

THE BOOK  
OF  
**UNDERSTANDING  
ANIMAL SPIRITS**

GuideSpeak.com

Also found on  
PersonalEmpowerment.co

Copyright of published works on the website is owned by Neville Berkowitz. You have permission to post this, email this, pass it along electronically for free to as many people as you like, as well as download one or as many pages as you need to, as long as you make no changes or edits to its contents or direct format. The Guided messages could be misinterpreted if changed in any way.

The right to commercially publish this content by reprint, bind and/or sell is strictly prohibited.

To assist others in finding this invaluable Guided material, it would be appreciated if acknowledgement is ascribed to GuideSpeak.com when material is used from this website.

# CONTENTS

---

<b>ALLIGATOR / CROCODILE.....</b>	<b>13</b>
<b>ANT.....</b>	<b>16</b>
<b>ANTELOPE.....</b>	<b>18</b>
<b>ARMADILLO.....</b>	<b>20</b>
<b>BADGER.....</b>	<b>22</b>
<b>BAT.....</b>	<b>25</b>
<b>BEAR.....</b>	<b>28</b>
<b>BEAVER.....</b>	<b>30</b>
<b>BEE.....</b>	<b>32</b>
<b>BLACKBIRD.....</b>	<b>34</b>
<b>BLUEBIRD.....</b>	<b>36</b>
<b>BOBCAT / LYNX.....</b>	<b>38</b>
<b>BUFFALO / BISON.....</b>	<b>40</b>
<b>BULL.....</b>	<b>42</b>
<b>BUTTERFLY.....</b>	<b>44</b>
<b>CAMELS.....</b>	<b>46</b>
<b>CANARY.....</b>	<b>48</b>
<b>CARDINAL.....</b>	<b>49</b>
<b>CAT.....</b>	<b>51</b>
<b>CHAMELEON.....</b>	<b>53</b>

---

<b>CHEETAH.....</b>	<b>55</b>
<b>CHICKEN.....</b>	<b>57</b>
<b>COUGAR.....</b>	<b>60</b>
<b>CHIPMUNK / SQUIRREL.....</b>	<b>62</b>
<b>COCKATOO.....</b>	<b>64</b>
<b>COYOTE.....</b>	<b>66</b>
<b>COW.....</b>	<b>68</b>
<b>CRAB.....</b>	<b>70</b>
<b>CRANE.....</b>	<b>72</b>
<b>CROW/ROOK.....</b>	<b>74</b>
<b>CRICKET.....</b>	<b>76</b>
<b>CUCKOO.....</b>	<b>78</b>
<b>DEER.....</b>	<b>80</b>
<b>DOG.....</b>	<b>82</b>
<b>DOLPHINS(PORPOISES).....</b>	<b>84</b>
<b>DONKEY.....</b>	<b>88</b>
<b>DOVE/PIGEON.....</b>	<b>91</b>
<b>DRAGONFLY.....</b>	<b>93</b>
<b>DUCK.....</b>	<b>95</b>
<b>EAGLE.....</b>	<b>97</b>
<b>ELEPHANT.....</b>	<b>100</b>
<b>ELK.....</b>	<b>103</b>
<b>FISH.....</b>	<b>105</b>
<b>FLAMINGO.....</b>	<b>107</b>
<b>FLY.....</b>	<b>109</b>
<b>FOX.....</b>	<b>111</b>

---

---

<b>FROG.....</b>	<b>114</b>
<b>GIRAFFE.....</b>	<b>116</b>
<b>GOAT.....</b>	<b>118</b>
<b>GOOSE.....</b>	<b>120</b>
<b>GORILLA.....</b>	<b>122</b>
<b>GRASSHOPPER.....</b>	<b>124</b>
<b>GROUSE.....</b>	<b>126</b>
<b>HAWK.....</b>	<b>127</b>
<b>HERON.....</b>	<b>129</b>
<b>HIPPOPOTAMUS.....</b>	<b>131</b>
<b>HORSE.....</b>	<b>133</b>
<b>HUMMINGBIRD.....</b>	<b>136</b>
<b>JAGUAR.....</b>	<b>139</b>
<b>KANGAROO.....</b>	<b>141</b>
<b>KESTREL.....</b>	<b>143</b>
<b>KINGFISHER.....</b>	<b>145</b>
<b>LEOPARD.....</b>	<b>147</b>
<b>LION.....</b>	<b>149</b>
<b>LIZARD.....</b>	<b>151</b>
<b>LOON.....</b>	<b>153</b>
<b>MAGPIE.....</b>	<b>155</b>
<b>MOCKINGBIRD.....</b>	<b>157</b>
<b>MOOSE.....</b>	<b>159</b>
<b>MOUSE.....</b>	<b>161</b>
<b>OCTOPUS.....</b>	<b>163</b>
<b>OPOSSUM.....</b>	<b>165</b>

---

---

<b>OSTRICH.....</b>	<b>167</b>
<b>OTTER.....</b>	<b>169</b>
<b>OWL.....</b>	<b>171</b>
<b>PANTHER.....</b>	<b>173</b>
<b>PARROT.....</b>	<b>175</b>
<b>PEACOCK.....</b>	<b>177</b>
<b>PENGUIN.....</b>	<b>179</b>
<b>PIG.....</b>	<b>181</b>
<b>PIGEON.....</b>	<b>183</b>
<b>PORCUPINE.....</b>	<b>185</b>
<b>PRAYING MANTIS.....</b>	<b>187</b>
<b>RABBIT.....</b>	<b>189</b>
<b>RACCOON.....</b>	<b>191</b>
<b>RAT.....</b>	<b>193</b>
<b>RAVEN.....</b>	<b>195</b>
<b>RHINOCEROUS.....</b>	<b>196</b>
<b>ROBIN.....</b>	<b>198</b>
<b>SALMON.....</b>	<b>200</b>
<b>SEAGULL.....</b>	<b>202</b>
<b>SEAL.....</b>	<b>204</b>
<b>SHARK.....</b>	<b>206</b>
<b>SHEEP (RAM).....</b>	<b>208</b>
<b>SNAIL.....</b>	<b>210</b>
<b>SNAKE.....</b>	<b>211</b>
<b>SPARROW.....</b>	<b>213</b>
<b>SPIDER.....</b>	<b>214</b>

---

---

<b>SQUIRREL.....</b>	<b>216</b>
<b>STORK.....</b>	<b>218</b>
<b>SWAN.....</b>	<b>220</b>
<b>TIGER.....</b>	<b>222</b>
<b>TORTOISE.....</b>	<b>224</b>
<b>TURKEY.....</b>	<b>226</b>
<b>TURTLE.....</b>	<b>227</b>
<b>VULTURE.....</b>	<b>229</b>
<b>WASP.....</b>	<b>231</b>
<b>WHALE.....</b>	<b>233</b>
<b>WOLF.....</b>	<b>235</b>
<b>ZEBRA.....</b>	<b>237</b>

---

---

Blessings and Greetings to you all,

We are honoured that you have joined Us in this present moment of now to explore, and comprehend, a very basic truth - "We are all One".

Spirit, God, or whatever name resonates with you, describes The One We are all part of.

This One has many faces. This One has a human face, an animal face, a bird's face, an insect's face, a flower's face, a tree's face, a plant's face, and so on.

The One is often described as Nature. Nature is an acceptable name for now.

**We Are All Part of Nature:**

All of you, on the earth's place, are part of Nature. The air that you breathe goes to trees, plants and flowers and is returned back to you from that part of Nature. The mosquito that bites your arm to suck your blood becomes a part of you and you become a part of it. The vegetables, plants, insects, birds, fish, animals that you eat become a part of you. Your waste products become fertilizer to make vegetables, plants, livestock feed, and so on, grow, so the very things you eat can feed upon them, and so the recycling of Nature goes on and on.

---



---

You are part human, part animal, part bird, part fish, part insect, part tree, part flower, part plant, part vegetable, part fruit, part grass, part of The One, which We call Nature, for now.

If you consider that you need honour and respect for yourself from yourself, and from others, then are you equally prepared to give honour and respect to, yourself, others in human form, and, most importantly, others representing Nature, in all Its forms?

If you truly honour and respect Nature in all its forms then giving awareness and consciousness to all of Nature is a good starting point for this journey.

Honouring and respecting Nature consciously in awareness means thanking, and blessing, the parts of Nature as they assist you in your existence, moment by moment.

**You and Nature Combine:**

When you go to sleep on a pillow filled with feathers, and you awake to drink tea, coffee, orange juice, have a piece of toast with honey or jam, perhaps have an egg, grab your leather coat as you rush out the door, climb into your steel, leather, plastic, iron, composite, motorcar, using petro-chemical fuel dug out of the earth and go to school, work, play, you and Nature are combining and intertwining.

Perhaps it's time to acknowledge with honour and respect that which you interact with, moment by moment, that which comes from Nature, from The One, of which you are a part.

---

---

So now, you have a greater understanding and comprehension of the fact that you are part of The One, Nature, as We have chosen to name It, for now.

So too are you brothers and sisters, the animals, birds, fish, insects, mammals and so on.

However, unlike you, these animals, to use an all embracing term, have remained part of the natural rhythm of Nature, its birth, growth, survival and death. This Nature is natural, not artificial, as most humans have become. The animals speak to you as the Nature/natural part of you. If you lived in a totally natural state, in say, the jungles of the Amazon forest, then you would not live artificially but you would be "back to nature".

You would then know that your very co-existence, survival and growth in this jungle would be totally dependent on your adaptability to Nature's rhythm. When animals, birds, fish, insects, plants, trees, vegetables "spoke" to you, you would know and understand their "message", aware that making it through the jungle in that moment is wholly dependent on their "messages" to you and your interpretations of these messages.

**Listen to the Messages Sent by Nature:**

It is also applicable in your artificial existence as a human. However, it is difficult for Nature to get through to you in your concrete, glass, steel, wooden cages you live in now. Human created barriers invariably block nature's natural rhythm. When Nature does manage to get through to you, It is pasteurized, homogenized, insectecided, etc., out of existence. However, Nature is persistent and never stops its natural flow of rhythms to

---

---

get its messages to you.

As a human being, your balance in Nature needs restoring. You need to feel the part of Nature you really are. You are always encouraged to go for a walk, a bicycle ride, a jog, play golf, bowls, outdoor sports and hobbies, climb a mountain, ford a stream, and follow every rainbow until you find your dream! Do whatever you want or need to do but, please do it in Nature and with nature. Restore your natural balance with Nature. Return to your roots, literally and figuratively.

You are a part of Nature.

Nature sends you messages, sometimes, from animals, birds, fish, insects, mammals, etc.

These messages can be interpreted as encouragement, understanding, reminders and occasionally "strong, swift kicks in the posterior" to get you moving in a certain direction in your life's journey.

When these animals, birds, fish, insects, mammals, etc., come into your life it is important to explore, understand and comprehend the meaning it has for you - and for you to decide on a plan of action to take to grow and evolve spiritually.

We have worked with numerous Souls on the earth's plane who have developed special skills in determining the interpretations of these "animals" and the language and messages they portray. We have instructed the "Channel" to utilize resources available to assist in interpreting these "animal tongues" as well as giving the

---

---

"Channel" greater understanding of the interpretations of these "messages" from the animal, bird, fish, insect, mammal, etc. as they relate to human beings.

A word of caution, do not judge these animals on the messages they bring simply because an animal does not seem "great". Do not prefer one that makes you feel good. Each animal is unique and has a unique message for you. If this animal has come into your space, then do not judge it, but accept it, surrender to it and take the message it has brought to you to heart.

We trust that these "messages" will bring you closer to Nature, your natural state and enable you to interpret these messages for your healing, growth and further enlightenment.

The "Channel" will be adding new animals on an A-Z basis over time. To commence with some 30 covering the letters A-D.

With Blessings and Greetings

May you become more part of your natural state - the part of Nature that you truly are.

In Light and In Love

Namaste

Amen and Amen

---

# ALLIGATOR / CROCODILE

---

*Adaptable, Aggressive, Alliances, Assimilation, Clairvoyant, Devious, Leader, Loner, Patience, Provider, Unearthing*

**Adaptable:** Adapt to living on land and in the water. Do you need to be more adaptable?

**Aggressive:** Attack its prey aggressively and explosively. Is this your approach? Does it need modification?

**Alliances:** Alligators/Crocodiles gums are attacked by leeches. The plover, a bird, works in safe alliance with the crocodile, which also eats birds. The plover eats the leeches and the crocodile does not eat the plover. Who are you in alliances with who could otherwise threaten you?

**Assimilation:** Alligators/Crocodiles digest their food slowly showing you to assimilate experiences before moving on.

**Clairvoyant:** With eyes high up on the head, above the water, body submerged, hidden in water means discovery of knowledge first, then take action to use this knowledge.

**Devious:** Alligators/Crocodiles hide themselves in water, submerged, patiently waiting to attack explosively. Crocodiles tears are used to get rid of salt in their eyes not to denote sorrow or pain. Are you, or do you know someone, who is deviously showing, or not showing, your/their emotions?

**Leader:** - There are no known predators to attack Alligators/Crocodiles. If you are a leader does this serve you well? Should you rather be a leader or a follower?

**Loner:** Alligators/crocodiles can survive and live on their own, only coming together for reproduction. Is a loner your preferred relationship?

**Patience:** Alligators/crocodiles can wait patiently, submerged, awaiting their prey, then take action with appropriate timing. Can you do with more patience?

**Provider :** Alligators create Gater Holes small ponds of fresh water. These potholes in the mud

create an oasis for other animal life to survive as the water retreats. Even alligators provide for others.

**Unearthing:** Alligators/crocodiles move from water to land and back again. This unearths new wisdom, knowledge and opportunities. If you have these attributes and they are not used carefully, you could be swallowed up!

# ANT

---

*Architects and Builders, Community-Minded, Discipline and Order, Focussed, Hard-Working, Honour and Respect, Patience, Persistence, No Ego, Unconditional Love*

**Architects and Builders:** Ants design and build their own creations turning them into realities.

**Community-Minded:** Through self-sacrifice and true service to the community each ant will do its assigned role to ensure the survival, health and growth of the whole colony or community.

**Discipline and Order:** Knowing your place in your assigned role with discipline and order working for the communities greater good.

