this to ourselves? The appearance of Llama asks many questions, but gives us much in return.</p> |
|  | <p>Loon: Hopes, Dreams, Wishes</p> <p>The haunting call of the Loon tells you that the hopes, dreams and wishes that you have tucked away will come to the surface. When a Loon shows up as a totem it is calling you to pay attention to your dreams. They will be of greater importance. For those with a Loon totem, imagination and dreaming abilities are powerful. Images and visions will be very lifelike and you must separate the real from the unreal. Loon will help you seeing the truth. The Loon awakens the imagination and reminds us that all hopes, dreams and wishes can become realities.</p> |
|  | <p>Lynx: Secrets</p> <p>Lynx is the keeper of lost magic and occult knowledge. Lynx is the guardian of the secrets and, more importantly, the knower of the secrets. Lynx medicine is a very specific type of clairvoyance. If the medicine is strong in you, you will get mental pictures concerning people and the secrets they hide. You will see their fears, lies, and self-deceptions. With a Lynx totem, people will share their secrets with you. They will take you into their confidence and you will "accidentally" discover things about people (whether you want to or not). You must be very careful not to break confidences. Your words must be chosen carefully and used cautiously. Strength through silence must be your motto. You do not have to do anything with the secrets you learn, you, like the Lynx, are the keeper of secrets. Listen to your higher self.</p> |
|  | <p>Magpie: Intelligence, Familiars, Occult Knowledge</p> <p>A Magpie totem helps you use whatever metaphysical or occult knowledge you have - no matter how incomplete it may be. The flip side is that Magpie people can become jacks of all trades, but masters of none - dabbling into everything. Be careful to apply your intelligence to the task and take it to its completion. Magpies have the ability to open up the doorways to the Spirit and Fairy Realms. Magpies have been familiars and if you have one as a totem, it might have been your familiar in a past life. If this is the case, Magpie will be at your side permanently, helping you as it did in the past.</p> |
|  | <p>Meerkat: Watchfulness, Group Dynamics</p> <p>A Meerkat totem teaches how to live within the dynamics of a group, even to sacrifice oneself for the good of the group. It teaches how to be alert and watchful. Meerkats are a female dominate society; therefore the female is very important. If you are a female, Meerkat will show how to find your strength; if you are a man, this totem will show you how to honour your female partner and support her endeavours for the good of the family.</p> |







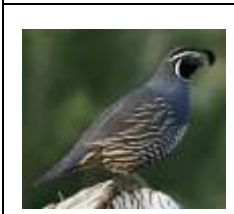
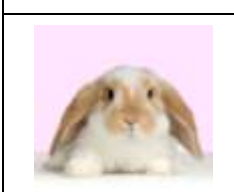
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|  | <p>Mockingbird: Finding your Sacred Song</p> <p>The appearance of Mockingbird signals that it is time to share your inner gifts and not keep them hidden any longer. People with a Mockingbird totem are known for their talents, rather than their appearance. Therefore, look at people through their talents rather than what is on the outside. A beautiful cover can conceal a bad book. Mockingbirds are singers and they call on you to sing along with them. They will help you find your "sacred song" or your life's purpose and Mockingbird will help you "sing" it without fear. Remember that your inner song is never lost - if you missed one opportunity, another one will always appear. Mockingbird also helps you see the life purpose of others - you see what is hidden to most.</p> |
|  | <p>Mole: Sense of Touch, Underworld Guidance</p> <p>A Mole totem gives you a heightened sense of touch. You either derive more pleasure from this or become more aloof because of your sensitivity. Psychic touch is also possible with a Mole totem. People with a Mole totem need to trust their senses. They will know what is true and what is false with just a touch. Mole is also a guide to the Underworld, to hidden treasures and mysterious places. Fresh air is extremely important to a Mole person.</p> |
|  | <p>Monkey: Dark and Light</p> <p>The Monkey represents the dark side of the human psyche, but also holds the key to right living. See no evil, Hear no evil, Speak no evil. The ability to see both the dark and the light may unexpectedly enrich and strengthen. The Monkey totem is creative and imaginative. It can lead you into a deeper study of the origins of the human species and the examination of ancient wisdom. Its agile mentality provides you with inspiration and insight when you most need it.</p> |
|  | <p>Moose: Self-Esteem, Primal Feminine Energies</p> <p>Moose is one of the most ancient of the power totems. A Moose totem gives you sacred and unique energy. With a Moose totem you will be full of contradictions. Awkward yet graceful. Large yet able to move swiftly and silently. Moose people usually have excellent depth perception. Moose is also associated with the maternal forces of the world, the primal feminine energies. This can be awakened through water or the sea, the womb of life. Mediate using the sounds of water or ocean. Autumn is the power time of the Moose. People with a Moose totem instinctively know balance: when to use gentleness, when to use strength. They know what to say, when to say it and to whom. Moose people are usually wise beyond their years.</p> |
|  | <p>Mouse: Scrutiny, Detail</p> <p>Mouse is a great totem when you are feeling overwhelmed and disorganised for Mouse's gift is scrutiny and detail. However, this can also be a great weakness, for people with a Mouse totem can become fixated on methodology and appear to be nit-pickers. They will make the simplest task fraught with difficulty. Everything must be in order in a Mouse's house. Therefore, you must learn that it is good to pay attention to all details, but bad to over-analyze every little thing. If Mouse appears to you, ask yourself if you have neglected the trivial but necessary things in life. Have you become too focused on one or two activities and neglecting opportunities around you? Or are you trying to do too many things at the same time? Mouse medicine can show how to focus and how to attain the big things by working on the little things.</p> |
