**Animal Guides**

**Do I Have an Animal Guide?**

Some believe that each person has one and more (one guide being the most commonly held belief), personal animal guides that they can rely on. Most also believe that they can access other animal guides for help in areas where their personal guide(s) are not as strong. However there are also some who believe that anyone can access guides for help, but each person does not have a specific one. Believe whatever feels right to you. Before you decide that this is a wonderful idea and that you should have 365 personal animal guides, one for each and every day of the year, and want to run out and meet them all, think about this. I was once told that those who meet many personal animal guides in their life are not to be envied for they are the ones who need the most protection and guidance. However that does not mean that you cannot call on different guides for help when you need the specific type of help they can offer you. It also does not mean you can Ut have more than one personal guide. I just wanted to throw in a word of warning; too much candy can make you sick after all. So if you suddenly find a flock of animal guides at your side at all times, look at what you are doing and where you are going in your life. Perhaps you have some decisions to make.

**How Do I Meet My Animal Guide?** Patience, patience, patience...

Animal guides are not owned by anyone, even if some might be called pets. It is their choice whether or not to make themselves known to you at any particular time. You may ask nicely, but you can never force a meeting. Most often your guide will reveal itself in its own time. Just because they do not appear the first time you try to contact them doesn’t mean you should give up. Keep trying every so often and when they feel the time is right they will show themselves. There are three ways you can meet your power animal or discover which animal medicine is right for you. First, you could just wait until the guide decides that it is time for it to show itself. Second, you could write and perform a ritual to call and ask for the assistance of the animal that would best assist you in your present magical workings or be of help in resolving a conflict in your life or simply ask that a guide make itself known to you. Finally you could opt for the method of entering a meditative state (for example ashamanic trance, astral travel, or lucid dreaming) and meet the animal in the spirit world. When the ritual technique is used, you will most likely see the animal in its natural form or it may appear in your life through seeming coincidences sometime after the ritual. There may be a synchronistic conversation where the topic is of the animal, or you find a book about the animal, images of it keep popping up, etc. When you catch that first glimpse of that medicine, you will know it in your heart. If you meet the animal in the meditative astral state, converse with it and ask its help. Anything is possible in the astral, so ask questions and get to know your new partner. If you have seen the animal after a ritual, plan sometime to go into the meditative state to cement your relationship, get to know the animal and the wisdom it represents. It is important to remember that in many cases, we are chosen and not the one making the choices when it comes to the alliance with an animal spirit. We may wish to seek the wisdom of a particular guide but others will show up instead. Remember to be receptive to any or all who appear because they all have important lessons or wisdom to impart. It is also possible that before we can progress to our next level of understanding, we must first resolve or overcome some underlying issues that we may not be fully aware of or are denying within ourselves. Once you have met and began your relationship with an animal spirit, what do you do with it? Power animals are great advice givers, often representing aspects of our higher selves that we haven't been paying close enough attention to. In a meditative state you can ask for their assistance on problems that have been nagging at you. At times, it is also necessary to seek the assistance of more than one power animal at the same time to maintain balance, as is the case between Badger and Deer.

**How to Discover Your Guide:**

One way of starting to discover your animal guides by examining the animals you have been most interested in and the times of your life that interest was piqued. Also examine the animals that have appeared in your dreams or in your everyday life, especially the ones that have appeared over and over and at odd times. The following questions can help you determine which animals might be guides in your life. Has a specific creature or specific creatures, be it animal, bird, reptile, amphibian, insect, or mythological beast, always fascinated you? We are drawn to that which most resonates with us. Those animals, which fascinate us or the ones that we fear the most, have something to teach us. Animal guides are not always those that we have the most similarities with. Often they are in our lives to help us learn what we are lacking. When you visit the zoo, which animal do you wish to visit first? This is especially true with children and this question is easy for them to answer since they are often more receptive than teens or adults. What animal or animals do you see most frequently when you are out in nature? The animals we encounter in their city or wild environments have significance for us. We can learn from them about survival within their environment and often much more. Of all the creatures, which are you most interested in now? Our interests in animals change. Yes, we usually have one or two that are lifetime power animals, but others become prominent in our lives when there is something of importance to learn from them. Do any animals frighten you? That which we fear is often something we must learn to come to terms with. When we do that, the fears then become power. Some Shamans believe that fears will take the shape of animals, and only when we confront them without fear do their powers/medicine work for us instead of against us. Such an animal then becomes a shadow totem. Have you ever been attacked or badly wounded by an animal? Historically, if a Shaman survived an attack, it was believed that the animal was the Shaman's spirit totem and the attack was the totem's way of testing the Shaman's ability to understand and handle its power. Do you have dreams with animals in them or are there animal dreams you have never forgotten? This is especially important if the dreams are recurring or if a specific animal image keeps popping up in your dreams. Children often dream of animals and attention should be given to these animals. They will often reflect specific animal guides of the child or areas of weakness where the parents can help in their child's growth.