**Focussed:** Ants focus on the task at hand.

**Hard-Working:** The ant is very industrious and hard-working creating success through effort.

**Honour and Respect:** Although there is a caste system in place within the colony or community,



each ant, selflessly, will persevere with patience harmoniously to do its assigned role honouring and respecting itself, and all of the other ants for the benefit of the colony/community.

**Patience:** Ants will show infinite patience in waiting for their hard work to end up in the creation of their dream their reality that they have created.

**Persistence:** Ants will continually persist in the drudgery of repetitive workloads until success is achieved.

**No Ego:** Each ant within the caste system operates without ego, aligning itself, with honour and respect for itself and all ants, with the integrity of one for all and all for one the virtue of equality.

**Unconditional Love:** By operating without ego and for the benefit of all, the ant shows unconditional love, honour and respect for all, including itself. The lowly ant deserves the highest praise. To emulate the ant is to ensure success in your life.

# ANTELOPE

---

*Action, Adaptable, Clairvoyant, Communicator, Opportunities, Survival, Stillness*

**Action:** When required to act to avoid imminent danger an antelope has strength of mind, heart, mental agility, quick-wittedness and physical speed to survive in the harshest of environments, leaping over obstacles in its path. These qualities will make you agile in mind and body.

**Adaptable:** The antelope has evolved to survive in different environments. It can obtain all its water needs from plants replenishing itself in all environments. Your survival instincts will be well developed.

**Clairvoyant:** With its acute sensitivity and its ability to communicate, the antelope has clairvoyant tendencies.

**Communicates:** The antelope has strong powers of communication, which is dynamic. It signals its intentions, especially of imminent

danger, by raising the white patch on its rump for all to see. Have you found out how you communicate non-verbally? Does it serve you well?

**Opportunities:** The female antelope usually have twins, giving birth to them in two different places. Two different avenues emerge to create new opportunities.

**Survival:** Acute sensitivity of danger through strong vision, a strong sense of smell and a strong sense of hearing. What are your survival instincts?

**Stillness:** - Silent and will freeze when potentially threatened. This stillness will allow it to be camouflaged by its environment. Have you discovered how to avoid dangerous situations in your life?

# ARMADILLO

---

*Adaptable, Adjust, Boundaries, Defense, Loner, Protection, Smell, Vulnerability*

**Protection** : The armadillo teaches you to carry your protection with you. Not to rely on others to protect you. It teaches you when to use your self-protection without bringing harm to others.

**Defense**: An armadillos best offence is its strong defense, when threatened it rolls itself into a ball not exposing its vulnerable underbelly.

**Vulnerability** : An armadillo is vulnerable on its underside. In cold climates, it needs to sunbathe by lying on its back and so gain heat and warmth. It invariably falls asleep while sunbathing, exposing its vulnerability to attack by its predators the big cats and coyotes. When exposing your vulnerability know who to trust.

**Smell**: It has a strong sense of smell, which allows it to discriminate in its hunt for food. Learn to trust your instincts such as smell.

**Loner:** Armadillos only pair for mating, thereafter they go their own way again. Does being a loner serve you best now?

**Adaptable:** Armadillos can move fast, dig into the earth with sharp claws, and swim while holding its breath underwater for up to 6 minutes. They can move through the various elements in their adaptability. Can you bring that adaptability into play when required?

**Adjust:** The armadillo female can, if distressed, delay the birth of its young for up to two and a half years. You can create what you want and find the safest time to develop it.

**Boundaries:** - An armadillo sets personal boundaries when needed, it allows itself to go within when required to protect itself. Can you?

# BADGER

---

*Aggressive, Alliances, Digging for the Truth, Evasive, Loners, Poor Vision, Powerful Expressions*

**Aggressive** : The badger is aggressive, bold and ferocious, never surrendering, fighting to the death if cornered, standing their ground. Once they have bitten their enemy, they hang on firmly, never letting go. They have courage, are fearless, possess a fighting spirit and display persistence. If you have these qualities and want to improve your people skills then try and stand in the other persons shoes for a while.

**Alliances**: Whilst being self-reliant, they can form alliances; for example, the honey guide bird will lead the badger to honey, with the badger breaking open the hive so they both can benefit by eating.

**Digging for the Truth**: Badgers are remarkable diggers, burrowing below the surface and creating an underground complex of burrows. It is very organized, neat, tidy and efficient in

addressing any disorder. In this digging, it connects to roots, plants and gets to the root of a problem. Root medicine is an aggressive form of healing to obtain more immediate results. Digging for the truth may be rewarding if no ego is involved otherwise it may lead to a lonely existence.

**Evasive:** The badgers skin is loose fitting. When attacked, the attacking teeth invariably only grasp loose skin. Can you wear your skin looser? Can you learn to stave off attackers and not take every attack to heart?

**Loners:** Badgers are loners and live a solitary life. They are unsociable and do not relate well to any other animals including other badgers. If you are lonely because your share attributes with the badger you can stay as you are or you can change by becoming un-badger-like.

**Poor Vision:** As a member of the weasel family, badgers dig and burrow into the earth. They have poor vision and rely on their excellent sense of smell and hearing. This poor vision limits their ability to see others points of view and this imbalances their perspective causing them to be loners, attacking ferociously holding on to the death for either animal. Recognize anyone here?!

**Powerful Expressions:** Badgers have very strong jaws. Jaws are symbolic of powerful expressions. Words, stories, storytelling are these forms of expressions. Storytelling becomes a metaphor for life. Stories have more than one meaning and symbolize different levels as in a building. Badgers are known as storytellers who use words as weapons. Words can be used to damage people or to encourage people and inspire people. How do you use your words?





# BAT

---

*Adaptability, Discrimination, Facing your Fears, Sociable, Transformations, Transitions, Vision*

**Adaptability** : Bats adapt to their particular environment. Their senses, feeding, mating, size and flight patterns adapt to their particular environment. When you receive some abundance, which may not really be seen as abundance, then alter your normal patterns of behaviour so you can receive its bountiful blessings. Adapt, change, hear the new frequency being delivered, get the new message, accept it, become abundant.

**Discrimination** : The nose is the organ of discrimination. The sense of smell determines discriminatory choices. With its sonar located in its nose, the bat can discriminate the truth. How do you know the truth as it resonates with your current reality now?

**Facing your Fears** : Bats provide the opportunity for you to face your fears. Let go of the old and prepare for change to create the

new. If you resist, things deteriorate from bad to worse. By remaining emotionally attached to the old familiar patterns we become as blind as a bat to the infinite opportunities and possibilities that an uncertain and insecure future holds. Look for the blessings that these changes and transformations will bring. Take responsibility for your life and open up to the intuitive powers within you, which will override all your fears. Make a choice with your free will. What you choose now will reverberate throughout your life. Have the courage to choose something else more important than fear. Empower yourself, embrace Change Clearing, Healing And New Gifts Emerging go beyond fear embrace change in your life.

**Sociable:** The bat is a sociable animal and lives in flocks.

**Transformation:** Bats signify that a transformation of your ego is about to occur. Your concept of the truth is about to be shattered. What worked for you in the past may not work so well in the future. You are going to endure a death and a rebirth with a new truth to guide you. The bat offers you wisdom to make the changes for your new identity.

**Transitions:** The bat is the only mammal that can fly. With changes you may fly to new heights,

seeing the world through a new perspective.

**Vision:** Bats are not blind. Their eyes are large and developed and can navigate by vision in lighted situations. However, bats are experts at manoeuvring through the dark. They derive their night vision through a form of sonar in their nose called echolocation. Can you develop skills that give you an advantage while others are sleeping?

# BEAR

---

*Strength, Self-Sufficient, Introspection, Power, Playful, Sweetness, Intuition, Fearless*

**Strength:** The physical strength of the bear with its fearless power creates a powerful symbol of strength that can be called upon when required.

**Self Sufficient:** Standing on its two rear legs a bears strength and self-sufficiency to handle and survive any situation is evident.

**Introspection:** The bears apparent hibernation is determined by their amount of stored-up fat. By going within itself to find the nutrition it requires to survive while asleep for lengthy periods. In your instance, self-imposed introspection, may give you the tools to find the answers you may seek for your life.

**Power:** This introspection of going within to find your answers can, with the imagery of a bear allow and enable you to do so from a position of strength, self-sufficiency and power.

**Playful:** Bears can be playful, especially as cubs, and the ability to be playful is always a good reminder to yourself.

**Sweetness:** Bears love of honey, the sweetness and goodness of life, is something you should do often, look for sweetness and goodness in your life.

**Intuition:** The bear is active in both day and night. Its strength and power is drawn from solar energy while lunar energy gives it intuition.

**Fearless:** The bears strength and power breeds fearlessness which when used without due caution can have disastrous consequences.

# BEAVER

---

*Builders, Blessings, Teamwork, Preparedness, Provider, Alternative Avenues, Dreams*

**Builders:** Beavers are masterful at building dams and homes. They are architects, engineers and builders of note. Do you need to start building or rebuilding something?

**Blessings:** Beavers teeth continue to grow until death. If a beaver did not chew continually, its teeth would get too large and it would not be able to eat and survive. That which you have been endowed with use well. Do not ignore your blessings; it might be the death of you!

**Teamwork :** Felling trees is done through teamwork. While one beaver works at chewing, another one keeps watch while resting before its turn comes to chew at the tree. Beaver couples and families are close and work together. Who can you partner with for better results?

**Preparedness:** Trees, which are felled, are often stored in the dam created by beavers. These

trees provide food throughout winter. Are you preparing for a possible winter in your life?

**Provider:** Beavers provide opportunities for others. The space left from the trees that are felled by beavers enable grass, bush and other vegetation to grow in their place allowing other animals and insects to survive. Beaver dams create ponds and when the beaver leaves this home, the dam wall eventually breaks, the water is allowed to flow again, leaving fertile silt behind for farmers to plant crops.

**Alternative Avenues:** Beaver homes are a network of intricate channels. This enables the beavers to escape when threatened and avoid being captured or trapped. This allows you to open up new ways to resolve issues and bridge ways to connect with others.

**Dreams:** Beavers are associated with water, which signifies emotions and dreams. You can make your dreams become a reality if you apply action like a beaver.

# BEE

---

*Balance, Prosperity, Community, Communication, Fertility, Action*

**Balance:** Bee is for balance. Sweetness creator with a sting if it is unfairly robbed of its produce. A bee works hard and reminds you to also enjoy the honeypots of life.

**Prosperity:** Bees produce the sweetness of life and through its productivity and work ethic creates prosperity. This prosperity benefits everyone and everything because while nature's growth cycle is in spring it's the bee who helps create spring. By pollinating flowers through transferring pollen via its leg fibers from one flower to another as it visits these flowers to collect nectar to make honey, a fertilization process is put into motion.

**Community:** Bees have very organized community lifestyles with the queen bee, the drones and worker bees. Bees are similar to ants in their organizational and constructive processes. Does your community structure work



as well?

**Communication:** Bees, like ants, have excellent communication between members of the community hive. How are your communication skills?

**Fertility :** The bee has a very important role in the pollination and fertilization process of plant life. Will your life improve if you fertilize relationships with others in sweetness creating honey pots of life.

**Action:** The bees ability to fly with a body that is too large for its tiny wings is a function of very high speed wing action. The bees high productivity rate shows that any dream can be achieved with constructive focussed action.

# BLACKBIRD

---

*Mystical, Sing, Loners, Replenish, Grounded, Assuredly, Mystical*

**Mystical:** Blackbirds hold the energies of mysticism, magic and other worldliness. If a blackbird enters your space you may need to look at, or for, your mystical, magical powers.

**Sing :** The male blackbird is renowned for its loud, distinctive, melodious song during breeding season with a flute sounding quality.

**Loners :** Blackbirds are shy and prefer their own company. They fiercely protect their own territory driving off any other blackbirds infringing on their space.

**Replenish:** Certain male blackbirds lose their brightness in winter. Summertime sees them in all their splendour. Winter is a time to rebuild their energy to return in the summer in full splendour. Do not be afraid to follow your rhythms and replenish your winter cycle preparing for summer.

**Grounded:** Blackbirds are most often found on the ground with their flight low, of short duration and undulating. Over open country, they can be more focused and fast. Being grounded with the ability to fly fast, when required too, enables you to acknowledge your groundedness, and power, but giving you the ability to fly, and when required to, perhaps take the spiritual path.

**Assuredly:** Blackbirds are fastidious when building a nest and can have four nestlings each season. If you lay down good foundations you can eventually teach your young to fly the nest assuredly.

# BLUEBIRD

---

*Happiness, Gentle, Inner Child, Acceptance*

**Happiness:** The bluebird is synonymous with happiness as in the Bluebird of Happiness. Are you still looking for yours or have you found it, and if so, do you show gratitude for it?

**Gentle:** Bluebirds are gentle and patient, they are not aggressive and avoid confrontation. However, when provoked they will retaliate. This sounds like a good trait for you if a bluebird appears in your space.

**Inner Child:** In the northern hemisphere bluebirds arrive from the South in early spring and build their nests with a south facing entrance. The South is acknowledged as the direction for innocence, the inner child and for childlike activities. The bluebird reminds you to become accepting, forgiving, fun loving, childlike in your attitude towards life.

**Acceptance:** Bluebirds acceptance of others is a reminder that you must respect and honour

*THE BOOK OF UNDERSTANDING ANIMAL SPIRITS*

everyone's journey, including your own.

## BOBCAT / LYNX

---

*Loner, Secrets, Past Lives, Nocturnal, Silence*

**Loner:** The bobcat/lynx is a solitary animal coming together to mate and then revert to its solitary ways. You can learn to be alone but not lonely learning to enjoy your solitary time.

**Secrets:** The bobcat/lynx is known as the keeper of secrets due to its mysterious solitary lifestyle. It teaches the lesson of knowing when to keep silent, how to keep a secret, how to go deep inside yourself to find Who You Really Are.

**Past Lives:** The bobcat/lynx can help you access past lives and identify karmic balances that need restoring.

**Nocturnal:** As a night-time predator with its very good eyesight, sensitive whiskers and well developed hearing the bobcat/lynx appears to be able to see what others are hiding.

**Silence:** The strength that comes from silence and stealth is the sense of knowing and

unearthing opportunities that others may not see.