|  | <p>Moth: Relationships; Sense of Smell</p> <p>Moths are messengers. When they fly around you in great numbers, expect a message to come to you. A single Moth flying around you can mean that what was hidden will be revealed. Moth can cut through confusion, so ask Moth for help when you are being pulled in many directions and are unsure of what project to tackle first. Moth gives you good instincts - when you meet someone, ask yourself if he/she "feels" right. If they feel wrong, walk away. Moth can help you attract a romantic partner; but be sure to trust your senses. If the person is wrong for you, you will feel that the attraction is wrong and may even be repelled by that person. However, if it does feel right, essential oils rather than perfumes or other man-made fragrances will enhance the attraction. Moths are nocturnal so if Moth is your totem you are more active during the evenings and nights.</p> |
|  | <p>Nautilus: Intelligence and Camouflage</p> <p>Nautilus is the symbol of beauty and proportional perfection. Appearance is important to those with this totem - but this is not vanity, but environment. A Nautilus looks one way from above and another from below -- making it blend into its surroundings. They have the ability to conserve their living environment and make it a safe, comfortable place to be.</p> |









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|  | <p>Ocelot, Margay: Adaptability, Regeneration</p> <p>Ocelot is the perfect totem to use while meditating for it is a strong and sure guide to the spirit world. Ocelots live in both land and water, and therefore have a connection to both the physical and spiritual world and the ability to be in two places at once. Imagine Ocelot walking beside you as you journey into the ethereal plane. Imagine him not only as a guide but a fierce protector. Ocelot can also show you how to regenerate through solitude and quiet meditation. You can channel nervous energy through Ocelot and turn it into creative expression. Be sure that your next project is one that stirs your passions, and use Ocelot to help you tap into that creative energy.</p> |
|  | <p>Octopus: Intelligence and Camouflage</p> <p>Related to the spiral of life, Octopus is reflective of the mystic center and the unfolding of creation. Octopus people usually have good memories. The number eight is important - eight is the number of power. Octopus shows us how to get what we want in an intelligent and efficient way. You can accomplish more than the average person in the same amount of time. However, you must be careful to care for yourself while you are working. Housekeeping is not a strong point with Octopus totem people.</p> |
|  | <p>Okapi: Silent Truth</p> <p>A very difficult totem, Okapi medicine is that of silent truth. By listening and not reacting, a person with an Okapi totem can learn the truth without fear. However, this ability needs to be developed through meditation exercises. When developed, Okapi people can slip through life unseen and unheard. If undeveloped, they might appear clumsy and draw unwanted attention. They must learn to remove themselves from rigid thinking. The Okapi can also give clairvoyant abilities, for they see both the present and the near future. The Okapi's black and white stripes are associated with spirit and form, density and light and represent polarity on the earth plane. Those who hold this medicine often carry life lessons relating to polarity. The Giraffe should also be studied since the Okapi is related to them. The Okapi expresses the concepts of "being different, uniqueness and individuality". This is one of the Okapi's greatest gifts. It can also draw on different energies as needed making Okapi people quite versatile in accomplishing tasks.</p> |
|  | <p>Opossum: Diversity</p> <p>Opossum medicine requires a great deal of strategy. Although an opossum has teeth and claws, it rarely uses them, preferring the strategy of diversion to save itself. It plays dead until the attacker loses interest and then bolts for safety. The Opossum teaches us to use our brains rather than our brawn. The number 13 is very symbolic for Opossum people. When an Opossum shows up as a totem, check appearances. Are there people around you putting up false appearances? Is your attention being diverted?</p> |
|  | <p>Oriole: New Sunshine</p> <p>Oriole is the symbol of approaching summer or sunshine, usually within a two-week period. An Oriole totem reflects this symbolism bringing sunshine (or positive changes) to your life and/or current projects. Oriole is associated with the Archangel Auriel who oversees all nature spirit activity on Earth. Oriole can open doorways to the nature realm and its spiritual inhabitants. Where Orioles live, fairies are usually living there also. Orioles will help you discover your own inner child and a renewed sense of joy in life.</p> |
|  | <p>Osprey: Assertive Actions</p> <p>The Osprey shows you how to go after what you want and also how to hold on once you've attained your goal. Osprey people can dive deep into the creative waters of life and draw forth what helps them. When the Osprey appears, check your commitments to others and theirs to you.</p> |
|  | <p>Ostrich: Becoming Grounded</p> <p>Ostrich is a wonderful totem for cleaning house, be it a physical home or an emotional one. Ostrich can help you sort out what is no longer useful to you and then letting it go. Ostrich helps you take ethereal knowledge and apply it to everyday, practical life. However, make sure that you take the time to digest this knowledge thoroughly before using it. Ostrich is a protector totem against harmful psychic or spiritual invasions. Ostrich can tell you when to stand tall and be seen and when to lay low and become invisible. Ostrich can help you link to the spirit realm without getting lost in it. Meditating on its large, well-planted feet will help you ground yourself to the Earth; especially if you feel that you are becoming a little flaky or flighty.</p> |
|  | <p>Otter: Joy, Primal Feminine Energies</p> <p>Otters awaken curiosity. They remind us that everything is interesting if we look at it from the right angle. The Otter totem is connected to the primal feminine energies of life: the elements of both Earth and Water are present in Otter medicine. With an Otter totem, you must remember the beauty of a balanced female side, creating a space for others to enter our lives without preconceptions or suspicions. If you have an Otter totem, it may be time to find some playtime in your life, to awaken your inner child. Allow events to unfold naturally in your life. Be careful not to hang on the material things in your life that bind you or become a burden. Become Otter and move gently into the river of life.</p> |