**Meet Your Spirit Guides**

Before retiring, or going to bed, spend a few minutes in bed relaxing. Just focus on being relaxed. Be relaxed... While relaxed, imagine a Veil in front of your eyes. A curtain, or a wall. Imagine the Veil, or the wall, as being void, black. Accept the Veil, or the wall. Do not be threatened by the Veil, because you are relaxed, and because you know the Veil is an illusion, and serves purpose. You are still relaxed. Then, you visualize the Veil (or wall) slowly lifting. You see the Veil lifting, and you see stars, you see lights. You know you can see things you haven't seen before. You are still relaxed. When you are ready, you ask for Spirit to join you. You ask Spirit to touch you, and to embrace you, because you are ready to embrace Spirit. You know that Spirit is Divine Love, you know you are safe, you know you are loved. You know you are ready to meet Spirit. Hold your hands out. Let your fingertips feel the touch of Spirit. Know that when you are ready, you can ask Spirit to embrace your arms; ask for Spirit to give you a huge hug. You will feel it. Accept the love that is given to you, and know that you have earned it, that the love is yours. You may feel many things. Electricity, and an urge to cry, is what I felt, and great joy. There are many methods regarding meeting your spirit guides. I met my guides in delayed stages. I had two human guides and three critter guides. This is not "common" but is also not unheard‑of. What is common is for people to have two human guides. For those who study critter‑paths, I believe that they also have two human guides, but that they are working more consciously with critter‑ wisdom, and therefore it is likely that they have "critter‑medicine", and may have critter guides, as I do. Names? Gender? These are the first two issues we would like to distinguish within our guides. What I would recommend, as a matter of deduction, is that you ask your inner voice, if your entity is Male or Female. You WILL receive a definite impression. Lesson number one ‑ learn to trust yourself. (I like to ask the gender question first, as it's an easy one‑two, this or that approach, and helps to distinguish our own emotional responses.) When it comes to names, let your mind be open to receive impressions. When I first met Elmo, my bear, I had a hard time believing that was his name, because I am a "serious" person, I associated "Elmo" as being playful, and therefore antithetical to what I thought his name should be. (Yet, I've learned a lot from Elmo, including "not being so uptight" I also learned more about not judging a person ‑ or entity ‑ by their name.) When I first met Garulf, as a spirit, I thought he had a fascinating name. Weird name, dynamic personality. This was the label I hanged on him. How was I to know Garulf was a common, respectable name several hundreds of years ago, in Denmark? How was I to know Garulf was a Soul name, befitting him perfectly as a spirit, and as a person? So, in other words, whatever name you get in meditation, or whatever, really is their name? Sometimes, the names of your spirits will help you bust up your own preconceptions of what names mean ‑ or what roles people should play in your lives. What it all really comes down to is trusting your impressions. If you can do that (we salute you!), but more, you are already on a healthy journey of rediscovery. Your spirits will help you find the way.

**Animal Spirit Guides**

1. **Albatross**: Good fortune, liberated, limitless, loves to travel. Independent yet faithful. Masters of the element Air and controlling the wind.
2. **Alligator**: Assertiveness, Patience, Retribution, Creativity. Alligators have a high level of Clairvoyance and Divination skills. Be open to new knowledge and wisdom.
3. **Anaconda**: Balance, cunning, immortality, patience, power, stealth, and strength. The Anaconda is an ancient and powerful symbol. Sign of transition.
4. **Ant**: Cooperation, diligence, loyalty, patience, routine, sacrifice, and unity. Ants make wonderful parents.
5. **Antelope**: Agility, awareness of others, energetic, perceptive, and risk-taker. Antelopes are quick-witted with a strong survival instinct.