# BUFFALO /

# BISON

---

*Abundance, Storage, Embrace Life, Gratitude, Sacrifice, Effortless Ease*

**Abundance:** Buffalo (Asia and Africa), Bison (North America) provide abundance to man. Its meat provides sustenance, its hide clothing and shelter, its bones and sinew are fashioned into tools for survival. The buffalo/bison symbolizes abundance and gratitude, the sacredness of life. With an attitude of abundance, no matter how little you have, and an attitude of gratitude, your life will appear to be blessed with sacredness.

**Storage:** The buffalo/bisons hump at shoulder level provides a reservoir of sustenance. It's always useful to create a nest egg for tougher times which may be ahead.

**Embrace Life:** The strong shoulders carry the burdens of life as well as carrying the rewards of life, responsibility and happiness well balanced.



Can you balance your responsibility with happiness and can your happiness be balanced with responsibility?

**Gratitude:** When seeing or imagining a buffalo/bison express gratitude for all you have, respect the path others have chosen and stand in your integrity recognizing you, like the buffalo/bison, are part of nature, part of God.

**Sacrifice :** The buffalo/bisons sacrifice to provide food, shelter, clothing and tools to man enables man to be of service to his fellow man, wherever practically possible, providing opportunities for food, shelter, clothing and equipment.

**Effortless Ease:** Expectations that you will be given what you need, when you need it, requires you to put in the effort needed and stay out the results. With effortless ease abundance will flow at the appropriate time providing you are consciously aware, genuinely grateful and you do all that is required to create your abundance. Eventually, with effortless ease, abundance will flow if you TRUST To Release Unto Spirit Totally and To Rely Unto Spirit Totally.

# BULL

---

*Fertility, Strength, Stubbornness, Nourishment, Provider*

**Fertility:** The bull symbolizes fertility. The strength of the bull, its mating with numerous milk producing cows, endows it with the reputation of fertility.

**Strength:** Mythology and folklore depict the bull in a number of cultures. The bull, due to its strength, was symbolized as the sun. The bull has been worshipped in many cultures due to its masculine strength and leadership qualities. Can you assume a bull-like presence when it serves you best to show your masculine strength and leadership abilities.

**Stubbornness:** The bull has been known to be stubborn and unyielding. However, it is possible to be strong and stable without being stubborn and unyielding. You can stand your ground providing you are reasonable.

**Nourishment:** The bull is a major contributor of

red meat protein to meat eating people and members of the greater animal kingdom.

**Provider:** The skin of the bull is used for shelter, clothing, and parts of its body has various other useful attributes. The bulls horns are used for decorative and protective purposes.

To have the strength of a bull and the compassion of a cow is a wonderful combination.

# BUTTERFLY

---

*Transformation, Shapeshifting, Joy, Freedom, Dance, Pollinate, Now, Sensitive*

**Transformation:** A butterfly, having come through the process of metamorphosis, transforms itself into a thing of beauty. When a butterfly appears in your life look for the opportunity being presented to enable you to change, to improve, to grow and to evolve.

**Shapeshifting:** The process of changing shape, or image, known as shapeshifting is perfectly illustrated by the emergence of the butterfly from its cocoon.

**Joy:** The butterfly, in all its short-lived splendour, brings joy, happiness and vivid colours into your life. Butterflies are frivolous, carefree, flighty and joyous to watch and be surrounded by.

**Freedom:** A butterfly in flight illustrates freedom to go where it wants to go.

**Dance:** Butterflies simulate dancing as they flit

from flower to flower, branch to branch.

**Pollinate:** Butterflies pollinate as they flit from flower to flower feeding on flowers as they go.

**Now:** Most butterflies live for 7 14 days and appear to live in the present moment of now as they beautify the earth, momentarily, and then are gone.

**Sensitive:** Butterflies are sensitive to the environment and how eco-systems are damaged. The butterflies sensitivity to the change in harmony of the environment will, inevitably, see them depart for more harmonious pastures. A damaged butterfly signifies disharmony in your life.

# CAMELS

---

*Survival, Sustenance, Resourceful, Internalize, Respect, Forthright, Burdens*

**Survival:** The camel has evolved as the epitome of survival in the harshest of conditions.

**Sustenance:** The camels hump stores fat and can create water oxidation of that fat.

**Resourceful:** With their ability to adapt, their ability to sustain themselves and their ability to survive, the camel, with its ungainly shape, is extremely resourceful. Can you see yourself needing to be more resourceful?

**Internalize:** The camels evolvment, survival and adaptation to its harsh surroundings enables the camel to protect its sight, hearing and its ability to breathe by closing itself off to the outside environment. By going inside it can remain centered in any circumstances. To assist you in centering yourself, see yourself as a camel with double rows of protective eyelashes, haired ear openings and the ability to close

nostrils at will. Then go inside and remain centered.

**Respect:** The camels abilities demand respect and although docile and obedient, if mistreated, it will react adversely spitting, biting and kicking. This respect and honour the camel demands should be given to everything, living or not, on the earths plane.

**Forthright:** The camel demands justice and it is strong and forceful. With its dogged persistence the camel is not subtle in its approach, strongly encouraging you to trust your inner resources to succeed.

**Burdens:** Camels carry burdens for others. If you are carrying a burden for someone ensure that you are not robbing them of the experience of carrying their own burden and so learning to grow and evolve.

# CANARY

---

*Sound, Voice, Sensitive, Substitute*

**Sound:** The canary's ability to sing beautifully is its most important attribute. Singing lifts the spirit, heals sorrow and blesses you with joy. The power of sound is formidable!

**Voice:** Finding your voice, like the canary, empowers you to communicate your feelings and expressions.

**Sensitive:** The canary is very sensitive to toxic air and was used in mining operations to detect harmful gases. These canaries were deemed expendable. If you use your voice in a damaging way, who do you deem to be expendable as you use your voice and your statements sow dissent?

**Substitute:** Some people have canaries as pets to do their singing for them. Perhaps the canaries should encourage you to use your own voice and sing. No matter what you sound like, singing is preferable to not singing. Lift your voice and lift your spirits upwards.



# CARDINAL

---

*Importance, Vitality, Intuition, Friendly, Eating, Parenting, Responsible, Colourful, Powerful*

**Importance:** The cardinal is proud of its bright-coloured head. These red birds appears as important as do the red-robed Cardinals of the Roman Catholic Church.

**Vitality:** Cardinals are proud of their loud and clear whistle. Unusually for birds, the female of this species also joins in the whistling.

**Intuition:** The females participation implies listening to your inner voice, your intuition while assisting your creativity.

**Friendly:** Cardinals are friendly and benefit the environment by eating many weed seeds and insects which damage other plants.

**Eating:** Cardinals invite you to look at what you are eating to ensure you do not eat harmful substances.

**Parenting:** The male cardinal often assists with egg incubation and feeds the female and its babies while they are nesting.

**Responsible:** Male cardinals show the importance of responsibility and attending to the task at hand.

**Colourful:** Cardinals add colour, improve the environment, whistle beautifully, show responsibility, are friendly and their vitality for life is wonderful to observe.

**Powerful:** Cardinals invite you to stand up and be counted, to walk your own path and honour others by allowing them to walk their own path.

# CAT

---

*Domesticated, Magic, Mystery, Healing, Protectors, Teachers, Personalities*

**Domesticated:** A cat is not really comfortable being domesticated it prefers to be wild. Its attitude towards being domesticated is to remain aloof, go its own way, put up with its imprisonment but show its owner/captor who is the real boss by its attitude. Those cats who accept domesticity live a regal life, not producing anything or contributing to the household, other than love, if it so decides to in its independence.

**Magic/Mystery:** Due to superior eye sight a cat is at home in the dark. The dark generally frightens humans so the cat is attributable with magical and mysterious powers.

**Healing:** Cats energy field rotates clockwise which is the opposite of the human energy field. Cats can absorb the negative energy of humans and so neutralize it healing humans in the process.

**Protectors:** With its excellent night vision, sensitive hearing and high intelligence levels cats have proven to have extra sensory perception (ESP) and are early warning protectors and defenders of their rights.

**Teachers:** Cats can teach many things. How to relax, how to be independent, how to give and receive love, how to develop stronger spiritual awareness, improve meditation, and so on.

**Personalities:** Cats, if satisfied to be domesticated, can take on personalities attributable to humans.

# CHAMELEON

---

*Stickability, Psychic, Sensitivity, Patience, Reach, Climb, Solar Powered*

**Stickability:** A chameleon blends in with its environment because it is already the natural colour of its environment. A chameleon would not blend into a vastly different colour and environment such as snow. By staying in its environment it allows its strength of camouflage to dominate, survive and thrive. Many people who have certain strengths should remember to retain their dominance, their survival and their ability to thrive. It is important to remain in the environments which allow their strengths to predominate.

**Psychic:** A chameleon has a third eye situated at the back of its head. This third eye can only distinguish light and dark. For those people who wish to distinguish what is lightness and what is darkness, as things appear in their life, shape-shifting to a chameleon will assist them.

**Sensitivity :** A chameleon is sensitive to its

environment.

**Patience:** A chameleon waits patiently in its camouflaged state, unmoving, until it strikes at its prey with its meter length tongue.

**Reach:** A chameleon survives and thrives because its extra-long tongue reaches out to catch its prey. So too, do people need to reach out, extend themselves, to get what they require.

**Climb :** A chameleon has to climb to higher levels to catch its prey. So too do people need to get to higher levels to attain knowledge, guidance and wisdom.

**Solar Powered:** The chameleon basks in the sun to gain energy and warm itself. Where do you get your energy sourced from?

# CHEETAH

---

*Speed, Flexible, Focus, Brotherhood, Alone*

**Speed** : The cheetah is the fastest land animal achieving speeds up to 71 miles per hour (114 kilometers per hours). It can only maintain that speed for 200 300 yards (274 meters). It stalks its prey getting within 50 yards of an intended victim before accelerating.

**Flexible:** The cheetah has a long, fluid, greyhound-like body and is streamlined over light bones. The long flexible spine acts as a spring for its powerful back legs to get added reach with each step. For you to make speedy progress in achieving your objectives you need to be flexible, fluid and capable of adapting your pace and direction when opportunities, or dangers, are unearthed.

**Focus:** The cheetahs speed and agility enables it to focus entirely on its intended prey for a fairly short period of time. This focus begins with the stalking process and culminates with the kill. If you focus intensely you can achieve your

objectives.

**Brotherhood:** Male cheetahs, often brothers, usually form a coalition of 2 or 3, only rarely does a male live alone. This coalition will live and hunt together for life.

**Alone:** All female cheetahs are solitary except when they have a litter.



# CHICKEN

---

*Provider, Sensitive, Courageous, Empathy, Independent, Inquisitive*

**Provider:** The chicken provides eggs and meat as a form of nourishment. They also provide fertilizer for gardens and their feathers are used for stuffing bedding and pillows.

**Courageous:** Although the term being chicken implies being scared to do something, the chicken is sensitive to danger and in its attempt to survive it squawks loudly and runs frenetically away from danger as quickly as it can with its small legs carrying its large body. The chicken courageously attempts to survive by running away from perceived danger by doing the best it can to avoid being a victim. People with victim mentalities would do well to run away from abuse providing they first confront their abuser with This is not "this acceptable to me" as a chicken would squawk out its protest loudly.

**Empathy:** Chickens are sensitive to the environment and have empathetic

understanding. This sensitivity to danger and empathy of all things around them creates within them a highly-strung nervous system. This lead to unpredictable behaviour often without warning signals. A person with these symptoms requires meditative balance to reduce high stress levels.

**Independent:** A chicken is part of a group but also requires personal space for inner reflection away from noisy, squawking crowds.

Inquisitive Chickens have an exploratory inquisitive nature, scratching at the dirt looking for something to eat, for their nourishment and enjoyment. One who is inquisitive is exploring for knowledge and reflection through observation.

**Persistent:** Chickens will peck away tirelessly at an obstacle until it is eventually removed showing grit and determination through patience and persistence a valuable trait.

**Relationships:** Chicken operate within a group while maintaining independence of personal space. They show you not to become needy in relationships. Feathers will ruffle if space is not sought occasionally.

**Sacrifice:** Throughout history chickens have been used for sacrificial purposes. If sacrifice is made, then the person being sacrificed should be

thanked in absolute gratitude for sacrificing their needs in place of something, or someone, else. Sacrifice denotes being worthy.

# COUGAR

---

*Assertive, Balance, Illusive, Leader, Power, Territorial*

**Assertive:** Cougars can assert themselves gently without needing to be aggressive. They tackle the porcupine, unlike other animals, toyingly upending them with their claws, exposing their soft underbelly. People with the power inherent in them do not have to use force, they can show courage and gently achieve their objectives.

**Balance:** The mother stays with her cubs for a year teaching them hunting and survival skills. Initially she will hunt and bring dead animals for their food. In time she brings in her prey alive, teaching the cubs the skill of killing their prey. Those with cougar energy become good teachers, facilitating teaching and develop leadership skills.

**Illusive:** A cougar can simply show up without being noticed. Its power and leadership dominates the scene. Sometimes this threatens

others who thought they were in control.

**Leader:** the cougar uses this power together with its swiftness in decision making coupled with its balance to create leadership.

**Power:** The cougar combines strength, speed, decisiveness, agility and assertiveness to create the power to kill its prey without remorse.

# CHIPMUNK / SQUIRREL

---

*Explore, Fun, Gatherers, Independent, Thorough, Trust*

**Explore:** Chipmunks and squirrels are inquisitive, exploring everything around them. They are persistent and work at their own pace ensuring everything is identified.

**Fun:** Chipmunks and squirrels are fun and cute creating happiness and laughter for themselves and those they interact with.

**Gatherers:** Chipmunks and squirrels gather and store up for the future. Also enables them to regulate their usage.

**Independent:** Chipmunks and squirrels are independent, easily startled and have strong survival instincts, scampering away from danger. They are determined in their need to cover their territory. By storing their food they can be

independent and carry their food with them.

**Thorough:** Chipmunks and squirrels appear to scamper to and fro, however they are working their way around a circle observing everything. Their ability to see everything enables them to see beyond the obvious.

**Trust:** Chipmunks and squirrels develop trust as they learn to come closer and closer to humans who want to feed them. They learn to lose their fear through trust. This is a wonderful lesson for you.

# COCKATOO

---

*Communication, Self-Confident, Spiritual, Magical, Survival*

**Communication:** The cockatoo, a member of the parrot family, uses its beautiful crest which crowns its head, to signal intentions to others in its flock. Various messages have different actions and the cockatoo is articulate in sending the correct signals. This is a wonderful trait to develop as a human.