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|  | <p>Owl: Magic, Omens, Wisdom</p> <p>The owl is the symbol of the feminine, the moon and the night. The owl is the bird of magic and darkness, of prophecy and wisdom. Owl people work best during the night hours. An owl totem gives you the power to extract secrets. Meditate on the owl and things will be revealed. Listen to its voice inside of you. You will hear not what others are saying, but what is hidden. You can detect subtleties of voice that others cannot. People cannot deceive a person who has an owl totem. Owl people can see into the darkness of others souls. Most owl people are clairvoyant because of this ability. It can be very scary at times. Learn to trust your instincts about people. Let your owl totem guide you.</p> |
|  | <p>Panda: Gentle Strength</p> <p>Panda gives you the gift of gentle strength. Since a Panda's diet consists of 99% bamboo, the study of bamboo is very important to this totem. Bamboo has strength yet flexibility. Therefore, both the Panda and bamboo reflect a quiet, unassuming essence - one that is modest and strong at the same time. Panda reminds you that it is very important not to take on more projects than you can handle. Be sure to fully develop a project before taking on a new one. Focus is the key to all your endeavours. Panda also warns you not to be narrow-minded and to see things only in black and white, right or wrong. Look at things from a different perspective and remember that there are many shades of gray in-between.</p> |
|  | <p>Panther, Leopard, Jaguar: Reclaiming Power</p> <p>The Panther, Jaguar or Leopard is a very ancient and powerful totem. It embodies aggressiveness and power but without solar influence. A Black Panther's power is lunar. People with a Panther, Jaguar or Leopard totem have the ability to do a variety of tasks at the same time. They tend to be loners, very comfortable with themselves and are often drawn to other solitary people. You must learn to pace your work and not push too hard. Women with Panther, Jaguar or Leopard totems often find themselves raising their children alone, whether it is through divorce or just circumstances of the job. They can develop clairaudience, the ability to hear communications from other forms of life or dimensions. They should trust their thoughts and inner visions as they are based in reality. A Panther, Jaguar or Leopard totem gives you a guide to help you on your path - in the form of a real person - a mentor or teacher. The Black Panther is endowed with great magic and power and this power will increasingly be experienced.</p> |
|  | <p>Parrot: Sunshine and Colour Healing</p> <p>Parrot is a bird of sunshine and colour which gives it magic. Its feather can be used in healing rites and to invoke the energies of the sun. Studying colours and their effects would be very beneficial for Parrot people. Parrot is the link between the bird kingdom and humankind. Their magic can help you understand others more effectively and help awaken a sense of diplomacy when dealing with other people. They show you when to speak and when to stay silent, and remind you to stay clear of gossip. Be alert to new ideas which can bring about new growth or a new direction. Maybe it's the perfect time to go after dreams that you once thought were out of reach.</p> |
|  | <p>Peacock: Resurrection and Watchfulness</p> <p>The Peacock has many legends surrounding its beautiful plumage. Greek mythology tells of Hera giving the peacock its many "eyes" while Chinese mythos says that the blending of the five colours of its feathers is the sweet harmony of sound. The Peacock is also associated with the Phoenix. Those who have a Peacock as a totem can receive insight into their past lives and their karmic connection to their current life. The study and use of foot reflexology would also be beneficial as the feet are very pronounced in the Peacock. The Peacock's loud and raucous call, almost like laughter, reminds us to laugh at life.</p> |
|  | <p>Pegasus: Inspiration</p> <p>Pegasus is a symbol of knowledge, glory, and inspiration. Since ancient times, Pegasus has been a symbol of power and speed as well as imagination. He symbolises heightened power of the natural forces - the innate capacity for spiritualization and for transforming evil into good. Pegasus also symbolises the immortality of the soul, and serves as the carrier and protector of the spirit in its journeys to the astral plane. Pegasus teaches humility and boundaries.</p> |
|  | <p>Pelican: Buoyancy, Unselfishness</p> <p>Pelican people can rise to the top no matter what life throws at them; no matter how weighed down they become with life's trials and tribulations. Emotional turmoil is often the weight in a Pelican person's life. Pelican teaches you how not to be overcome by your troubles, but rather to rise above them. Pelican shares nesting sites and food with others and therefore teaches unselfishness. Teamwork is key to a person with a Pelican totem.</p> |

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|  | <p>Penguin: Dreaming and Astral Projection</p> <p>A Penguin Totem can show you how to move freely through the astral plane and the dream dimension. A Penguin person will have lucid dreams and have the ability to change the course of those dreams while still asleep. You can use those same energies to change the course of your waking life as well. Think of the leap the Penguin makes from land into the water - astral projection is just that easy for Penguin people.</p> |
|  | <p>Phoenix: Rebirth</p> <p>Keeper of the Fire of Creation. Represents death and rebirth. Transformation and Regeneration. Protector of all fire. This totem gives hope in the midst of despair. Helps you transform your life into something purer and bring you closer to spiritual awareness. Call upon the Phoenix for strength and renewed energy when facing trials of life. Symbolises the Sun, dying every night to be reborn with the dawn. The Chinese believe that the Phoenix has been sent to Earth to help the development of mankind. Known as the Feng-Huang.</p> |
|  | <p>Pigeon: Love and Security of Home</p> <p>Pigeon can teach us how to find our way back to the security of home. It can help you remember and find the love of home that was lost. If a Pigeon totem comes to you, ask yourself if you have forgotten your foundation, your heritage. Return to your home, your foundation, and draw upon the loving energies surrounding them. In times of strife, huddle together with your family and draw upon its strength. Pigeon reminds us of the possibility of a loving and safe home.</p> |
