



# ANIMAL TOTEMS

## Why should we get into nature or pay attention to animals?

### 1. It connects us with God, the Universe, Source

When we develop a relationship with our animal and plant friends, it connects us to universal energy. It reminds us that all things are connected and made of the same energy. Seeing the perfection of nature unfolding can show us that our own lives are also unfolding as they should. When we are in challenging or difficult situations, we can convince ourselves that something is wrong with us or with life in general. Being in nature allows us to see that all things are directed from a source much bigger than ourselves, and all is good and right in the world.

### 2. Healing

When we get into nature, our systems are naturally calmed. We are able to release negative or low-vibrational energies with the help of momma earth. If you are sensitive to energy, a build-up of these energies can cause you anxiety and depression. If you are energetically sensitive, having these nature breaks becomes even more important. Since empaths absorb energy like a sponge from their surroundings, it stays with us until we consciously release it. The beautiful part is that nature will take care of this for us, we just have to get off our devices and get outside. I can't tell you the number of times I was struggling, feeling anxious or depressed and just a quick 5-10-minute walk in the woods allowed me to release old stuck energy and feel great the rest of the day.

### 3. Guidance

When we connect to this Universal energy or consciousness, the Universe can deliver us messages and guidance. The key is that we have to make the effort to listen and pay attention to what is being communicated. Sometimes, we doubt our own inner voice or guidance. Being in nature helps us to be a clear energetic channel, removing things which can usually block our internal guidance system. In order to develop our intuitive voice, we need practice and repetition. And ALWAYS remember - there is no right or wrong when it comes to our intuition and divine messages. You may get a very different message from the same animal that I do, and that is completely normal.

## How do I know what to call these messengers?

Sometimes I think we can get so caught up on meanings that we miss the point of things in our lives. Yes, it can be important to identify and articulate things but don't let this prohibit you either. When you get a message from an animal, I promise the Universe will not be pissed if you don't call it the "correct" term. Allow yourself to learn about the terms but be open to other possibilities. Because I like to keep things simple, I condensed the categories into three areas for this handout.



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**1.Power or Totem Animal** – Sometimes animals support and guide us through various cycles of our lives. Power or totem energy is fluid energy that you can embody, call in, or invoke at different times of your life. “You may call on an animal whenever you are feeling weak, powerless, and in need of courage. They serve as your protector or guardian at times when you face adversities. With their powers and survival skills, you gain the courage and strength needed to survive certain hardships and trials.” (1)

**2.Spirit Animal** – “Through its unique nature and capabilities, a person’s spirit animal guides him in his journey and teaches him the lessons he needed to achieve peace in life and spirit. Each type of spirit animal has their own set of powers and skills that they share with us to help us overcome the challenges of our everyday life.” (1). This is an animal that stays with you; either your entire life, or large portions of it.

**3.Messages and guidance** – Animals can deliver important messages from the Universe. When I need to trust my intuition, an owl may appear. When I need to focus, a hawk will fly 10 feet in front of my path. When I need to be playful, a dolphin will show up. As human beings we can be pretty dense with our messages sometimes. Thankfully, the Universe knows this and will use odd methods of delivery or repetition to get the insight delivered to us. Have y’all seen the YouTube videos of people being molested by dolphins? That would def get my attention, even if it only happened once.

## Resources

### A. Websites

- 1.<https://www.whats-your-sign.com/animal-totems.html>
- 2.[www.whatismyspiritanimal.com](http://www.whatismyspiritanimal.com)

### B. Books

- 1.Animal Spirit Guides by Steven D. Farmer, Pd.D
- 2.Animal Speak by Ted Andrews
- 3.Totems by Brad Steiger

### C. Oracle decks

- 1.Power Animals Oracle cards by Steven D. Farmer, Ph.D
- 2.Medicine Cards by Jamie Sams and David Carson
- 3.The Wild Unknown Animal Spirit deck by Kim Krans