**Self - Confident:** By holding its crest majestically the cockatoo imparts an air of self-confidence and self-pride.

**Spiritual:** The cockatoos colourful crest covers a bald spot on its crown. This bald spot on its crown chakra provides a connection to Spirit. Those with spiritual consciousness can look to the cockatoo for inspiration.

**Magical :** Cockatoos are intelligent using their skills and balance to be acrobatic. They are affectionate while being ingenious in unearthing



unpredictable tricks. They teach well if the student observes well.

**Survival:** Their high intelligence level, ingenuity and acrobatic skills enable them to escape danger by flying away or remain still as to go unnoticed by a predator.

# COYOTE

---

Survival, Cunning, Family Conscious, Balance, Co-Operation, Wisdom, Primal, Fool

**Survival:** The coyote survives and thrives even though humans consciously try to eradicate it.

**Cunning** : The coyotes survival is based on cunningness and adaptability to any situation.

**Family Conscious:** Coyotes usually mate for life. Both parents teaching their young to hunt. The father is conscientious in protecting and feeding the mother through pregnancy, feeding, protecting and assisting in rearing the young. In the absence of the mother the father steps in.

**Balance:** The coyote shows the balance of being fun loving, joking around while using wisdom to survive and thrive.

**Co-Operation** : Coyotes will co-operate with each other, in relays, in tracking prey, allowing each other to rest.

**Wisdom** : The coyote provides hidden wisdom allowing it to take short cuts whilst others do the work for it. However, the coyote achieves its objective pulling rabbits out of hats sometimes achieving the impossible. Its strong survival instinct is developed by continually being hunted. It has learnt to land on its feet and this has developed its cunningness and its wisdom.

**Primal**: It's how reminds us of our connections to primal behaviour.

**Fool** : The coyote is associated with a fools folly and trickery. This mirrors your potential to be clever or silly to take life less seriously.

# COW

---

*Motherhood, Nourishment, Provider,  
Compassion, Service*

**Motherhood:** Milk producing cows represent motherhood in their love, fertility and nourishment. Cows bunch together in sheltered spots to face weather storms together as mothers seek out other mothers in troubling times of their life. Cows stand stoically together and get through the difficult times. Cows have instinctive knowledge and perception. They can sense danger and opportunity in the wind. Cows display compassion, are reliable and dependable like all good mothers.

**Nourishment:** Cows provide life-giving nourishment by providing milk. This milk is processed into numerous other foods.

**Provider** The continual provision of milk for many years as well as the sacrifice of giving its body for meat, skin for shelter and clothing and other parts of its body for numerous other uses makes the cow an excellent provider. Are you being

reminded of your abilities to provide?

**Compassion** : The eyes of a cow seem to look through those who look into its eyes. The cows eyes reflect compassion and caring. A cow teaches you about nurturing yourself and others as well as honouring all those in your life, including yourself.

**Service**: A cow services with its milk and body, unselfishly giving all it has willingly with kindness and compassion. What a wonderful symbol for motherhood!

# CRAB

---

Protective, Survival, Empowering, Unexpected, Refuse Eaters, Deceivers,

**Protective:** A crab has the ability to protect itself by going inside its shell. Do you?

**Survival:** The crab uses all its senses to survive. Its body movements as well as its excellent sight, smell, taste and hearing come to its aid as it determinedly reaches its extended destination. Its aggressive, dogged intentions coupled with its ability to move quickly sideways to confuse predators as well as burrow into sand to avoid trouble makes it a survivor of note. In addition it protects itself with its shell and uses the water as its protection to survive.

**Empowering:** Its survival instincts empower one to expand ones abilities to survive and charge ones perceptions about reality, showing new possibilities as one moves sideways, scamper away, dig down there is more than one way to survive.

**Unexpected** : The crab does the unexpected. You can use all your senses, do unexpected things, expect unexpected things to occur. Like the crab be light on your feet, avoiding danger and grasping news opportunities.

**Refuse Eaters**: The Crab eats what others leave behind, it values what others discard. Perhaps you should relook at what you have discarded to see if you missed anything valuable to you and your growth.

**Deceivers**: Crabs attempt to disguise or camouflage themselves to get prey and to avoid predators. Is your life one of deception by you or are others deceiving you?

# CRANE

---

*Focus, Opportunities, Abundance, Voice, Without Limits*

**Focus:** A female crane lays two eggs but usually only raises one. When a crane stands in water it is motionless. Its total focus is on its feet awaiting to locate food by subtle water changes. By giving undivided attention and focus to your task at hand you can emulate the crane. When a crane take off it looks to run into the wind to get balanced, stay centered and focused.

**Opportunities :** A crane may be telling you that there are opportunities in your backyard instead of you wanting to go where the grass is greener somewhere else.

**Abundance:** The crane has been revered in many ancient cultures for its justice, focus, longevity, and the abundance it brings. It symbolizes good fortune and abundant blessings of health, emotional stability, mental clarity and the possibility of spiritual awakening.



**Voice:** It has a long, harsh, penetrating, whooping call audible from a long way off. This should teach you to speak your truth in a loud, audible way and express yourself fully when the need arises.

**Without Limits:** The crane soars into the sky with apparently no limits. If you allow your Spirit to soar you can emulate the crane. The crane stretches forward with its neck and head outstretched while its legs and feet are stretched out backwards. The crane is stretching into tomorrow while holding onto yesterday. Wisdom from learning from its past and seeking the future with assuredness of knowing its past.

## CROW/ROOK

---

*Intelligent, Observation, Voice, Adaptable, Thievery, Magical, Change, No Time*

**Intelligent:** Crows display strong intelligence, outwitting most others in the animal kingdom, sometimes including humans.

**Observation:** Crows have very powerful powers of observation. They build their nests high up in the tree tops and post a sentinel to have extra protection. They observe the entire area which they live in, feed and defend themselves in.

**Voice:** The crows caw enables it to communicate different messages, each with its own meaning. Its warning caw alerts all animals of impending danger.

**Adaptable :** The crows intelligence enables it to adapt to its environment. They can adapt to becoming pets for humans, easily trainable they have the ability to count and communicate with their owners. Their adaptability aids their survival instinct as they are omnivorous eating

almost anything.

**Thievery:** Their intelligence, powers of observation, adaptability enables them to be accomplished thieves and opportunists robbing food from other birds as well as taking food supplies from humans.

**Magical:** Crows, being black and dark blue in colour, have a mythology going back thousands of years, steeped in magical ways. They are symbols of creation and spiritual strength. They symbolize creating new opportunities and manifest the magic of life.

**Change:** Crows are shapeshifters. They are known as the keepers of sacred laws and they know how to bend the law for their own needs. The crow is the master of illusion as well as being magical. A crow signifies change. Get out of your familiar nest, look beyond your current vision. Its notifying you to find your balance, speak your truth and to walk your talk. The past is your teacher, the present is your creation and the future is your inspiration.

**No Time:** A crow lives in the now by being conscious that the past and the future only exist now. Your opportunity to grasp is now.

# CRICKET

---

*Sound, Ingenuity, Weather Barometers, Avoidance*

**Sound:** The crickets chirp is loudest during mating season and is known as nature's musicians. They make their chirping sound by rubbing their two front legs together.

**Ingenuity:** The tree cricket in Africa amplifies its sound substantially by chewing a pear shaped hole in a leaf and sticking its head through this hole. The remainder of the leaf bends around its head like a megaphone. By pressing its rubbing front legs against the leaf, the chirping sound is magnified substantially as it seeks its mate.

**Weather Barometers :** Crickets are cold-blooded. Rising heat increases its metabolism and behaviour speeds up an increasing chirping sound as they heat up. When the crickets stop chirping it usually a warning of an impending storm. Can you tell in advance when you have a storm about to break in your personal life?

**Avoidance:** Crickets, with springy hind legs, can avoid unpleasantness and jump to avoid such unpleasantness. The cricket then lands in a seemingly more pleasant place. By acting cricket-like you can avoid unpleasantness learning to have faith and trust in your intuition, knowing when to jump out of a situation.

# CUCKOO

---

*Voice, Hearing, Change, Going Below, Elimination, Balance*

**Voice** : The sound of the cuckoo has given it its name in most languages. This sound heralds new fate.

**Hearing**: To those who listen to the cuckoo also listen to what is being said and what is being left unsaid. Trust your intuition.

**Change**: In Europe, a cuckoo will not build its own nest. It slips its eggs into nests where the eggs are already similar to its own. A cuckoo represents a change in the home or family. A husband who is cuckolded has had his place with his wife usurped by another less scrupulous person.

**Going Below**: The cuckoo is one of the few birds who will eat the fuzzy hairy caterpillar. It is prepared to go below the exterior to find the real thing/person below the unattractive exterior.

**Elimination:** By eating the very destructive caterpillar it illustrates its ability to eat what is eating you. This avoids you being a victim and you can enjoy and experience a new life.

**Balance:** The cuckoo is a slow and deliberate bird. It balances with its feet which have two front toes and two toes in the back. This give it balance and keeps it sturdy. This balance and stability enables the cuckoo to take its time as it deliberately allows the flow of life to unfold.

# DEER

---

*Gentleness, Alertness, Adaptable, Attunement, Growth, Protecting, Sensitivity, Peacefulness*

**Gentleness:** A deer symbolizes gracefulness and gentleness. When a deer enters your space it is a reminder to be gentle with yourself. A new doe-eyed innocence and freshness is soon to appear in your life. By expressing gentle love towards yourself and others new opportunities will emerge.

**Alertness:** Always on the alert for danger a deer can depart swiftly yet gracefully. When it's time for you to leave due to imminent danger do it swiftly but do not lose your grace because it serves you well.

**Adaptable:** Members of the deer family have adapted to every continent, except Australia.

**Attunement:** The males antlers symbolize antennae connecting to intuitive higher forms of attunement. Trust your intuition.



**Growth:** The antlers are shed annually growing back stronger, with more points, for five years. This implies your new growth over five years gently incrementally increasing in strength.

**Protecting:** Newly born fawns stay with their mothers for up to a year for does and a few months for young bucks. This shows that a healthy strong connection between a parent and a child is required before outside influences should be allowed into the child's life.

**Sensitivity:** A deer has acute senses creating its alertness. These senses enable it to detect subtle changes of movement and appearance. This should enable you to develop your non-verbal communication as well as hearing subtle messages which may be inherently implied rather than directly expressed.

**Peacefulness:** Deer display an innate sense of peacefulness and this should enable you to find peace in others and acceptance of who, what and why they are like they are. When tempted to force people to change, to suit you, think of the deer, peaceful and alert, and approach the person with deer-like grace, acceptance and love.

# DOG

---

*Unconditional Love, Transference, Intelligent, Acute Senses, Mirror, Loyalty, Protector*

**Unconditional Love:** A dog gives unconditional love not requiring anything in return. Dogs are very forgiving, fiercely loyal and faithful. They protect man and serve man selflessly. If a dog enters your life it is a reminder to you to show the qualities a dog has to yourself, your relationship partner (if you have one), family and friends.

**Transference:** Due to a dogs unconditional love for its master it is possible that a dog will take on hardships such as illness in lieu of its master contracting such hardship. This transference does occur, on occasion, and when it does it portrays unconditional love.

**Intelligent:** Certain breeds of dogs are highly intelligent and trainable to serve man, especially in dangerous situations.

**Acute Senses:** Dogs can sense subtle energy frequency changes and forewarn man of something about to happen. If a dog becomes your early warning signal, perhaps you need to identify the storm warnings you are allowing into your space.

**Mirror:** Dogs often mirror the behaviour and personality of their owners. By observing the dogs behaviour you can learn and improve on things about yourself.

**Loyalty:** Dogs loyalty to its owners is predigeneous. If your dog goes walkabout look at your behaviour and those around you to mirror possible disloyalty. If a dog enters your life it is mirroring your need for companionship. However, with a dog as a friend, with their unconditional love, humans often come a poor second!

**Protector:** A dog will warn you about possible danger and will fiercely protect you with its own life, if need be.

# DOLPHINS (PORPOISES)

---

*Intelligent, Breath, Water, Sound,  
Communication,  
Co-operation, Unconditional Love*

**Intelligent:** Dolphins, mammals of the sea, with their large head and brain, are considered to be the most intelligent animal/mammal on earth. Dolphins other qualities, such as joyfulness, unconditional love and community spirit make one realize that their intelligence and their numerous other wonderful qualities should be what humans on the planet should desire to emulate for their growth into increased consciousness and awareness of Who They Really Are.

**Breath:** Breath creates life on earth. The dolphins breath control, its rhythm of breathing and balance created by breathing is the basis of healing most ills. Release emotional tension by breathing out fully, then breathe to inhale and

exhale in a rhythm of equal energy to ensure emotional balance while ensuring balance in your life. Breathing techniques allow you to be transported and linked to altered states of consciousness. The dolphins breath control takes you on that path.

**Water:** Water signifies emotions, creation, passion and sexuality. New creations and reaching new dimensions flow from water. Water is essential to life on earth. As a mammal, the dolphin chose the sea to live in. When you return to water this will help you with your emotional balance.

**Sound:** Dolphins use sonar ability and make a series of clicking sounds. This sound reverberating in water enables the dolphin to get sonar feedback. Sound is a creative life force. By using your inner sounds to direct you will enable you to manifest your outer experiences. Unspoken prayer is such an inner sound. Dolphins also use sound as a warning device to themselves and others of looming dangers.

**Communication:** In addition to its verbal sound, dolphins non-verbal communication skills are profound. Their unbounded joy, playful nature, lack of inhibitions, their seeming ability to smile and be friendly, their ability to touch and caress

each other with their flippers as well as touch belly to belly, their apparent ability to warn humans in the sea of impending danger, all make dolphins masters at the act of non-verbal communication. Their balance, their friendliness, unconditional love and healing, their playfulness, ability to be acrobatic and swift, in and out of the water, all show humans wonderful traits to imitate.

**Co-operation:** Dolphins live in groups of up to 100 individuals. A female dolphin gives birth to a single baby dolphin, however, she is attended to by several dolphins who surround her and assist her with the birth in a midwife capacity, when required. They will pull the baby out by its tail whilst protecting it from harm. Dolphins care for their sick or injured group members by lifting them to the surface to breathe. Dolphins cooperate with each other, while fishing and feeding with each other playfully in joyful harmony with other dolphins and their environment.