|  | <p>Porcupine: Innocence, Wonder</p> <p>The Porcupine has very powerful medicine: that of faith and trust. You can move mountains with these powers. A Porcupine totem reminds you not to get caught in the chaos of the world, where fear, greed and suffering are commonplace. Its medicine is relief from the seriousness of life. Open your heart to those things that gave you joy as a child; remember fantasy and imagination and bring into your life again. If a Porcupine is your totem you might be overly sensitive to criticism from others or overly critical of others. Perhaps you are allowing barbs from long ago to still affect your life now. Porcupine people often crave and overindulge in salt intake. Beware of this and watch your intake.</p> |
|  | <p>Prairie Dog: Community</p> <p>Only the Wolf epitomises the idea of community more. If you have a Prairie Dog totem, you need to make sure that you are part of your community and many social experiences so that you can flourish - a Prairie Dog person is not happy cut off from people. Because of their digging habits, people with this totem need to examine if they are involved enough in the aspect of their loved ones lives - or conversely, are they too involved? Also, lots of vegetables are a must for Prairie Dog people.</p> |
|  | <p>Praying Mantis: The Power of Stillness</p> <p>The Praying Mantis teaches how to still the outer mind and go within ourselves. Through this, we can draw upon greater power -- physical, emotional, mental or spiritual. That stillness can be simple contemplation or meditation or even dreaming. Healers often have Praying Mantis totems -- for they use their inner stillness to focus their healing power. The greatest lesson this totem teaches is patience. Learning to wait for the right moment before striking.</p> |
|  | <p>Quail: Group Nourishment and Protection</p> <p>Quails are noted for their family life. They nestle together to stay warm and sit in a tight circle for protection. A Quail totem can teach you the safety in numbers, and to be mindful of danger. Quail people are usually aware of their surroundings at all times. Quail people are nurturers and givers, especially with family members. They are also romantics at heart. The Quail is associated with the mysticism of names. It will help you learn your soul name, the name that stays with you lifetime after lifetime. (If you do learn your soul name, never give this to anyone - for your true name has can give someone or something power over you.)</p> |
|  | <p>Rabbit: Fertility and New Life</p> <p>The Rabbit is known for its ability to procreate, its fleetness, and its movement is by leaps. People with this totem may find that their endeavours go in leaps and bounds also. If a Rabbit totem has appeared in your life, it may indicate a need for more planning or to check those plans already set in motion. Do not box yourself in a corner. This totem may also bring a need to examine the kinds of foods you eat. Perhaps a vegetarian diet, if only for a short time, can help you strengthen and heal.</p> |



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|  | <p>Raccoon: Dexterity and Disguise</p> <p>The magic of the Raccoon is in its mask. Masks are powerful magical tools: you can achieve altered states through the use of mask; you can become someone or something else behind a mask. A Raccoon totem can teach you how to wear masks for many reasons as the need arises. It can teach you how to mask, disguise and transform yourself. Don't you act differently with your boss, parents, children, husband, friend, and strangers? Those are all masks you put on. Masks are one of the tools of transformation. It helps us to change what we are into what we want to be. Raccoons also teach you how to put asleep the part of you that is not needed and awaken the aspect of yourself that is. If you are a Raccoon person, eating mostly fruit and vegetables will be beneficial to your health.</p> |
|  | <p>Ram: New Beginnings</p> <p>If you are thinking of starting a new project or furthering your education, now is the time to start. Ram is the herald of new beginnings and opportunities. Ram is a moving totem and therefore opportunities must be grabbed quickly without hesitation. Remember that the openings for new beginnings and opportunities can be mere toe-holes, but if you act quickly, you will secure your spot. Ram is also an intellectual totem and therefore stimulates the mind. Curiosity and an active imagination are traits of the Ram totem. Ram also gives you the ability to be stoic in face of adversity, sensitive to others, and have great perseverance. Use Ram's gifts to their fullest and you will have a great foundation for whatever project you begin.</p> |
|  | <p>Rat: Success, Shrewdness</p> <p>People with a Rat totem have a pronounced drive for success. Ask yourself if you are pushing too hard or to the contrary, if you are not pushing hard enough. Rat also gives their totem people a great ability to adapt to almost any environment. Rat shows you how to gain foresight in any coming situation to avoid problems. Rat people are cunning and shrewd, and can defend themselves aggressively when necessary.</p> |
|  | <p>Raven: Magic, Healing, Creation</p> <p>If a raven totem has come into our life, magic is at play. Raven activates the energy of magic and links it to our will and intention. With this totem, we can make great changes in our life; the ability to take the unformed thought and make it reality. The raven shows us how to go into the dark of our inner self and bring out the light of our true self; resolving inner conflicts which are long been buried. This is the deepest power of healing we can possess.</p> |
|  | <p>Rhinoceros: Ancient Wisdom</p> <p>Rhinoceros is a solitary animal and teaches how to be comfortable within yourself. Since Rhino is an ancient animal, it often gives its totem people insight into their own past lives. Meditating on Rhino can often result in unlocking those memories. People with a Rhino totem have a heightened sense of smell. The sense of smell is symbolic of higher discrimination, spiritual idealism and higher wisdom and Rhino gives all of these to their totem people. Trust your inner wisdom. Don't look at appearance only - go beyond and trust your internal senses.</p> |