6. **Armadillo**: Grounded, humble, intuitive, sensitive, and trustworthy. Armadillos make great friends. Assists with past life connections.
7. **Badger:** Bold, courageous, perseverance, reliant. Badger is the keeper of stories. Earth magic. The badger is a dynamic healer.
8. **Bald Eagle**: adventurous, determined, ferocious, freedom, goal-oriented, resilient, and powerful. The eagle is a messenger. The eagle passes down stories through generations.
9. **Basilisk:** Confidence, Endurance, Nobility, Pride, Protection, Strength, and Will Power. Gifted in Alchemy, shadow work, and transformation.
10. **Bat:** Ego, community, fear, keen-observation, inner-depth, illusion, and transformation. Skilled in clairvoyance and discerning truth. Helps you to face fear.
11. **Bear:** Authority, aggression, bravery, peace, solitude, and motherhood. The bear is a powerful ancient symbol for alchemy, awakening the unconscious, and the moon.
12. **Beaver**: Commitment, determined, inventive, visionary. The beaver is a strong family symbol.
13. **Bee**: Chastity, communication, geometry, hard-working, love, order, and success. Skilled in communication.
14. **Bighorn Sheep**: Confrontation, steadfastness. Often seen as divine masculine. Able to see the big picture and set goals.
15. **Bison**: Abundance, balance, prayer, strength, wealth. A symbol of sacred life. The bison teaches us gratitude.
16. **Black Swan:** Dignity, empathy, freedom, loyalty, and shapeshifting. Symbolizes unexpected discoveries.
17. **Black Widow Spider:** Intuition, knowledge,manifestation,reevaluation. Reminds us to have a plan.
18. **Blue Jay**: Admiration, bold, community, flexibility, innovation, and thankfulness.
19. **Boar (wild pig)**: Adaptability, fierce, grounded. Represents Divine feminine and fertility.
20. **Bobcat:** Quiet,secrets, sexual energy, solitary. A loyal friend and confidant. There is power and strength in solitude.
21. **Box turtle:** Opportunity, protection, resilience, taking time for others and self. Symbol of the primal mother and creator.
22. **Bull**: Courage, fertility, hasty, procurement, and strength. Masculine energy. Both a symbol of the sun and moon.
23. **Butterfly:** Celebration, disorder, joy, romance, spirituality, and transformation. The butterfly is a visionary.
24. **Camel**: Determination, endurance, focus, humility, patience, and trust. Teaches us to weather the hard times.
25. **Canary:** Healing power of music, heightened sensitivity, observant. Canary’s bless others with their voice.
26. **Cardinal:** Bold, brilliant, cheerful, extraordinary, and trust. They remind us that we can renew ourselves and must strive for self-confidence. Males are devoted husbands and parents.
27. **Caribou:** Assurance, endurance, flexibility, guidance, humility, and travel. Caribou people are creative and full of wanderlust. The caribou teaches us to balance our life.
28. **Cat**: affection, curiosity, mysterious, observational skills, secretive, and supernatural. The cat is the symbol for witches.
29. **Caterpillar:** Healer, loves life, transformation, vulnerability. Reminds us that we are beginners and must keep seeking wisdom.
30. **Chameleon:** Adaptation, ability to blend in, energy, sensitivity. Chameleons teach us to trust ourselves.
31. **Cheetah:** Fast, freedom, passion, quick thinking, team player, and teacher.
32. **Chicken:** Colorful,fertility, sexuality, vigilant, wakefulness. Chickens are a solar symbol and a Greek love symbol.
33. **Chipmunk:** Divine connection, industriousness, solitude, thrifty.
34. **Condor:** Cleansing, courage, devotion, leadership, trust, and willingness.
35. **Cougar:** Courage, dependable,observation, responsible, sensuality, and spiritual warrior. Represents coming into your own power. Teaches you to take charge of your life.
36. **Coyote:** Adaptive, curious, family orientated, jokester, teacher. A balance of wisdom and folly.
37. **Crane**: Artistic expression, attentive, endurance, integrity, self-reliance, and wisdom. Water Symbol. Asian patriarch, Celtic King of Underworld.
38. **Crow:** adaptable, fearless, magical, manipulative, watchful, wisdom, and transformation. The crow is a messenger and has past life connections. Very powerful bird in many mythologies.
39. **Cuckoo:** Balance, flexibility, fortune, love, and shrewdness. symbolic of a new fate.