**Unconditional Love:** Dolphins exude unconditional love giving all who witness them the message that life is love. They are emotionally in harmony and balance, love and trust with themselves and their environment. Dolphins offer you the opportunity to return to the depths of your being Who You Really Are and

*THE BOOK OF UNDERSTANDING ANIMAL SPIRITS*

become the Unconditional love that you are in Spirit, on earth by learning to TRUST To Release Unto Spirit Totally. Dolphins are truly Natures gift of a mirror to humans to be the best that they can be.

# DONKEY

---

*Misunderstood, Intuition, Perseverance, Survival, Overburdened, Hearing, Not Obvious*

**Misunderstood** : The donkey is misunderstood as an animal that is stubborn and sometimes stupid. How often humans are misunderstood and treated by others as being labelled a donkey. This labels them and results in negative consequences for all concerned.

**Intuition:** Donkeys are not stubborn and certainly are not stupid. When confronted by something they can't handle due to their knowing their physical limitations, or possibly something they believe is potentially dangerous, they become resolute and determined to listen to their intuition and personal knowledge. If humans only knew how to listen and abide with their inner knowledge, and inner wisdom, and inner truth.

**Perseverance:** Donkeys will persist with their tasks tirelessly, serving their master tirelessly



with a strong determined perseverance and dedication.

**Survival:** When startled they will either freeze or go a little way getting out of perceived danger then look back to see what caused their disharmony. Learning from this they will further develop their intuitive skills. They have learnt to find a way out of seemingly difficult situations with learnt crafty and cunning survival skills. Donkey teaches you to stop and examine what lies ahead as an obstacle and how to find a way around it, safely.

**Overburdened:** Donkeys are often overburdened with the responsibility and burdens of others. Learning to say no to extra burdens which threaten your emotional, physical, and spiritual balance and welfare is learning to take responsibility for your own wellbeing first and foremost.

**Hearing:** Donkey has overdeveloped large funnel-like ears detecting sounds from a long way off. Opportunity and dangers can be heard if you learn how to listen intuitively as well as auditory from the external as well. This gift of listening has its symbols in the donkeys funny looking ears.

**Not Obvious:** The donkey illustrates the mystery and magic in understating animal spirits. Like an iceberg that is not obvious, a donkeys inherent strength is often misinterpreted and misunderstood providing bias and prejudice through ignorance. Ignorance fuels bias, creates prejudice, possibly resulting in war and needless loss of life. The donkey is a wonderful teacher.

## DOVE/PIGEON

---

*Love, Maternal, Voice, Past Trauma, Good Fortune*

**Love** : The dove is monogamous, ever faithful and very loving to its mate. Doves express these gifts of romantic love by running their beaks through each other's feathers. The male feeds choice titbits to the female in this enduring love relationship. For you to find and express romantic love, loyalty, peace and innocence look to the dove for inspiration.

**Maternal**: Doves embody maternal instincts. Doves brood consists of two eggs. These represent creative and feminine energies. The dove symbolizes home, family and love. Who amongst you would not want to be like a dove, having a wonderful marriage, romantic love continually, a family in love, peace, innocence and harmony.

**Voice**: The doves song is its symbol of its inherent happiness. Sing when you are happy and lift your Spirit even higher.

**Past Trauma:** Doves love, peace and harmony enables you to stay in the now surrounded by this bliss but gives you permission to acknowledge and clear out any past trauma while securely staying present in love and harmony. Try humming while releasing past trauma.

**Good Fortune:** Once your past trauma has been cleansed away from your thoughts, words, feelings and memories, dove holds promise through its healing of good fortune in the harmony of love.

# DRAGONFLY

---

*Manoeuvrability, Vision, Light, Change, Nourishment*

**Manoeuvrability:** A dragonfly can twist, turn, change direction instantaneously, they can hover, fly backwards, move up and down. No bird or insect can come close to the manoeuvrability of the dragonfly. This is the skill of a high order. A dragonfly's proven expertise is relentless. If a dragonfly enters your space it comes with a message to become skilful relentlessly.

**Vision:** A dragonfly awakens true vision and dispels illusion. Their continual manoeuvrable flight path forces you to adapt to change continually.

**Light:** A dragonfly reflects and refracts light and colours. It creates the illusion and shows you what is illusion and what is reality. A dragonfly shows you that you are creating your own illusion and your own reality.

**Change:** By initially living on the bottom of

ponds and streams, as newly hatched nymphs, they mature and they go direct to living in the air. Water is emotion and air is mental so the dragonfly reminds you to balance your thoughts and your emotions.

**Nourishment:** The need for nourishment is shown by the dragonfly as it hovers and dips into water very often. This nourishment reminder is for yourselves as well as others, including other parts of nature, in your care and responsibility.  
GuideSpeak.com The Book of Understanding Animal Spirits

# DUCK

---

*Emotions, Flighty, Colours, Gentle, Hiding Away*

**Emotions:** Water reflects emotions. Taking something on like a duck to water implies strong emotional issues arising. True emotional strength can only come from within. Ducks learn to swim within 48 hours of birth. They are thrown into the chaos of life. However, they sit on top of the water not totally submerged by it so you can control your emotions by becoming better balanced.

**Flighty:** Ducks pair off and mate for only one season. If a duck comes into your life as a relationship issue message then learning not to take flight and spread your wings could be a major challenge to you. Become aware that in the past you may have become restless in a relationship. Do you want to duck out of your present relationship?

**Colours:** Ducks come in a variety of colours and plumage. Iridescent colours are flighty, trying to balance reality with imagination. Bold colours are

solid implying strength and perseverance. These emotions are brought about by colours of the duck.

**Gentle:** Ducks on water are graceful and gentle reminding you to be gentle with yourself as you heal, learn and grow towards enlightenment.

**Hiding Away:** Once a year the male duck loses his bright plumage and loses the ability to fly. He silently hides away in the reeds and plants until he is able to fly again. This ability to hide away and go within during difficult, threatening and stressful times becomes a lifesaver!



# EAGLE

---

*Spiritual, Feathers, Nobility, Focus, Power, Family Conscious, Opportunistic, Patient, Space, Bigger Picture, Fearlessness*

**Spiritual:** The eagles ability to fly and remain high in the sky, swooping down to earth to obtain and retrieve food and returning to being high in the sky creates an impression of being messengers from heaven. If you have eagle energy you can bring yourself and others, into the Light from the darkness.

**Feathers:** The eagles feathers are highly prized and sacred to Native Americans. They are used for healing, cleansing and shapeshifting.

**Nobility:** Eagles are greatly admired for their gracefulness, predator instincts, speed of assault, vision, hearing, sacred messenger status, and nobility in gracing the sky.

**Focus:** Eagles have focus, determination and the ability to fully execute their plan with positiveness and presence.

**Power:** The eagle has great power and, in hurtling down from the sky with a mass of 10 pounds, creates a powerful impact of energy in striking its prey.

**Family Conscious :** Eagles mate for life. The male is very attentive on the female and on their young. There is co-operation responsibility.

**Opportunistic:** With its great auditory and visual skills, its powerful presence, Eagles often steal food from other birds.

**Patient:** Eagles are incredibly patient awaiting their opportunity to strike. Those with this energy should know everything is possible.

**Clarity:** With its great vision, focus and determination, the eagle can give you clarity of decision-making and taking action.

**Space:** People with eagle energy need space to spread their wings as they generally have high ideals to impart to others.

**Bigger Picture :** Those with eagle energy will be able to see the bigger picture of their lives on earth, when viewed, like an eagle, from the sky.

**Fearlessness:** The eagle encourages you to

know no fear, especially when acknowledging your past.

# ELEPHANT

---

*Strength, Sexual Power, Smell, Teeth, Tusks, Teacher*

**Strength:** The size of the elephant is intimidating and its mass and velocity upon charging an adversary is very intimidating. With this inherent strength, the elephant is greatly feared and itself does not exhibit fear. If you see yourself as a Soul, as part of Spirit and not as a mere physical body then you, like the elephant, do not have to know fear. Who or what can damage your Soul, you part of Spirit, only your body can be damaged not your undamagable Soul or Spirit.

**Sexual Power:** The elephant embodies strength, power and especially power of the libido. The elephants reliance on its strong sense of smell adds to its symbolism as a sexual symbol.

**Smell:** The elephants trunk provides its strong sense of smell compensating for its poor eyesight. The sense of smell creates discernment, which could lead to discrimination.

Being able to discern and discriminate to perceive good from bad, is a lifesaving and live enhancing attribute for you. Smell acts as a powerful aphrodisiac in the appropriate circumstances. The trunk's versatility in being used for drinking, showering, defense, greeting, touching, feeding and smelling allows the elephant part of you to open up to new energies and new horizons beckoning you.

**Teeth:** Elephants have four teeth, all molars, two in the front and two at the back of their mouth. When the front molars wear down and drop out of their mouth the ones at the back move forward to replace the front molars. New molars emerge at the back. Their replenishment cycle occurs six times throughout the life of an elephant. When the last set wears out, elephants are unable to chew and die of starvation. Your life too is finite so depending what you chew on will determine how pleasurable, nutritious, enjoyable and beneficial your life will be before your life cycle ends, too.

In addition, teeth are symbolic of receivers and transmitters of energy throughout your body. What you chew on will determine how you use your energy.

**Tusks:** Tusks are used for defense, attacks and

for digging up roots. Tusks can represent your search for truth, evaluation, healing and growth.

**Teacher:** The elephant is a teacher of compassion, loyalty, strength, intelligence, discernment, power, strength, confidence, patience, intuition, grace, and many other virtues.

# ELK

---

*Regal, Stamina, Same Gender, Companionship, Sentinel, Protector, Vegetarian*

**Regal** : The elk is regal in its stature as it holds its antlers up proudly.

**Stamina**: The elk has the ability to outrun its predators. It paces itself effectively to survive and thrive. Can you do with some pacing of yourself or do you run at full pace until you drop?

**Same Gender** : Elk stay with their own gender until rutting (mating) season. Do you need to spend some time with the opposite sex for balance in your life, whether sexual or platonic friendships?

**Companionship**: Elk congregate and live in herds of the same gender. Do you need to find companionship in your life?

**Sentinels**: Elk will post sentinels to look out for danger. Have you got early warning signals stationed in your life to warn of impending

danger?

**Protector:** An elk or two will protect the young while others wander off to look for food. If attacked an elk will attempt to protect the young with its sharp hoofs and antlers.

**Vegetarian:** Elk eat mainly grasses and vegetation. They do not migrate much and with their thick fur they can withstand severe cold conditions. If you have an elk enter your sacred space, perhaps a vegetarian diet for a while will assist any health imbalances you might be experiencing.



# FISH

---

*Graceful, Silent, Creation, Change, Hidden Areas, Sacred, Nourishment*

**Graceful:** Fish are powerful and graceful swimming in water and riding the currents.

**Silent:** Under water, fish move effortlessly in silence with grace.

**Creation:** Water is the primordial life source. Water symbolizes creation, the womb, motherhood and the nurturing, caring, giving nature of mothers and woman.

**Change:** Water comprises the largest part of the human body. Water is dynamic and constantly in transition, movement and change. The fish surviving in water need to adapt to changing circumstances momentarily. Be like a fish adapt momentarily to changing circumstances in your life.

**Hidden Areas :** Fish live in water and swim into hidden areas. This brings out your hidden fears

and deepest desires.

**Sacred:** - Fish have been sacred symbols in many religions and forms of worship. By prayer and meditation, you can use the sacredness of fish to nourish your Soul.

**Nourishment:** Fish have been used since the beginning of time as a food source both in the water, by other predators in the food chain, and extracted out of the water, mainly by man. Fish represent the ultimate in giving, giving of one's life to nourish and nurture others.

# FLAMINGO

---

*Compensate, Disguise, Loyal, Sensitive, Travellers*

**Compensate:** The eye of the flamingo is larger than its brain. Although they see exceptionally well they are not always able to interpret what they see efficiently. Flamingos become reliant on others in the group to assist in interpreting what is actually going on. They live in groups and rely on one another, working with group consciousness rather than individual consciousness and awareness. It is important to compensate for any shortcomings by surrounding yourself with others who can assist you in certain areas and where you can assist them in, possibly, other areas. It is wiser to compensate and share than to struggle on your own if you do not have all the abilities and skills to survive and thrive on your own.

**Disguise:** Flamingos owe their pink colour to a food substance containing carotene. Without this food substance their feathers turn white. This ability to change colour allows them to be

illusionary and have shape-shifting abilities. This ability to create a disguise to avoid potentially harmful consequences is a learnt survival skill.

**Loyal:** Flamingos have long life spans, are sociable birds and mate for life, loyal to their partners.

**Sensitive:** Sensitive to loud noises, potential and real unpleasant situations, flamingos flee in their groups at the slightest provocation from unpleasantness. You should also not involve yourself in unpleasantness choosing to leave instead.

**Travellers:** Flamingos annual migration is among the longest of any creature on earth. For survival reasons they travel at night in large flocks. When confronted with a long journey, either physical or spiritual, use the wisdom of the flamingo to survive and thrive.

# FLY

---

*Transformation, Adaptable, Reminder, Survival, Persistence*

**Transformation:** A fly will change waste transforming it as part of nature's waste disposal and regeneration process.

**Adaptable:** A fly can survive and adapt to nature's harshest conditions fulfilling its waste transformation mission.

**Reminder:** A fly will be drawn to you if you have not dealt with the garbage in your life, emotionally or physically. You are empowered to clean up your own mess and the fly reminds you, constantly of that.

**Survival:** With its multifaceted vision and manoeuvrability a fly survives in all conditions during its short life cycle.

**Persistence:** A fly will doggedly persist in doing its waste disposal work. It should be admired for its relentless pursuit of its objective, which trait

GuideSpeak.com

is also admirable in a human being.

# FOX

---

*Camouflage, Tail, Insulate, Trotting, Senses, Monogamous, Home, Survival, Cunning*

**Camouflage:** The foxes coat has colour variations within them. This facilitates their ability to stay camouflaged and remain relatively unseen. Do you need to blend in with your surroundings, to move around unnoticed without revealing your intentions then become fox-like!