|  | <p>Road Runner: Mental Speed and Agility</p> <p>The Road Runner teaches mental agility and speed. Those with this totem learn to think quickly and on their feet. This totem can help you learn to shift your thought processes from one task to another with ease. Road Runner people have increased opportunities to plan and then bring those plans to fruition. Road Runner people are always thinking. Their minds are always at work.</p> |
|  | <p>Rooster: Sexuality, Watchfulness, Resurrection</p> <p>The Rooster is a solar symbol and represents sexuality. Those with a Rooster as a Totem may have had past lives as early Christians or ancient Greeks. A Rooster totem brings enthusiasm and humour and a sense of optimism. The Rooster is a totem of great power and mystery with ties to the ancient past and clues to your own hidden powers. It is the enemy of evil spirits and can bound them with the light of day.</p> |
|  | <p>Salamander: Assistance with Transformation</p> <p>The appearance of a Salamander totem heralds transformation, but offers assistance with this change from somewhere outside of ourselves, either through an unexpected person or unique resource. This assistance is temporary and will stay only as long as needed. Harmony with the environment is very important to people with a Salamander totem. It is key to a successful transformation - answers and solutions will be found in the environment around us.</p> |








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|  | <p>Scarab Beetle: Resurrection</p> <p>The Scarab is a symbol of the sun and an emblem of Egyptian god of the Sun and immortality. Their image was placed with the mummified remains of the dead as a source of new life in the next world. In the Middle Ages, alchemists drew the scarab in diagrams of the double spiral, which leads to the centre of the universe. The Scarab brings new life and vitality. It can teach you how to pace yourself through the seasonal changes of the year. Also, gives insight into past lives and spiritual enlightenment.</p> |
|  | <p>Scorpion: Transformation</p> <p>Scorpion promises transformation; however, it is up to you as to whether the change is calm or chaotic. Scorpion energy is the melding of life and death. Death must occur for rebirth. Any change you make must be preceded by the death of something: an idea, a way of life, or a relationship. (Remember this is not an actual death of a person.) Scorpion people are strong and have the ability to inspire. This totem is chaotic and passionate, and sexual needs are very strong in Scorpion people. They often have period of solitariness intermixed with intense and passionate relationships. People with this totem often have the ability of psychometry - the power of psychic touch.</p> |
|  | <p>Sea Anemone: Doorways</p> <p>The Sea Anemone is the flower of the sea fairies. They live in tide pools, which are places that the water separates from the sea and are doorways to the Faerie Realm. Sea Anemone heralds the opening of new doorways, but do not rush through them -- look for hidden dangers. Approach cautiously and don't make rash assumptions. Not all is as it first appears. A person with a Sea Anemone totem can expect new and unusual relationship to come into their life -- even beings from the Faerie Realm.</p> |
|  | <p>Seagull: Spiritual Messengers</p> <p>Seagulls are messengers from the gods, especially ancient Celtic deities. They bridge the gap between the living world and the spirit world. Opening yourself to their energy enables you to communicate with the other side. Seagull can also give you the ability to soar above your problems and see things from above. Seeing all the different viewpoints.</p> |
|  | <p>Sea Horse: Chivalry, Protection</p> <p>People with a Sea Horse totem are the knights in shining armour. They will sacrifice their own needs to help another. The need to protect the young and those weaker than themselves is very strong in Sea Horse people. They have a gentle strength and serenity about them. They are usually polite, considerate and courteous. Their features may be unusual but attractive at the same time. If a man has a Sea Horse totem, roles are sometimes reversed, with him becoming the caretaker of the children and home. A woman with a Sea Horse totem would want her partner very involved in the caring of the children.</p> |
|  | <p>Seal, Sea Lion: Imagination, Creativity, Dreaming</p> <p>A Seal Totem can show you how to develop and focus your imagination. Seal people are highly imaginative and very creative, and they need activities that channel and direct those activities. Hearing and balance are very important for a Seal totem. Learn to listen to your inner self and balance your life to it. Tap into your Seal totem and expect your dreams to become more vivid and significant. Stay in touch with your body's natural rhythms - if you are hungry, eat; if you are tired, rest.</p> |
|  | <p>Shrimp, Crawfish, Lobster: Facing Fears, Moving Forward</p> <p>Not your everyday totem, but this crustacean's lesson is an important one. His message is not to hide from your fears; but to face them and bravely come out of your shell. But always remember, like Shrimp and his relatives, if you do find yourself in a bad place, you can always move quickly backward. Just be sure not to stay there -- when the danger has passed, come back out of your shell and move forward once more.</p> |
|  | <p>Skunk: Sensuality, Respect, Self-Esteem</p> <p>The skunk is a very powerful totem with mystical and magical associations. It teaches how to give respect, expect respect and demand respect. This totem helps you recognise your own qualities and assert them. Skunks are fearless but very peaceful. These are two wonderful qualities that you can learn from your skunk totem. If you have skunk medicine will find that the use of fragrances will elicit dynamic responses in the people around you. Your sexual response will be heightened and you will have a greater ability to attract people. Individuals with a skunk totem must learn to balance the ability to draw and repel people. Skunks remind us that there is a time to be with people and a time for solitude. Skunks are silent animals and through their silence, they teach us not to brag --it will push people away rather than attract. People will notice you without any help.</p> |