## Citations

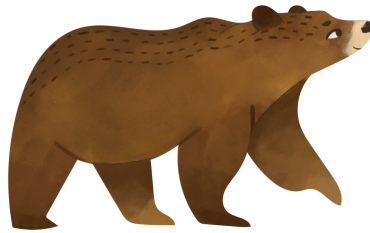
- 1.<https://lovemeditating.com/power-animal-vs-spirit-animal/>

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## Common animals and their meanings



Bat - rebirth, psychic powers



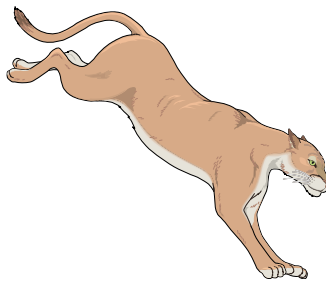
Bear - self-healing, courage



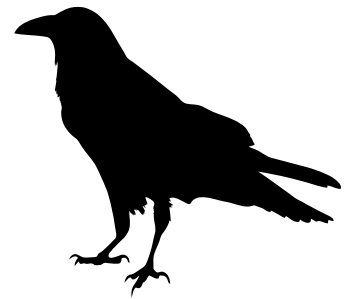
Butterfly - Change, cycles



Cat -Intuition, feeling, sensuality



Cougar - leadership, confidence



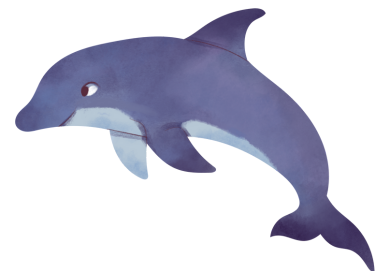
Crow - magic, flexibility, intelligence



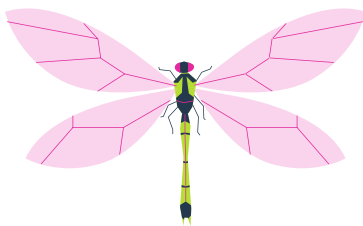
Deer - compassion, grace sensitivity



Dog - loyalty, faithfulness



Dolphin - play, protection



Dragonfly - transformation, adaptability

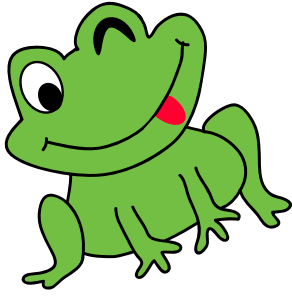


Eagle - resilience, healing, sexual power



Fox - seeing through deception, dream work

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Frog - renewal, fertility



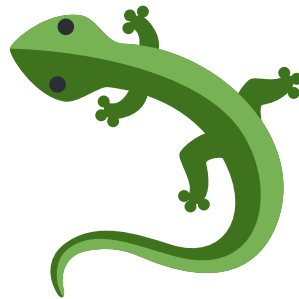
Hawk - focus, higher vision



Hummingbird - joy, light heartedness



Lion - strength, personal power"



Lizard - dreams, intuition



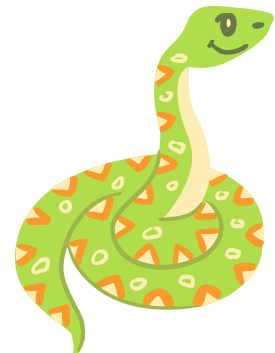
Owl - wisdom, seeing what others don't



Panda - duality, boundaries



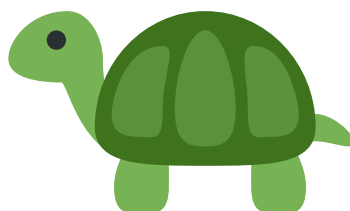
Rabbit - fear, vulnerability



Snake - kundalini, transformation



Spider - patience, receptivity



Turtle - grounding, slowing down



Whale - communication, wisdom

# SHED SOME LIGHT ON IT



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## CONTACT US

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<https://www.youtube.com/channel/UCC8w-EmFu7naHV17OvOqLeA>