**Tail:** When running the foxes tail is always in a horizontal position away from its body acting as a rudder. This allows it to manoeuvre with abrupt changes and sharp turns. This manoeuvrability of flexibility should be desired for survival and adaptability.

**Insulate:** The tail also acts as an insulation from the cold for the nose and feet as the foxes long tail is used to wrap itself up. This is useful when required to insulate from cold people or relationships.

**Trotting:** The fox can trot indefinitely and has incredible stamina. Few animals of a similar size can outrun a fox. By maintaining a trotting pace through life one can maintain an overall good position of health and success.

**Senses:** Foxes have acute hearing, excellent eyesight and a keen sense of smell. People who are fox-like can have the ability to hear Spirit, to size people up very accurately and the ability to discern and discriminate against.

**Monogamous:** A foxes sense of smell is a strong sexual stimulant for it. Most foxes only have one partner, they are very monogamous. They live alone for nearly half a year at a time, being comfortable with this solitary state.

**Home:** The vixens usually search for a den when they are pregnant. If possible they return to that den year after year, increasing its capacity and its comfort.

**Survival:** Fox cubs are blind and deaf at birth. As the cub grows so its senses develop acutely. If it survives its first year its ingrained in its survival mode. People with fox attributes generally have severe tests in their early years. For a fox to survive is to learn to avoid potential danger. How simple a lesson to follow avoid the potential danger, survive and, hopefully thrive.



**Cunning:** The fox is part of the canine family but is feline-like in its attributes. It uses all its skills and cunning to survive and thrive. It is agile, skilled and unpredictable. It charms its prey with antics, slyly getting closer and closer while the prey is mesmerized by its leaping around, jumping, rolling and chasing itself. Once within striking distance it will leap and catch its prey off guard. You can capture any prize with the correct plan.

# FROG

---

*Water, Pain, Metamorphosis, Mud, Sight, Hearing*

**Water:** Frogs are associated with water and water relates to emotions.

**Pain:** Frogs appear connected to rain. These new rains can be used for many purposes to cleanse, to heal, to help things grow, to flood, etc.

**Metamorphosis:** A frog changes from an egg, to a polliwog/tadpole, to a frog. It symbolizes one come into one's own creative power.

**Mud:** Living as an amphibian, on land and in water, mud is often its natural habitat. Are you being a stick in the mud? Are you being mired in the mud? Do you need to dive into fresh creative waters?

**Sight:** A frogs bulging eyes from the side of its head enables it to see in many directions. They have excellent depth of perception.

**Hearing:** Frogs have a well-developed sense of

hearing due to a large disked membrane behind each eye. This external eardrum picks up sound waves and transmits them to the inner ear and then onto the brain. Their excellent sight and hearing give frogs abilities to see well beyond the obvious. Those with frog-like qualities could be clear

# GIRAFFE

---

*Height, Neck, Communication, Perspective, Action, Balance, Vulnerability*

**Height:** The height of a giraffe enables it to be far sighted, forecasting future events.

**Neck:** The giraffes neck is its most outstanding feature. The neck is very strong. Using the necks strength to support the blow of its head against an attacker allows a giraffe to use its greatest strength naturally. What is your greatest strength you can use naturally?

**Communication:** With limited ability to make a noise, a giraffe communicates via its body language. What is your body language saying?

**Perspective:** Are you seeing what is afraid of you? Are you afraid of what is ahead of you? Are you seeing other peoples perspective? Are you seeing the cause and effect consequences of your thoughts, words, deeds and actions?

**Action:** A giraffes long legs are used for

movement and action. The giraffes legs create balance and the ability to move ahead in balance.

**Balance** : A giraffe has its head in the clouds and its feet firmly on the ground. You can be a visionary providing your plans are put into action gracefully like a giraffe.

**Vulnerability:** The giraffe is most vulnerable when it spreads its long legs and lowers its head to drink water. It has to get nutrition from juicy leaves at the top of trees. It has learnt to go without water for several days to reduce its vulnerability. How do you protect yourself from your vulnerability?

# GOAT

---

*Dogged Determination, Reaching New Heights, Surefootedness, Protective, Balance, Provider*

**Dogged Determination** : The mountain goat has evolved into a masterful animal capable of living in austere conditions on inhospitable terrain. Its ability to climb and descend virtually impassable areas brings with it the ability to achieve its goals through dogged determination.

**Reaching New Heights** : The ability to find nourishment in virtually inaccessible areas enables the mountain goat to reach new heights and new goals.

**Surefootedness:** The mountain goat can descend quickly and its surefootedness stems from its ability to trust in its ability to land on its feet no matter how rocky the terrain.

**Protective** : The mountain goats thick protective coat enables it to withstand severe winter conditions whilst moving forward step by determined step, undeterred by what the

external environment is throwing up to hold it back.

**Balance:** The mountain goat emphasizes the need to maintain and, possibly, regain your balance and your perspective as you go one dogged determined step by step with assuredness of reaching your goal.

**Provider:** Goats provide a source of milk, cheese, meat, mohair and leather. They are a source of nourishment as well as embodying strength, independence and survival skills. Goats energy allows one to find uncharted and unexplored aspects of oneself.

# GOOSE

---

*Mother Goose Influence, Communication, Fidelity, Marital Bed, Migration, Childhood Patterns*

**Mother Goose Influence** : The mother goose stories have been used to entertain, befriend, create imagination and quieten children for many years. These stories from our childhood often create direction in our quest for life throughout adulthood.

**Communication**: If you communicate through stories, then embodying the goose will assist you. The geese's feather was the standard writing instrument for a long time.

**Fidelity** : A goose mates for life, seldom seeking another mate if the first mate dies. The annual migration difficulties across countries see the mating pair staying together in fidelity and trust. Both parents raise their young together.

**Marital Bed** : Goose feathers used in bedding are symbols of fidelity and marital fidelity.



**Migration:** The annual migration in a V formation allows every goose an unobstructed view of the future ahead. By assisting those behind you, it allows others ahead of you to do the same.

**Childhood Patterns :** Goslings are very quiet when young, thereafter they break free. You can break free of childhood patterns and travel to faraway places if you embody the goose.

# GORILLA

---

*Gentle, Intelligent, Hearing, Respect, Conservationists, Clarity*

**Gentle:** The Gorillas size belies its gentleness. They are gentle at heart avoiding violence whenever possible. They beat their chests to intimidate and settle differences. Only upon provocation will they lose their gentle demeanour.

**Intelligent:** Gorillas are highly intelligent and communicative. They have been taught sign language and even have been known to form simple sentences.

**Hearing:** Gorillas have acute hearing. Those people who possess the gorillas strength will be good listeners really hearing what people are saying and respond accordingly.

**Respect:** Gorillas have a great sense of loyalty and show respect to family members and loved ones.

**Conservationists:** Gorillas will only eat a few leaves from each plant allowing the leaves to replenish quickly.

**Clarity:** Gorillas have the ability to remain focused, display great strength, patience and clarity of vision. They remain steadfast in each of their quests until it is completed.

# GRASSHOPPER

---

*Leap of Faith, Entrepreneurial, Inner Voice, Metamorphosis, Sufficiency*

**Leap of Faith** : Grasshoppers jump around in space and time. They only jump up and forward, never backwards. They jump with such assuredness that it seems as if they always know where they are going to land. They listen to their inner voice and take positive leaps of faith upwards or forwards. Although they may not know exactly where they are going to land, they expect to be able to deal with the issues confronting them when and where they land. They take a leap of faith when they know they have to move on. Do you?

**Entrepreneurial:** Grasshoppers are like entrepreneurs, going where Angels fear to tread! They are not plodding tortoises, they are erratic opportunists. When a grasshopper comes into your space, get the message to take a leap of faith instead of staying where you are.

**Inner Voice** : Listen to your inner voice, jump when you feel it is right to. Do not hesitate, over analyze and be too cautious. Trust your inner voice without being reckless. Go for it, you will be surprised to find, like the grasshopper, that you can handle your new surroundings and situations.

**Metamorphosis:** Peaceful, fun grasshoppers, when faced with overcrowding and food shortages, undergo a metamorphosis into dreaded locusts capable of stripping all food sources in minutes. Lying in the sun they turn dark, almost black, to absorb more sunlight for heat and energy to maintain their swarming, resulting in damage and destruction. Do you experience such a change when threatened?

If you, or others, change from peaceful grasshoppers to dreaded locusts then rethink the balances in life. Get your balance back into alignment.

**Sufficiency:** there is sufficient food for everyone and everything provided respect, trust, and sacredness is conscious. Those who take and use more than they need imbalance nature. There is sufficient if you respect and treasure every resource available to you.

# GROUSE

---

## *Dancing, Change, Sacred Space*

**Dancing:** The grouse dance manifests itself as a special movement. It is accompanied by the beating of wings in the air creating a drumming sensation. Dancing and drumming change energy levels and create transcendence. After you have danced you feel lighter, more enlightened. This new rhythm and new movement enhances your overall sense of well-being.

**Change:** By emulating the spiral nature of the grouse's dance, your improving energy levels will enable change to occur in your life.

**Sacred Space :** The grouse's special dance allows you to create a sacred inner space. Use this personal inner space for your transformation into greater enlightenment.

# HAWK

---

*Bigger Picture, Powerful, Family Conscious, Messenger, Integrity*

**Bigger Picture:** The hawk, high in the sky, is seen as a messenger from the Spirit world. The hawk represents the connection to the seen and unseen worlds. The hawk is said to see the Bigger Picture as seen from Spirit. Those with hawk energy see past the obvious and perhaps see the Bigger Picture.

**Powerful:** The hawk's eyesight, flying ability and rapier sharp beak and talons create a powerful killing machine. Those with hawk energy must only use this power for good and not for evil.

**Family Conscious:** Certain hawks mate for life, both parents caring for their young. Both parents defend their nest against predators.

**Messenger:** The hawk's role as a messenger should be taken seriously when it appears in your life. Become conscious of what is happening around you and look for the underlying truth in

the message you have found as identified by the hawks presence. Enable your inner truth to surface.

**Integrity:** The hawks spiritual connections highlight that you should only choose things and people who resonate with you as you stand in your integrity. Be determined to get rid of that which no longer serves you as you stand in your integrity.



# HERON

---

*Balance, Alone, Opportunistic, Inner Wisdom, Personal Rhythm, Emotional*

**Balance** : The heron balances on long thin legs. This balance enables it to progress and evolve. The heron stands on its own. The heron teaches balance.

**Alone**: The heron is a loner, except in breeding season. Herons follow their own path.

**Opportunistic**: Herons know how to snatch at opportunities taking advantage of things and events that others are not concerned with.

**Inner Wisdom**: Herons meditative stance in its aloneness enables it to find inner wisdom and a path of self-determination. It remains focussed with a secure, but flexible, inner foundation.

**Personal Rhythm** : Understanding your personal rhythm and responding to it will assist in maintaining your heron balance.

**Emotional:** Herons feet going deep into the water, with water reflecting emotions, gives it a strong emotional nature. This passionate emotional energy is useful to achieve objectives as an opportunistic entity. However, keeping emotions in balance is equally important.

# HIPPOPOTAMUS

---

*Integration, Intuition, Beneath the Surface, Stay the Course, Attack, Protective*

**Integration:** The hippo lives both underwater and above water, on land. Being amphibious, they can stay underwater, being able to breathe, without exposing their body. Hippos enable those with this kind of energy to integrate two different worlds of existence.

**Intuition:** Water is associated with intuitive knowledge and the physical land with practicality and stability. By trusting your intuition, those with hippo energy, should not overanalyze while maintaining a practical grounded life.

**Beneath the Surface:** Hippo energy enables one to know what lies beneath the surface of any situation. The truth is clearer for them to see as they look past the obvious to what lies beneath the surface.

**Stay the Course:** The hippo follows the same path when exiting the water. It creates a rut

trekking the same path continually. Once you find a path that works for you stick to it to reach your destination.

**Attack:** When threatened hippos attack. They move with agility through the water and attack with fury.

**Protective:** The hippos protective role is vital. They protect themselves, their family and their home. They are agile and their large weight provides a lethal weapon for destruction. Those with hippo energy, when provoked sufficiently, are lethal in protecting, defending and attacking their adversary.

# HORSE

---

*Freedom, Communication, Power, Travel & Movement, Vision, Loyalty, Burdens*

**Freedom:** The horse, especially the wild mustang, roams free and wild. However, the horse, correctly trained, uses its ability to be free to empower its rider to be unconstrained and to be free. The horse has enabled the constraint of one community to be free by communicating with another. The horse's freedom has enabled the world to be reached by those who seek and need to travel.

**Communication:** The horse has enabled and empowered communication to occur through its ability to convey a rider from one place to another. Today the internet is playing a similar role as a processor of communication. As horses can convey messages of goodwill, knowledge and skill, so they can convey warriors into battle and into communities. So it is with the internet as a medium of communication. It can be used constructively and destructively in delivering the message. The horse and the internet are merely

the forms of conveyance not the message.

**Power:** The horse represents power and stallions represent male sexuality. The mechanical measurement of power is measured in horsepower. The horses power and strength enables boundaries to be crossed and extended. The horses stamina is legendary in being used to create new horizons, for riding, plowing and pulling. Those with horse energy are leaders, carry burdens of others, teaching others.

**Travel and Movement:** The horses energy is used to extend all boundaries via travel and movement. Those with this energy extend their personal boundaries via self-empowerment and its promise of adventure.

**Vision:** The horse has a wide field of vision due to the positioning of its eyes, its excellent eyesight and its height off the ground. Those with this energy can broaden their vision, widen their horizons, and become even more intuitive and wise.

**Loyalty:** The symbiotic bond between a horse and its known rider is one of loyalty, trust and friendship. Those with horses energy are known for their loyalty, trust and friendship.

**Burdens:** The horse carries the burdens of

others and those with this energy are strong enough to carry the burdens of others

# HUMMINGBIRD

---

*Skilful Flyer, Cause and Effect, Extract Nectar, Healing, Rainbow, Playful, Independent, Master Architects, Sleep, Joyful, Perception*

**Skilful Flyer:** The tiny hummingbird is the most skilful flyer of all birds. It is the only bird that can fly backwards. It can hover in the air, go forwards, backwards and sideways. It cannot walk at all and flies everywhere.