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|  | <p>Sloth: Psychic Vision; Aloneness Sloths can turn their heads almost 270 degrees giving them an uncanny ability to see all that is above, below and around them. Because of these abilities the sloth is linked to the realm of spirit and psychic visions. Those with this totem often feel out of place on the earth and have a difficult time fitting into normal society. The tendency to escape from earth reality is common for those that hold this medicine. Strong physical exercise can help bring this tendency into balance. Those with this totem are loners and do not enjoy being in crowds. If their independence is threatened they become rebellious. Relationships are challenged when personal space is taken away. Sloth medicine people usually have a low rate of metabolism and don't have the ability to ward off illness easily, therefore, the strengthening and care of the immune system can benefit the overall health.</p> |
|  | <p>Snail: Protecting Emotions and Spirit Snail is a reflection of the protective spirits that surround each of us. The appearance of a Snail totem in your life reflects the need to be more protective in your environment. Be aware of your surroundings and keep your guard up. Think about where you encountered Snail - on the way to work? Near home? Call upon your spirit protectors as you walk around the place where you encountered Snail. Snail people are often loners, not very social and often timid. Their life lesson will be to learn to trust. Learning to balance trust and protection is a difficult lesson; watch out for the appearance of Snail and back off when he appears. Snails also teach us to protect the inner child. Snail people often present a hard shell to the world when they really have a tender heart and strong feelings. Watch for Snail and learn who and when to trust.</p> |
|  | <p>Snake: Wisdom, Healing, Initiation This is a powerful totem -- it is the symbol of transformation and healing. The Snake is wisdom expressed through healing. The Snake is the symbol of eternity. Your intuition will sharpen and be more accurate. Snake energy is the energy of wholeness, cosmic consciousness, and the ability to experience anything willingly and without resistance. It is the knowledge that all things are equal in creation. It also signals a transition in your life. New opportunities and/or changes. Snake is fire medicine, the medicine of transmutation. On a material level, it is vitality; on an emotional level, it is ambition and dreams; on a mental level, it is intellect and power; on a spiritual level (the highest level), it is wisdom, understanding and wholeness. Snake magic is heavy magic. Become the Magician and transmute the energy and accept the power of the fire.</p> |
|  | <p>Sparrow: Self-Worth The sparrow is one of the most common birds around, yet it has flourished when other species have failed. It reflects self-worth. If a Sparrow totem has entered your life, ask yourself if you know your own self-worth. The sparrow will show you that even a common little bird can triumph. The song sparrow reflects the chakra energy awakening from the heart and throat. It reminds us to sing out our own song of dignity and self-worth.</p> |
|  | <p>Spider: Creativity and Weaver of Fate A spider totem teaches you balance --between past and future, physical and spirit, male and female. She is strength and gentleness combined. She awakens creative sensibilities and reminds you that the past is always interwoven with the future. Tarantulas (and all spiders) are the keepers of the primordial alphabet and can teach you how to write creatively. Her body is shaped like the number 8 and she has 8 legs, which is symbol of infinite possibilities of creation. Her 8 legs represent the 4 winds of change and the four directions of the medicine wheel. Spider's message is that you are an infinite being who will continue to weave patterns of life and living throughout time. Do not fail to see the eternal plan of creation. Those who weave magic with the written word usually have this totem.</p> |
|  | <p>Squid: Intelligence and Camouflage This sea creature is an ancient creature and has a wealth of knowledge to give their totem people. All cephalopods are experts at camouflage - keep hidden your desire until it is within your grasp. People with a Squid totem have the ability to read the moods of others. They can read body language of those around them. Squid uses light, colour and form to communicate and their totem people have this ability also. Squid people usually blush easily.</p> |
|  | <p>Squirrel: Gathering, Activity, Preparedness The gathering power of Squirrel is a great gift. It teaches us balance within the circle of gathering and giving out. They remind us that in our quest for our goals, it is vital to make time for play and socialising. Squirrel teaches us to conserve our energy for times of need. If your totem is Squirrel or Squirrel has recently entered your life, lighten your load of things that are unnecessary - things that you have gathered in the past and may be cluttering your life - thoughts, worries, and stresses. Squirrel is also the totem of action. Ask yourself are you too active, not active enough, afraid of enough, hung up on accumulating and collecting. Squirrel people tend to be a little erratic - trying to do many things at once. Take the time to stop and listen to your inner self - and don't forget to play!</p> |

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|  | <p>Starfish: Follow Your Star</p> <p>Starfish people need to trust their instincts - to follow their own star. They have the ability to discern new opportunities and possibilities, and if they follow their inner voice, they will achieve their desires. Starfish also teaches to do things in your own unique way - no matter how strange it may seem to others. And if you fail in your own endeavour, take heart - everything will be regained and you will continue ahead. For the person with a Starfish totem, everything is either black or white, there are no shades of gray. Be careful not to be too quick to judge others because of this.</p> |
|  | <p>Starling: Group Behaviour</p> <p>Starling teaches how to behave within a group setting - how to be effective and assertive without becoming a bully. Communication is important to Starling people; however, you must be careful what you say, for people may take it incorrectly or blow it out of proportion. Watch your own sensitivity to other's words. You might be reading more into it than is truly there. By learning Starling's behaviours, you can live peacefully within your community of friends and family.</p> |