40. **Deer:** Awareness, caring, determination, elegance, gentleness, grace, and safety. The deer inspires trust and builds communication between other worlds. Open new doors.
41. **Dove**: Purity, gentleness, devotion, hope, love, communication, peace, prophecy, and sacrifice.
42. **Dog**: Affection, bravery, devotion, friends, loyalty, protection. Symbol of unconditional love.
43. **Dolphin:** Communication, defensive, harmony, playfulness, pleasure, resurgence, and strength. Messenger of the Gods.
44. **Donkey:** Affection, confidence, humor, stubbornness. Remember humility is a strength.
45. **Dove:** Adaptable, guidance, messenger.
46. **Dragon:** Authoritative, courageous, defensive, magical strength, protection, and transformation. Dragons love chaos!
47. **Dragonfly:** Connections, emotional, illusionary, and lively.
48. **Duck:** Blended families, conversation, devotion, dreams, shielding, and travel. Ducks help us to sort through emotional tangles.
49. **Elephant:** Ancient power, determination, loyalty, memory, royalty, and strength. Elephants have strong family ties and leadership qualities.
50. **Elk:** Dignity, energy work, nobility, self-reliance, strength. Female strength and leadership.
51. **Emu:** Equality, expressive, flexibility, justice, and unity. Represents unconventional gender roles.
52. **Falcon:** authoritative, fearless, freedom, goal-oriented, intelligence, and victory.
53. **Firefly:** Attraction, efficiency, self-reliance, transfiguration. No matter what your size you can have power and take care of yourself.
54. **Flamingo**: Balance, clear-sightedness, group dynamics, happiness, love, and power. Find your tribe to grow spiritually.
55. **Flicker:** courage, determination,healing, persistence, spiritual growth, and trust. A flicker represents a period of rapid growth.
56. **Fox:** cleverness, creativity, cunning, humor, luck, quick-witted, shape-shifting, wisdom. Fox helps us with charms and energy work.
57. **Frog:** Cleansing, Rebirth, Sensitivity, Transformation. Magic of Earth and Water. Linked to weather and lunar energy. Frogs are versatile yet seek change.
58. **Gazelle:** Alert, anticipation, conscious, refinement, and swift.
59. **Giraffe:** cleverness, farsightedness, friendly, gentleness, Individuality, intelligence, peace, and patience.
60. **Goat:** Alert, firm, isolated, self-reliant, and strong. The goat helps us to take on new endeavors.
61. **Goldfinch:** Courageous, defensive, dedication, happiness, luck, and originality. Helps us to loosen up and reach other realms. Good for working with the fae.
62. **Goose:** Joy, bravery, guidance, fertility, loyalty, reliability, teamwork, vigilance, and wisdom. The goose helps you break free of restraints.
63. **Gorilla:** Compassion, discretion, family, justice, leadership, tenderness, and wisdom. The gorilla will help you work through group conflict.
64. **Grackle:** Boldness, clarity, expressive, intelligence, perception, solutions. Grackles help us express our emotions.
65. **Grasshopper:** Dynamic, good fate, innovative, morals, progressive, visionary, and wealth. This spirit animal helps you identify a need to move forward. Earth Element.
66. **Griffin:** Anonymity, bravery, guardianship, loyalty, majesty, and protection. The Greeks saw the griffin as a symbol of prosperity.
67. **Groundhog:** Dependability, enthusiasm, rebirth, self-defense, survival. Earth Element. Helps to explore deeper altered states of consciousness.
68. **Grouse:** Boundaries,creation, prayer, teaching, territory, and voice. Represents sacred dancing and drumming.
69. **Hawk:** Alertness, creativity, courage, guardians, nobility, strength, and vision. Helps to awaken our vision and creative energy.
70. **Hedgehog**: Boundaries, flexibility, kindness, patience, protection, strength, and self-dependent. Hedgehog tells us to take our time and get some rest and relaxation.
71. **Heron:** balanced, calm, devoted, intrusive, multi-tasking, and self-determined. Enhanced meditation. Enables self-confidence.
72. **Hippogriff:** Beauty, endurance, non-conformity, protection, regality, and respect. Helps us in preparation for obstacles.
73. **Hippopotamus:** Balance, fertility, hard-working, strength, protection, wisdom.
74. **Honey Badger:** Courage, community, empowerment, intelligence, problem-solving, and sweetness.