**Cause and Effect:** This ability to visit the past, present and future in flight enables one with this energy to explore the past, drawing from the past to enjoy the nectar of the present and giving hope to the future. Acknowledging the past and the future brings with it an understanding of the laws of cause and effect and consequences of thought and action.

**Extract Nectar:** With their long bills and tongues hummingbirds extract valuable nectar from flowers. Hummingbirds and flowers have a symbiotic survival need from each other. This cause and effect illustrates to those with this



energy that to obtain your nectar for survival requires giving and taking.

**Healing:** The hummingbirds knowledge of how to use flowers to draw the life essence from them and create healing medicines enables one with this energy to use flowers for healing and to win hearts with love.

**Rainbow:** The iridescent colours of the hummingbird is often associated with the rainbow that follows life-giving rain.

**Playful:** Hummingbirds are very playful, often playing even in the water they bathe in. They mock fight for exercise and fun.

**Independent:** Hummingbirds are fiercely independent revelling in their freedom. Only mating keeps them from being alone and free always. Mothers work hard at rearing their young as they receive no help from the father.

**Master Architects:** Hummingbirds build their homes with diligence and excellent design. Those people with this energy need to create joy in their home possibly by redecorating to bring in new energy into their home.

**Sleep:** Due to the excessive energy it expends

the hummingbird can hibernate overnight to completely rejuvenate itself with energy for the next day's adventures. Those with this energy need regular deep sleep and rest ensuring they avoid burn out.

**Joyful:** The hummingbird personifies lightness, joy, bliss and fun loving. However, it is amazingly tough and independent. Hummingbirds can migrate to warmer climates over thousands of miles by eating and storing up food for a few days before its trip. It has huge amounts of stamina and perseverance. Those with this energy can draw upon the hummingbird as a symbol for accomplishing the impossible in joyful living and in love.

**Perception:** Due to its ability to move in every direction, it sees things from all angles and shows those people with this energy how to expand their perceptions.

# JAGUAR

---

**Flexibility and Steadfastness:** The jaguar has powerful limbs and they can travel for hundreds of miles in search of prey. Its ability to climb with agility, coupled with its long term strength and endurance give those with this energy the ability to attain goals through flexibility and steadfastness.

**Leadership:** The jaguar has no rivals, unlike many other big cats. No other predator can compete with this powerful cat which combines strength, endurance and flexibility. Jaguars have been even known to attack alligators, which themselves are said to have no predators. Those with this energy make powerful leaders.

**Psychic Sight:** The jaguar can see very well in the dark with its excellent night vision. It moves fearlessly and this can aid those with this energy to trust their personal instincts and inner guidance system. This enables psychic sight to evolve.

**Go Within:** A jaguars energy allows and enables

you to go within, release your fears, heal your emotions and awaken your inner sight.

**Water:** A jaguar loves to swim and even hunt in water. Water is associated with emotions and the subconscious mind. A jaguar's energy will enable those with this energy to search in the deep waters of the subconscious mind for truth.

# KANGAROO

---

**Foundation:** Kangaroos powerful hind legs and long four toed feet provide a foundation, a springboard, for hopping and leaping. By having kangaroo energy you can review your foundational belief system, adjust and/or accept it to meet current possibilities, and then take a giant leap over the perceived obstacles you thought were blocking your way to achieve your dreams, or, objectives.

**Balance:** Balance is vital for spiritual, materialistic and emotional growth. The kangaroos muscular feet, legs and long tails keep it in balance so it can hop and leap. What keeps you in balance so you can grow? Visualize the kangaroo to achieve balance in your life.

**Instinct:** When under attack, kangaroos are incredibly fast, hopping and leaping effortlessly to safety. They move instinctively away from danger to safety. You can learn from the kangaroo to trust your instincts to guide you. Too much analysis of a situation could cause paralysis of action. Trust your instincts to work

with your intellect. You know what to do instinctively, trust don't second guess yourself.

**Focus:** A kangaroo remains focussed not allowing distractions to steal away their staying cantered and focussed attention.

**Change:** A kangaroo, or its symbol, coming into your life is a precursor for change and adventure. Trust your instincts, leap into the future without fear, stay focussed, stay balanced, and remember your foundational belief system.

# KESTREL

---

**Past Life:** The kestrel is the smallest bird in the falcon family. Falconry has been practiced for thousands of years and is still practiced today. A kestrel, or falcon, appearing in your life may encourage you to explore past life connections to that which is occurring in your life right now.

**Hovering:** A kestrel is unique in its ability to hover 20 feet above its prey, striking when it is perfectly ready. This requires great skill, manoeuvrability, patience, accuracy and timing. These skills are required to achieve most objectives that require precision in action.

**Adaptability:** Kestrels are found in the city and in the country, feeding off grasshoppers, mice, rodents, beetles and the occasional small bird. They hunt from a perch, moving from one vantage point to another, waiting, watching, listening before attacking their prey. Those with kestrel energy find the vantage point, high up where they have a wide ranging vision of all around them

**Agility:** Having kestrel energy implies a quiet, agile and graceful mind, efficiently, patiently striking with immaculate timing and precision in rapier like fashion to obtain what you desire and need.



# KINGFISHER

---

**Physical Symbolism:** The kingfisher has a large head, a long and massive bill and a compact body. The large head indicates a large ego and the need to keep ones ego in balance is essential for growth. Their long massive bill requires the careful choice of words to avoid damage and their compact body represent the continual need for exercise and muscle toning of the body to support the large head and bill. Imbalance of the ego and spoken words need to be guarded against by people with this energy.

**Solitary:** The kingfisher is a solitary bird, which utters distinctive calls that are described as rattling or piping and carry a long way. Those with this energy have the clear and concise ability to express themselves as well as a need for their own sacred space.

**Colouring:** The female of the species has more colour than the male, this is unique amongst most birds. Females with this energy should strive even harder than males to balance their egos strong desire to dominate, especially when

coupled with spoken words.

**Boldness:** Kingfishers dive headlong into water to feed off small fish. It is efficient, opportunistic and bold, creating new opportunities for its wellbeing and prosperity. Those with this energy do not have to fear diving into new avenues as prosperity will unfold in your life giving you what you need, not necessarily what you want.

**Water:** Kingfishers need water to survive and water is associated with the emotional body of man.

**Coping:** Kingfishers tunnel into banks alongside water to create holes in which to lay their eggs. Their babies come through these tunnels to the surface prepared for life. Parents with this energy generally provide their own children with the ability to have fun and to be prepared for a prosperous life.

**Peace and Prosperity :** The kingfisher is a long-time symbol of peace and prosperity. It has the promise of abundance, warmth and love. When growth is generous, prosperity on all levels is attained.

# LEOPARD

---

**Strength:** Leopards are excellent at stalking their victims, or prey. They are silent, inconspicuous and move, virtually invisible, in and out of stalking positions without being seen by their prey.

**Camouflage:** The leopard has a rosette patterned coat of earth based colours camouflaging it against the background.

**Whiskers :** The leopards whiskers, as with all cats, have specialized sensory hair that register minute changes enabling them to avoid objects in the dark.

**Tail:** The leopards long dark tail hangs down from the tree where it rests. The tail represents sexuality and innate potential.

**Water:** Unlike most cats the leopard can exist in areas where water is scarce.

**Mysterious :** The leopard often hunts at night. Those with leopard energy understand the

mysteries of the dark, the subconscious as well as their dark side, or shadow aspects of their inner selves.

**Not Head On Conflict** : Leopards kill by biting the back of the neck and do not attack from the front. Those with this energy would do well to learn to address conflict issues head on to bring resolution to long held resentment.

**Tree Climber** : The leopard uses its strength to carry its kill by the neck up into a tree to avoid other animals attacking its kill. Those with this energy may suffer from problems in the neck, skeleton, limbs and possibly even arthritis. They must learn to release anger and frustration to heal from those ailments.

# LION

---

**Mane** : The male lion is regal in appearance with a beautiful mane surrounding its face. Having those good looks somehow entitles the male lion to be lazier than the female.

**Female:** The females do most of the hunting and rearing of cubs.

**Stealth:** The lions avoid fighting and confrontation. They attack via a co-operative hunting technique. The lions approach their prey with the male lion giving a frightening roar sending prey in the opposite direction towards the waiting female lions.

**Community** : Unusual for the members of the cat family, lions live in groups called prides. They hunt in groups and raise lion cubs to be carefree and fun loving. Those with lion energy need to look at their interaction within a group or within their communities.

**Parenting:** Male lions and lionesses are both patient and affectionate with their cubs. Those

with lion energy should allow these attributes to come through in their parenting skills.

**Fearlessness:** Without much protection on the African plains, male lions appear fearless as they lie down appearing to be relaxing in fearlessness within sight of hunters. Those with lion energy should allow themselves to trust their instincts and relax long enough to understand this art of fearlessness and trust.

**Strength:** The lion represents inner strength of trust, instinct and knowing and the outer physical strength of size and sheer power, coupled with co-operative hunting techniques. Lions nobility and regal air is backed up by ability and execution.

# LIZARD

---

**Balance:** Lizards have long tails which help them physically maintain balance and act as a defense mechanism. In a spiritual sense this balance is also seen in the ability of the lizard to enable its tail to come off as a defense mechanism that maintains its life in balance. This ability to detach, in this case its tail to come off as a defense mechanism, thus maintaining its life in the balance. This ability to detach, in this case its physical tail, is also potentially a life enhancing move. If you can detach yourself from potentially life threatening issues, and or people, then you can regain balance in your life. This ability to detach from your past will enable you to live, in balance, in the now.

**Intuition:** Most lizards have crested backs, ruffs or spines. They are protective mechanisms and spiritually the neck symbolizes the separation of the head from the body, the subconscious from the conscious. The chakras are symbolized by the spines and crests showing heightened awareness. The lizard senses vibrations through the ground, it has acute hearing and can sense

the subtlest of movements. These attributes signify intuition and clairvoyance. Learn to trust your intuition.

**Dreaming:** The lizard is a cold blooded reptile and needs to bask in the sunlight. This stillness brings on the appearance of a dream state. Dreams deal with subconscious thoughts which manifest as reality in dreams. Pay attention to your dreams, deal with your fears manifested by your dreams and celebrate your good dreams. Your thoughts create your reality, thoughts also emerge in your dream state as well as in your awakened state.



# LOON

---

**Counter Balance:** The loon is a diving bird with a strong tapered bill, small pointed wings, webs between its front 3 toes and its legs placed far back on its body. Its adaptability in the water is counterbalanced by its difficulty of walking on land. Those with loon energy should focus on their strengths while acknowledging and accommodating their weaknesses, for example, by strengthening muscles, bones and joints and ensuring increased intake of calcium.

**Diving:** The loon can dive to a depth of 200 feet and can swim great distances underwater. The loons bones are solid unlike most other birds whose bones are filled with air. This increased bone density aids its ability to dive and stay underwater. It empties its lungs to dive and sink. This ability to dive below the surface of life, alter breathing patterns and plunge into the unknown subconscious of life will allow those with loon energy to experience altered states of consciousness providing an introspective ability to understand themselves better.

**Dreaming:** This ability to develop altered state consciousness allows for increased consciousness in the dream state. This, in turn, allows lucidity in dreaming to alter your dreams for more positive outcomes. This allows one with loon energy to learn to develop fully consciously out-of-body experiences to aid their spiritual growth.

**Vocal:** - The call of the loon is varied and distinctive implying strong communicative skills.

**Parenting:** With their nest a heap of vegetation at the shoreline both parents share the tasks of incubation. Both male and female energies need to be balanced with a collective goal in mind.

**Flying:** The loon is a good strong flyer but needs to run across water to achieve a lift off. It has tremendous energy and is not easily tired. It shows endurance and discovery. For those with loon energy go the full distance in your self-discovery, dive into your subconscious to unearth your true gifts.

# MAGPIE

---

**Opportunities:** Magpies have great intelligence, adaptability and social organizations. They are scavengers and opportunists. Those with magpie energy are opportunistic and should be alert to any and all opportunities in every area of their life.

**Eclectic:** Magpies, as scavengers, have a reputation for stealing at will. They teach resourcefulness and how to succeed in life. Those with this energy are usually eclectic and can draw upon a variety of resources to assist them in their tasks.

**Adaptability:** Magpies teach opportunistic and adaptable behaviour. Their spontaneity and adaptability to current situations is one of their most valuable traits. People with magpie energy are generally varied generalists and not specialists in one proven skill.

**Communication:** Magpies are extremely vocal especially in groups. Those with this energy can use their voice effectively to gain attention,

achieve goals and obtain respect from others.

**Psychic:** Magpies are associated with the occult world due to their black and white colouring and association with witchcraft. Once those psychic gifts have been fully developed those with this energy can use them to create a new and better life for themselves providing they use those gifts with pure intention and for service to mankind.

# MOCKINGBIRD

---

**Life's Purpose:** The Mockingbirds beauty is in its song, having one of the best singing voices to rival that of the nightingale. The mockingbird teaches you to express yourself by looking inside you to find and express your inner talents, your inner voice. The mockingbirds dull appearance shows you no matter what you look like, sing your song. Find your life's purpose by going within and expose that purpose, unafraid, as the mockingbird expresses itself, unafraid. Find your personal sound frequency for your healing on all levels.

**Mimic:** The mockingbird has a talent for mimicry, intimidating other birds, dogs and cats. This can be used as a defence mechanism to confuse and dissuade predators.

**Languages:** The mockingbird can teach you not to be afraid to learn new languages. This includes developing the knowledge of body language. With this ability to communicate, verbally and non-verbally, your success in life is more assured.

**Courageous:** The mockingbird will defend its nest by attacking predators, taking the fight to them, unafraid and courageously. They also live close to humans because they are unafraid.

**Opportunistic:** Mockingbirds have prominent white patches on their shoulders. While walking along it opens its wings, flashing the white patches. They reflect sunlight, unsettling insects in the vicinity which rise up and are snatched by the mockingbird.

**Independent:** Mockingbirds encourage you to be independent and opportunistic.

# MOOSE

---

**Sacred:** The moose represents a special, sacred gift of energy.

**Contradictory:** The moose can have a strong physical presence, however, it can camouflage itself completely. It holds the teachings of invisibility and the power of presence. It appears awkward and strange whilst being graceful and majestic. People with moose energy may find other people consider them to be contradictory.