|  | <p>Swallow: Objectivity and Perspective</p> <p>This totem heralds the arrival of summer and brings warmth and protection to your home. It also tells you to pay close attention to conversations - are you saying more than you should? Are you listening closely to what others have to say? Swallow also brings a warning to not let small things get to you - don't let the mundane activities of life take up all your time and prevent you from moving forward. Rise above the small stuff and you will gain a better perspective on your life. The key is objectivity.</p> |
|  | <p>Swan: Grace, Beauty, Power of Self</p> <p>The Swan is one of the most powerful and ancient of totems. As you begin to realise your own true beauty, you unfold the ability to bridge new realms and new powers. Swan can show you how to reveal the inner beauty within yourself and in others. A Swan totem heralds a time of altered states of awareness and the development of intuitive abilities. Swan people have the ability to see the future and to accept the healing and transformation that is beginning in their lives. Accept your ability and go with the flow. Stop denying you know who is calling when the phone rings. Pay attention to your hunches and inner knowledge, and Swan medicine will work through you. The Swan's call teaches the mysteries of song and poetry, for these touch the child and the beauty within.</p> |
|  | <p>Tapir: Peace, Solitude</p> <p>Tapir shows us how to be at peace, how seclusion and quietness can bring fulfilment to our lives. Tapir is by nature a gentle creature, but it will fight when cornered. Its aggression when cornered is fierce and terrible, but at almost all other times the tapir assesses the situation and simply runs away from the threat. Tapir teaches us that violence is never the answer. Tapir can also teach us to value the regenerative and healing aspects of mud and salt. While the tapir can be fast and agile when it needs to be, it lives most of its life slowly wandering along paths, gently negotiating most of what it does. Tapir teaches us that gentleness, patience and quietude are necessary in our day to day lives. Tapir people tend to be reclusive and shy, happy in jobs where they are their own boss, and find strength in solitary, nature-friendly environments.</p> |
|  | <p>Tiger: Passion, Power, Devotion</p> <p>Tiger's gift is focus, patience, and the ability to heal quickly, both physically and emotionally. Healers often have a Tiger totem. It is very important for Tiger people to have time alone in their own special place. Tiger is the symbol of darkness and the new Moon. When a Tiger totem enters your life, expect new adventures. It will awaken new passion and power. Tiger people do their best work at night. They are very sensual and passion people and devoted parents. Your best work will be done at night. Tigers are associated with water and have all the properties of the element of Water - healing, power through gentle flow, feminine energies.</p> |
|  | <p>Toad: Inner Strength, Luck</p> <p>The appearance of a Toad heralds a successful time of drawing upon and using our inner resources. Toads are associated with money and luck - especially changing your luck from bad to good. People with a Toad totem can see things and people more clearly. A Toad heralds the need for self-examination. Ask these questions: Am I hesitating to act and missing opportunities? Am I allowing fear to hinder progress? Have I forgotten my inner strength? A Toad totem is a representation of the Moon, and represents both Life and Death. In alchemy, the Toad signifies the dark side of Nature. In the ancient cultures of Mexico, the Toad symbolised the Earth.</p> |

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|  | <p>Turkey: Shared Blessings</p> <p>The Turkey is the symbol of sacrifice. It gives life so others may live. Many holy people and mystics have Turkey as a totem. With a Turkey totem, you have transcended self. You act and react on behalf of others. This act is not a sense of morals or guilt, but a deep knowledge that all life is sacred. What you do for others, you also do for yourself. To have a Turkey totem is a true gift. Its gift may be spiritual, material or intellectual. Through giving to others will you reach your own goals. The Turkey is linked to the third eye, the seat of feminine energies within us, and the centre for higher vision. Turkey is also the symbol of the Mother Earth and her abundant harvest. All of Earth's blessings and the ability to use them to their greatest advantage are part of Turkey's teachings.</p> |
|  | <p>Turtle: Mother Earth</p> <p>Turtle is the oldest symbol for the Earth. It is the personification of goddess energy and the eternal Earth itself. If you have a Turtle totem, you must be mindful of returning to the Earth what she has given you. Honour the creative source within you. Use water and earth energies to create a harmonious flow in your life. Ask the Earth for assistance and her riches will pour forth. If a Turtle totem shows up in your life, slow down the pace of your life. Bigger, stronger, faster are not always the best ways to reach your goals. Turtle is fine teacher of the art of grounding. When you learn to ground yourself to Earth's power and strength, you place focus on your thoughts and actions and use the Earth's limitless energies rather than your own to accomplish your will.</p> |
|  | <p>Unicorn: Purity and Innocence</p> <p>This totem gives you the ability to make your dreams come true. Has the ability to restore broken spirits. A wonderful totem that has a connection to the Spirits of the Forest and the Fairy Folk. Can affect the weather patterns. A very powerful yet at the same time, very gentle totem. Helps you develop personal power that can be unlimited. The spiral horn of the Unicorn can heal and neutralise poisons; therefore, the Totem Spirit can also help its people develop their own healing abilities.</p> |
|  | <p>Vulture, Condor: Death and Rebirth; New Vision</p> <p>The Vulture is the symbol of death and rebirth, the mother symbol, and represents purification. For those with this totem, you will be noticed more for what you do than how you appear. You may start to see auras and colours around people; Vulture can help teach you how to accomplish this through patience and vision. Vultures teach you how to soar without using much energy, how to ride the thermal winds instead of flapping. Go with the flow. Use your own energy powerfully and efficiently. Vulture is associated with the sense of smell and aromatherapy is a good tool to use to connect with this Totem. The Vulture promises us that no matter how difficult things are at the moment, rescue and change are imminent.</p> |