75. **Horse (Mustang):** adventurous, freedom, friendship, independence, leadership, mobility, and travel. Assists with journeys. Helps to awaken our own sense of power.
76. **Hummingbird:** Ability, aggression, ecstasy, flexibility, healing, hope, and wisdom. Symbol of accomplishment.
77. **Hyena:** Balance, communication, intelligence, gender equality, strategy, and teamwork. Helps improve communication and not to take yourself so seriously.
78. **Inchworm:** concealment, creativity, logic, transformation, and transmutation. Slow to adapt and make changes.
79. **Jaguar:** Grace, loyalty, speed, strength, poise, power, and tolerance. Jaguars stay back and observe.
80. **Jellyfish:** Faith, illumination, intention, protection, sensitivity, and transparency. Jellyfish represent the give and take, ebb and flow in nature.
81. **Kangaroo:** Adaptability, devotion, gentleness, strength, warrior. Kangaroos are very resourceful.
82. **Kestrel:** Agility, grace, mental acuity, patience, and quick. Teaches us to use our brains!
83. **Kingfisher:** love, prosperity, warmth. Popular in Greek mythology as a symbol of peace and prosperity.
84. **Kiwi:** Alert, fidelity, authoritative, cultural, genius and togetherness.
85. **Koala:** Gratitude, healing, calmness, trust, empathy, magic, protection, and pleasure.
86. **Kraken:** Creativity, desire, fearlessness, intuition, healing, power, and release. Courage to face your emotions.
87. **Ladybug:** Good fate, illusionary, innocence, metamorphosis, and true love.
88. **Lion:** authority, courage, dignity, feminine power, natural-born leaders, pride, and wisdom. Trust your feminine energies (both men and women) creativity, intuition, imagination.
89. **Lizard:** adaptability, ego, imagination, perception, quick-witted, sensitivity. Helps to interpret dreams.
90. **Llama:** endurance, firmness, grace, gentleness, inquisitive, and social networking. Llamas are very social and enjoy working in groups.
91. **Loon:** calm, connection, faithfulness, patience, and refreshment. Loons are good at dream interpretation.
92. **Lynx:** clairvoyance,secrets, trust, truth, and vision. The lynx teaches us to use words with caution.
93. **Magpie:** Attitude, communicative, fate, flexibility, love, and opportunity. Magpies have knowledge of the occult. If one enters your life ask yourself if you are applying your knowledge in life.
94. **Meadowlark:** Cheerful, joy, manifestation modesty, satisfaction, and wisdom. Find joy in yourself!
95. **Mockingbird**: Expression, lively, thankfulness, and togetherness. The mockingbird teaches us the power in having a voice.
96. **Monkey:** Bold, confident, creative, compassionate, playful, rebellious, and social.
97. **Moose:** Dignity, endurance, feminine, impulsive, intelligence, magical, and strength. Powerful feminine energies.
98. **Mosquito:** agility, direction, detection, feminine, persistence, and self-confidence.
99. **Mouse:** Adaptability, meticulous, dishonest, grounded, modesty, stealth, and understanding. Teaches us to pay attention.
100. **Narwhal:** Communication, emotional intelligence, mysterious, and selective. Teaches us to have deep, meaningful conversations.
101. **Octopus:** Balance, boundaries, curiosity, intelligence, problem-solving, shyness, and symmetry. Octopus people are very sensitive to the world and the divine.
102. **Opossum**: cleanliness, extraordinary, decisive, humble, togetherness, sensible and wise. The opossum walks among the ancients and can help connect us with our ancestors.
103. **Orangutan**: Creativity, gentle, engineering, ingenuity, honorable and logical, and solitude.
104. **Orca:** Cooperation, expressive, persistence, and strategy. Orcas are great team players and will help you excel in the workplace.
105. **Oriole:** appreciate beauty, cheery, and weaver. Rediscover your inner child. Orioles teach us the power of communication.
106. **Osprey:** Balance, opportunity, potentiality, timing, and visionary.
107. **Ostrich:** Divine masculine,grounded, likes to learn new things, ritual, and seduction. Ostriches teach us both parents working as a unit are important.
108. **Otter:** cheerful, dynamic, happy, kind, lively, and sharing. Learn to have fun.