|  | <p>Walrus: Uncovering the Hidden; Psychic Touch</p> <p>Walrus' greatest gift is the sense of touch - hugging and touching those you love, shaking hands, any form of touching. If you are sensitive, Walrus can awaken a form of psychometry - the ability to sense objects through touch. Hold an object, close your eyes, and feel the object. Run your fingers along its sides and shape. Let images and ideas come to you freely - you just might be able to hear the hidden past. Psychics with the gift of psychometry can touch an item and read the entire past of that object. Some of them can even help find missing people through their gift. For those to whom the Walrus is a totem, there will come an opportunities to uncover what is hidden, to find hidden treasures in the things around us. Walrus people have a need to be among likeminded people. They feel safe and comfortable with their own kind (mental and spiritual not physical). Trust in your inner senses and be careful not to become insulated.</p> |
|  | <p>Weasel: Stealth</p> <p>This totem is a difficult power totem to have. It is a rare gift and great ability. Weasel medicine can teach you to find out secrets through the power of silent observation. Most Weasel people are loners, graceful, solitary and silent. They are very intelligent. People do not see their power immediately and often underestimate them. A Weasel totem will awaken your innate ability for observation. Trust your own instincts and you will avoid trouble and pursue your goals to greatest success. Use your Weasel medicine to observe what or who needs attention and offer assistance in your quiet or discreet way. Be cautious in business ventures and dig beneath the surface before committing. Weasel people are fiercely protective of their homes and families.</p> |
|  | <p>Whale, Orca: Creation, Power of Song, Inner Depths</p> <p>A Whale totem teaches you to go deep within yourself to awaken your inner creativity. But they also teach us not to become lost in our creative imagination, but to live in the real world. When a Whale totem shows up in your life, examine your own use of creativity. Apply your own creative intuition to formulas -- this is what imbues them with power and magic. Creativity for the sake of creativity is not what the Whale teaches. It awakens great depth of creative inspiration, but you must add your own colour and light to your outer life to make it wonderful. The sound of the Whale teaches us how to create with song.</p> |

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 Sans, Jamie & Carson, David. Medicine Cards: the Discovery of Power Through the Way of Animals. Santa Fe, NM. 1988. Print.
 Andrews, Ted. Animal-speak: the Spiritual & Magical Powers of Creatures Great & Small. Woodbury, MN: Llewellyn Publications, 1993. Print.
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 D. J. Conway. Animal Magick: the Art of Recognising & Working with Familiars. Woodbury, MN: Llewellyn Publications, 2003. Print.
 Farmer, Steven D. Animal Spirit Guides. Hayhouse Inc., 2006. Print.

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|  | <p>Wolf: Intuition, Learning, Spirit</p> <p>This totem brings faithfulness, inner strength and intuition when he enters our lives. But he also brings learning to live with one's self. The wolf teaches us to learn about our inner self and to find our inner power and strength. But to achieve this, we must take risks and face our deepest fears. A wolf totem demands sincerity. This totem demands a lot of us but gives us much in return; a spirit helper that is always there to help and gives us extraordinary powers of endurance. He reminds us to listen to our inner thoughts and trust our insights. They remind us not to waste resources and to learn how to avoid trouble and confrontations. People with Wolf totems have the capacity to make quick and firm emotional attachments. Trust your insights about these attachments. Wolf will guide you. Take control of your life with Wolf's help and do so with harmony and discipline.</p> |
|  | <p>Wolverine: Persistence</p> <p>Wolverine heralds the awakening of passion for life and the ability to absorb all the lessons that come our way. This passion can be a gift or a curse, depending on how it is used. One can be a glutton for food (a detriment) or a glutton for knowledge (a benefit). Wolverine is the keeper of animal secrets. Wolverine teaches us never to surrender, to pursue what we desire until we reach our goals. Honour your Wolverine spirit through silence, discretion and a ferocious appetite for the truth.</p> |
|  | <p>Woodpecker: Power of Rhythm</p> <p>The drumming song of the Woodpecker is the heartbeat of the Earth. When a Woodpecker totem enters your life, it indicates that the foundation is there and it is safe to follow through. It will stimulate new rhythms. It reflects an awakening of new mental faculties. You may be so wrapped up in mental and spiritual activities that you've neglected the physical. Listen to your body's rhythms and sounds and heed what it is telling you.</p> |
|  | <p>Wren: Resourcefulness and Boldness</p> <p>Wren gives you the ability to adapt and thereby become resourceful. To use what is available. Wrens are noisy and sound much louder than their actual size. It is overflowing with confidence and will take on other birds much larger in size. It is fearless and bold. It is unlucky to kill a Wren, for these birds are sacred to the Earth gods and goddesses. When Wren appears to you, ask yourself these questions: Am I using all the resources available to me? Are you displaying enough confidence? Am I so wrapped up in work that I forget to sing? Are you living life to the fullest? Then ask Wren for help with any of these matters and use Wren as your guide and template.</p> |
|  | <p>Zebra: Agility, Individuality</p> <p>Zebra is the totem of individuality; to be part of a group but still retain your individuality. Blending into a crowd without losing your individuality is the power of Zebra. This ability protects it from danger, along with its agility and speed. It is also the totem of working things out. When in an argument, don't add to the fire by being confrontational; rather work towards a compromise that will satisfy all parties. Remember that things are rarely black and white, but they are usually many shades of gray. Zebra gives its totem people compassion and therefore they make excellent therapists and counsellors. They can take a step back and see situations in a new light and suggest compromises and solutions. Zebra people are usually confident, balanced and capable.</p> |

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