109. **Owl:** comfort, deception, omens, protection, secret-keeper, stealth, vision, and wisdom. Puts us in touch with our sixth sense.
110. **Ox:** grounded, loyalty, longevity, monogamy, sacrifice, strength.
111. **Panda:** Adaptability, balance, determination, diplomacy, inner-sight, mothering, and solitude. The panda tells us to take a deep breath and relax. Panda mothers are extremely nurturing.
112. **Panther:** aggressive, courageous, feminine, powerful, protective, and valor. To go beyond with valor is a panther’s strength.
113. **Parrot:** Affection, boldness, charisma, partnership. Parrots like small cozy spots. Try making yourself a retreat place in your home.
114. **Peacock:** Beauty, endurance, knowledge, love, royalty, self-esteem, and sexuality. Social and creative. Remember not to let pride get the better of you.
115. **Pegasus:** Ancestry, creative, divine service, transformative. Pegasus can put you in touch with your ancestors and the divine. Explore poetry for inspiration.
116. **Pelican:** defensive, kind, responsible, selfless, teamwork, and warm. Pelicans can teach us to get along with our co-workers.
117. **Penguin:** Community-minded, confident, disciplined, partnerships, sacrifice, and spiritual. Being a couple is wonderful but remember to have a hobby you do for yourself.
118. **Pheasant:** colorful, fertility, Flirtation, grounding, and sexuality. Pheasants are very romantic. In Japanese mythos, the pheasant is an important messenger to the Gods.
119. **Phoenix:** Ascendance, rebirth/starting over, resurrection. The phoenix helps us to start new projects at work and to leave bad experiences behind us.
120. **Pigeon:** Faith, fidelity, home, love, messenger, and security. Pigeons help us to find safety and security.
121. **Platypus:** Boundaries, eccentric, grounded, independent, nurturer, and unique. Platypuses are very sensitive to their environment.
122. **Poison Dart Frog:** Divine father, inspiration, nurturer, protector, visibility. Very helpful with love magic. Teachers us to listen to others’ opinions during a debate or argument.
123. **Polar Bear:** Independence, leadership, patience, seasonal rhythms, and strength. The polar bear is a specialist and will help you focus on a path or determine your goals.
124. **Porcupine:** Anxiety, humility, innocence, protection, self-involved, togetherness, and vision. Porcupines teach us how to avoid negativity and embrace life.
125. **Prairie Dog:** Affection, community, defense, decision making, kinship, and playfulness. Change is necessary, join in with others to meet your goals.
126. **Praying Mantis:** Awareness, camouflage, clairvoyance, cunning, prophesy, and survival. It will help you increase your divination skills.
127. **Rabbit:** Cleverness, fertility, harmony, love, new beginnings, prosperity, sensitivity, and speed. Teaches us the power of good health and is helpful with money spells.
128. **Raccoon:** Bravery, confidentiality, disguise, emphatic, protection, and, versatility. Raccoon teaches us to make ourselves over and begin anew. Symbol of transformation and opportunity.
129. **Ram( Bighorn Sheep):** Aloof, anxious, hard-working, sensitive, transformational, and visionary. The ram helps us to stay balanced and move into new endeavors.
130. **Rat:** Fertility, foresight, kindness, intelligence, strength, and success. If a rat comes to you it’s a symbol for change.
131. **Raven:** Creation, intelligence, magic, problem-solving, and shapeshifter. The raven teaches us to find the light in the darkness.
132. **Red-Winged Blackbird:** Boldness, cocreation, embracing others, engineering, messenger, and receptive. Teaches us to honor one another.
133. **Reindeer:** Abundance, accomplishment, endurance, faith, protection, and tenacity.
134. **Rhinoceros:** Ancient wisdom, decisive, endurance, intelligence, isolation, and liberation. Connects with our ancestors and helps you to put your life into perspective.
135. **Road Runner:** Agility, mental acuity, and speed. The roadrunner teaches us to be continually thinking - their minds are perpetually busy.
136. **Robin:** Ability to find lost objects, change, cheerful, growth, independence, and music. The robin teaches us to move forward and trust our ideas.
137. **Rooster:** Ego, fearless, intimate, nonconformity, and unique. The Romans took Roosters into battle to bring them courage and luck.
138. **Salmon:** Dignity, firmness, intelligence, resurgence, sacrifice, spirituality, and travel. The salmon fights upstream to spawn and sacrifices themselves for their children. They teach us how to prepare for struggles.
139. **Scorpion:** Cycle of life, endurance, intuition, power, protection, transformation. We must look to the future.
140. **Sea Gull:** Communication, community, resourcefulness, versatility. Seagulls combine the elements of air, land, and water. Don’t put limits on yourself.
141. **Seahorse:** Afterlife, eccentricity, fatherhood, navigation, and sexuality. Poseidon and Neptune considered the seahorse to be sacred. Teaches us to slow down.
142. **Seal/Sea Lion:** emotional intelligence, sensitivity, surrender. Jump in and get started.
143. **Shark:** confidence, endurance, leadership, perseverance, power, and sensitivity. Sharks help us to achieve our dreams.
144. **Sheep:** Compassion, courage, humility, peace, purity, and social.
145. **Skunk:** boundaries, contrast, defense, intelligence, peacefulness, and protection. Skunks teach us to try to work out problems without using our defenses but sometimes we need to protect ourselves.
146. **Sloth:** Conserve your energy, cooperation, gentleness, slowness, and trust. Sloth reminds us that we need to take care of ourselves.
147. **Snail:** Adventure, dreams, ease, gentleness, home, independence, and specialization. A snail is in sync with the lunar cycle and helps us to be grounded.
148. **Snake:** Fear, impulsive, healing, magic, power, shrewdness, transformation, and wisdom.
149. **Sparrow:** awakening, dignity, perky, triumph. A symbol of triumph over longsuffering.
150. **Spider:** balance, change, creativity, growth, networking, patience, protection, and wisdom. Don’t feel trapped. Spiders can help you navigate a precarious situation.
151. **Squirrel:** Ambitious,hardworking, enthusiastic, playful, resourceful, social, and trusting. Life is all about giving and taking and being part of a community. Squirrels also teach us that work and play go hand in hand.
152. **Stingray:** Curiosity, grace, kindness mystery, peacefulness. Teaches us to take time for ourselves.
153. **Stork:** boldness, creativity, fertility, responsibility, protection, and resurgence. Shows us how to get in touch with life's rhythm and create opportunities.
154. **Swallow:** Graceful, home, perspective, protection, and warmth. Teaches us to be objective.
155. **Swan:** Beauty, calmness, devotion, elegance, loyalty, power, and purity. Don’t be afraid to move on to the next chapter of your life.
156. **Tarantula:** Creativity, intimidation, patience, self-protection, and transformation. They teach us to perfect our timing.
157. **Tiger:** Devotion, fearlessness, vigor, passion power, pride, royalty, and valor. The tiger will energize you and take you on new adventures.
158. **Turtle (Aquatic):** endurance, fertility, longevity, patience, peace, and wisdom. Many Native Americans refer to earth as Turtle Island which is a reference to creation stories. Turtles teach us to awaken to new opportunities.
159. **Turkey:** connection, generosity, gratification, industrious, togetherness, and wealth. Find strength in numbers.
160. **Tuatara:** Ancestor, dedication, guardian, intuition, loyal, and unique. Teaches us to discern light from dark, don’t take on the emotions of others.
161. **Unicorn:** faith, gentleness, grace, innocence, love, magic, purity, and vision. Unicorns have the power of telepathy.
162. **Vulture:** Purposeful, loyalty, patience, quick-witted, perception, trust, vision. A symbol of sublimation.
163. **Walrus:** Creative, gregarious, sensitive, and unique. Focus on your own strength.
164. **Wasp:** Aggressive, creative, determined, enthusiastic, fertile, intelligent, and teamwork.
165. **Weasel:** Diligence,secret,sly, and trust. You quietly observe others and learn from them.
166. **Wolf:** Compassion, family, guardianship, loyalty, protection, partnership, spirituality, and togetherness. The wolf will complete your rituals.
167. **Whale:** ancestry, creativity, power, protection, self-reliance, strength, and Wisdom. Whales teach us the power of song and communication. They have great healing power.
168. **Whale Shark:** Dependable, friendly, gentle, open-minded, thoughtful, and serious.
169. **Wolverine:** Fierce, self-reliant, stewardship. Doesn’t back down from a challenge.
170. **Woodpecker:** connection, intelligence, healing, revelation, perception, and uniqueness. Woodpeckers are very resourceful.
171. **Zebra:** Embrace life, feisty, family, wanderlust.