**Depth Perception:** The moose is deceptive in its movements as its large size and apparent ungainliness is misleading. It moves silently and swiftly in its survival mode due to its excellent depth perception. Their accuracy in judging an area and how to negotiate its terrain easier and faster than others can be taught to moose people for their survival.

**Feminine Energy:** The moose is comfortable around water. Life comes from the sea and returns to the sea. The womb of femininity is the creation role. The mother moose is very

protective of her calves. The moose represents the primal strength of feminine energy.

**Spiritual:** The moose has a strong sense of hearing and smell giving its clairvoyance and discernment creating spiritual understanding. The antlers of the male symbolize the crown chakra.

**Exploration:** A moose coming into your life invites you to discover your feminine, creative energies and new depths of awareness of self and your environment.



# MOUSE

---

**Contradictory:** Certain mice are fastidious about their own grooming and appearance, however, their homes are untidy. Those with mouse energy have contradictory behaviour, fastidious and focussed in attention in some areas and sloppy and untidy in other areas. This causes confusion and irritation to others dealing with mouse people.

**Paranoid:** Mouse people can have a paranoia not knowing whether to pay attention to the details or whether they are so focussed they can't see the wood for the trees they can't see the bigger picture. This frustration leads to scurrying around looking for things using up energy needlessly.

**Timid:** Being timid as a mouse is someone who is afraid of taking a step in case it is the wrong step. However, paying attention to detail rather than jumping to conclusions irrationally is important in certain livelihoods

**Decisive:** - Mouse energy tells you to look at the

circumstances to determine whether you are paying too much attention to the details, unnecessarily, or too little detail, irresponsibly. Mouse energy is telling you to step back emotionally, detach yourself from the situation and decide if the energy being expended on this issue is worth it in the long run?

The message is Get A Life. Don't take this issue so seriously that you are not enjoying your life or better take this issue more seriously so you can enjoy your life. When a mouse shows up in your life it's time to take stock and decide what's important to expend energy on and what's draining you of energy and needs to be cut out.

# OCTOPUS

---

*Agility, Exhaustion, Lack of Hearing, Survival*

**Agility::** With its eight legs an Octopus has unrivalled agility as there is no bone attached to its leg muscles. It can scramble through minute openings. If an Octopus loses a leg, it will regrow another. People with this energy have agility, flexibility and regenerative abilities.

**Exhaustion::** The female Octopus lays thousands of eggs at a time. She remains in her den watching over her eggs. Her excessive breeding and limited ability to eat while constantly watching over her eggs exhausts the female Octopus. She generally dies before or soon after her eggs hatch.

People with Octopus characteristics are continually living in the transition cycle of life and death. They are often found in hospitals, working with the terminally ill.

**Lack of Hearing::** Whilst having excellent eyesight they cannot hear at all. People with this energy often feel their inner voice but cannot

hear or respond to this voice. The lesson for them is to focus on what they can do and to stop trying so hard to perfect their imperfections.

**Survival:** Octopuses are expert at camouflaging themselves into their surroundings. They also squirt black ink at predators to obscure visibility to facilitate their escape. Those with this energy can learn to move through life safely, secure in avoiding struggles.

# OPOSSUM

---

*Appearance, Pouch, Deception, Ingenuity, Emotional Stability*

**Appearance:** The Opossum teaches us how to use appearances to deceive for one's survival. Sometimes one needs to play dead like the Opossum to avoid a predator. Sometimes one must be fearful and sometimes one must appear fearless to survive.

**Pouch:** The Opossum is the only Marsupial in North America. The female has a pouch on its abdomen where the young, blind at birth, instinctively climb into to access the nipples which are within the pouch. The pouch represents hidden talents to be brought out when appearances need changing.

**Deception:** The Opossum also teaches us to be aware when others are being deceptive and to be alert to their tricks of deception.

**Ingenuity:** The Opossum, small in stature, shows one how to use brains instead of brawn to

survive. Its creative thinking, ingenuity and problem solving techniques deliver a lesson on survival.

**Emotional Stability:** By changing its appearance when under threat the Opossum shows the emotional and mental stability of not panicking under stress. Instead it acts immediately in a practical manner to survive. It is not time for strategic confinements - instead it is time for action and self-empowerment now!

# OSTRICH

---

*Attributes, Wisdom, Feathers, Assimilation, Protection*

**Attributes:** The Ostrich is the largest bird but cannot fly. It has a long neck, long legs and two big two-toed feet. Its eyes are large and bigger than its brain. Upon provocation and to escape predators, it can run away at speeds of up to 50 miles per hour.

**Wisdom:** With its groundedness and its long neck and long legs, an Ostrich connects the more ethereal realms with its wisdom and knowledge to the physical plane where this wisdom and knowledge can be used, practically. Those with Ostrich energy have great sight and insight and can provide wisdom and knowledge in a practical way.

**Feathers:** Ostrich feathers have been highly valued for hundreds of years. They were symbolic in Egyptian times of truth, justice, fairness and good judgement. Those with this energy know the truth of any situation due to

sheer clairvoyant abilities.

**Assimilation:** Ostriches sometimes swallow stones to assist their digestive process. This symbolises acquiring knowledge and wisdom first and then assimilating them before acting in a grounded practical way.

**Protection:** The Ostrich is said to bury its head in the sand to portray denial of the obvious. It lowers its head by using its long neck as a protective measure for itself and its eggs. Those with this energy may want to become less visible and less vulnerable and protect themselves in some way.



# OTTER

---

*Feminine Energy, Playfulness, Curiosity, Good Attitude*

**Feminine Energy:** The Otter's connection to winter links it to the primal feminine energies of life. The mother Otter chases the father Otter out of their den when their young are born. Only once their young are "on their feet" is the father allowed to re-join them. However it is the mother who teaches them how to swim. This feminine energy defines the mothering role and boundaries of responsibilities. It is necessary to develop one's feminine energies for a more well-balanced life, whether one is male or female.

**Playfulness:** The Otter is very playful, reminding one to always make time for play. One's inner child needs attention. Leave the work for a while and go out and play. Be creative, have fun, laugh and enjoy.

**Curiosity:** The Otter is curious and interested in everything. It teaches one to explore things from all angles and to rekindle one's childlike sense of

adventure to find things interesting again.

**Good Attitude:** The Otter is an optimist and approaches everything in a spirit of fun, adventure, laughter, lightness and trust. Its presence in one's life will help reduce one's penchant for worrying and of finding pain in one's negative attitude to life. The Otter teaches one to glide through life's ups and downs and to enjoy oneself in laughter, lightness and playfulness. The Otter approaches life with an attitude of abundance.

# OWL

---

*Wisdom, Darkness, Secrecy, Flexibility*

**Wisdom:** The Owl is mainly silent and it also attacks its prey in silence. The eyes of the Owl are large and face forward and are stationary. The Owl turns its heads as it cannot turn its eyes. Its excellent eyesight which is both microscopic and telescopic with exceptional night vision is matched by its excellent hearing ability. This gives people with Owl energy both clairvoyant and clairaudient abilities. This wisdom of knowing the truth by unearthing what others try to hide, gives people with Owl energy the perception of being very wise.

**Darkness:** The Owl is a bird associated with the night. The night represents the darkness of going within to unearth one's secrets. By working with one's shadow self, one can unearth the dark side of one which needs to come into the light and be integrated into the whole person. One's shadows will always be with one until one learns to deal with them and integrate them. The Owl will guide

one from the darkness through to the light within.

**Secrecy:** The Owl operates silently and stealthily and is opportunistic. Owl people do not like others to know what they are really thinking. Owl people have the ability to extract other people's secrets while guarding their own secrets. This can lead to difficulties in personal relationships as trust is not reciprocal. The silence of the Owl's approach invites one to silently go about one's business to achieve maximum success as well as to watch over family and possessions.

**Flexibility:** With its stationary eyes, the Owl utilises its neck to obtain flexibility to have a wide peripheral vision. People with Owl energy need to ensure total flexibility to obtain maximum vision of their life and relationships with others.

# PANTHER

---

*Silence, Focus, Darkness, Power, Rebirth*

**Silence:** The Panther operates in silence and stealth. It remains virtually invisible and then it strikes explosively. Those with Panther energy will find that their greatest power is silence as they pursue their goals. To be totally effective, one must keep one's own counsel.

**Focus:** The Panther can rely on hundreds of muscles which it can use at will for the task at hand. Those with Panther energy can focus on which "muscles" to call upon in all and every sphere of their life, whether physical, mental, psychic or spiritual.

**Darkness:** The Panther's greatest power surfaces at night. This is especially true of the Black Panther. The dark is associated with the feminine aspects of birth, death and rebirth. The Panther makes one with this energy face the shadow self and the dark and work through it and so deal with one's fears.

**Power:** By facing one's fears the Panther enables one to reclaim true power. The Panther in mythology aligns to bringing out the hero inside of one. It is likely that someone may arrive in one's life as a mentor to guide one down the path of one's true power so that one can discover the hero that lives inside of one.

**Rebirth:** This reclaiming of the true power inside of one enables one to be "reborn" as one grasps the opportunity with discipline, control and love of oneself to become all one can be.

# PARROT

---

*Colour, Respect, Discernment, Feel Good Factor*

**Colour:** The feathers of parrots come in an array of colours. For those with parrot energy, the study of these relevant colours will increase one's self-awareness. The Parrot's feathers are used as prayer sticks for powerful healing rites as they invoke the properties of colour and light and the sun's energies. Colour and light therapies are old Indian healing remedies for people who are sick or injured. The Parrot teaches one about the power of light and colours. The Parrot creates happiness and light-heartedness. A Parrot can lift one's mood and act as an anti-depressant.

**Respect:** The Parrot's ability to mimic human voices enables it to be a bridge between the world of man and the world of nature. Human fondness and respect for the Parrot's mimicking ability enables the Parrot to be a "human" representative of the animal kingdom. This representative of entrepreneurship in the realm of birds enables the Parrot to be an ambassador

or diplomat for nature.

**Discernment:** Parrots can be vocal or silent, depending on the situation they are in. This ability to discern whether to speak, listen or simply be silent can be learnt by people with this energy.

**Feel Good Factor:** The Parrot is a “feel good” bird and it shows the magic of being alive and enjoying life.



# PEACOCK

---

*Self-Confidence, Healing, Noise, Clairvoyance, Being Regal*

**Self-Confidence:** The peacock elevates his tail to attract the attention of the far less colourful female. The dazzling array of colourful tail feathers, mainly blue and green, with iridescent eyespots on each feather, is fanned out to draw attention to them. If a self-confidence boost is needed, imagine the peacock in you and show off your talents.

**Healing:** Peacock's feathers are said to have healing qualities and when waved over ailing people are said to remove negative energy from them. People with Peacock energy have the potential to be powerful healers.

**Noise:** Peacocks have eerie and raucous calls. Their noisy calls belie their pretty feathers. It is said that their noisy calls serve to draw attention from their ungainly feet. Those with Peacock energy should be conscious of their feet which are the foundation of their personal support

structure. Reflexology is indicated as a career for Peacock energy people.

**Clairvoyance:** The eyes on the feathers indicate that people with Peacock energy could be clairvoyant with the ability to see into the past and future.

**Being Regal:** The Peacock is regal in its stature and being proud of one's achievements, whilst not showing off aggressively could help one's self-confidence and well-deserved belief system.

# PENGUIN

---

*Respect, Out of Body Experience, Survival, Fatherhood*

**Respect:** The Penguin conveys an attitude of respect and good manners. They walk upright, sometimes in several orderly lines. They look formal in their tuxedo-type black and white attire. They bow to each other on entering and leaving their homes. Those people with Penguin energy will have, or learn, mutual respect for themselves and others.

**Out of Body Experience:** Although the Penguin, as a bird, has wings, it cannot fly. However its skill lies in the water where it swims acrobatically. Water denotes emotion as well as the astral plane of life. By leaping out of the water and landing on its feet, the Penguin symbolises an out of body mystical experience. This is a much evolved spiritual act done in full consciousness and bodes well for those with Penguin energy.

**Survival:** The Penguin survives and thrives in

harsh conditions. However it makes the most of its environment and has fun doing it. It teaches one to look for the lesson to grow spiritually rather than moving to easier climates without first persevering to survive, thrive and have fun.

**Fatherhood:** The male Penguin participates in the care and protection of the eggs. The father puts the eggs on his feet to avoid them touching the ice. He remains very stationary without eating for two months ensuring that the eggs are warmed by his feathers and protected by his feet. Once the egg is broken and the baby is hatched, the mother takes over the rearing. This feminine aspect of fatherhood is very powerful for men who have Penguin energy.

# PIG

---

*Personal Space, Justice, Routine, Intuition, Movement*

**Personal Space:** Pig pens appear to be messy but the Pigsties are organised. Pigs object vehemently if things are moved around. They object to their personal space being invaded.

**Justice:** When Pigs are threatened, they become aggressive. When they have fear or distrust they exhibit behavioural problems. They have reasoning powers and either trust or mistrust with no “grey” areas in-between. They will not accept injustice of any kind.

**Routine:** Domestic Pigs require regular and punctual feeding times. They require stability, routine and consistency, otherwise they become emotionally distressed and this could lead to illness.

**Intuition:** The Pig is intuitive, responding swiftly on land and in water. Its bulk and speed create great strength. Its hearing is acute and it feels

sound vibrations.

**Movement:** If a Pig appears to be charging towards you then it is time to stop thinking and start acting. If it waddles up to you, it is time to be still and to listen to the still small voice inside of you.

# PIGEON

---

*Guidance, Security, Inner Child, Intention and Focus, Protection*

**Guidance:** The homing instincts of a Pigeon are unerring. Pigeons were used to send messages and money in times of peace and war. The Pigeon will guide one home - whether to one's actual home or with inner guidance to one's emotional home within one's heart, one's psychological home within one's mind or one's spiritual home within one's soul.

**Security:** When one seeks to be "at home", physically, emotionally, psychologically or spiritually, trust the Pigeon to bring you there securely and safely.

**Inner Child:** The Pigeon, representing home and family, brings one towards one's inner child and makes one aware of the need to balance and create harmony in one's life.

**Intention and Focus:** A Pigeon can travel over 500 miles a day as it sets its intention in its

destination and with unerring focus achieves its objective time after time.

**Protection:** During a storm of nature, Pigeons group together in a huddle, seeking and giving group protection. In life there will also be storms of an emotional, psychological, financial, relationship, familial etc. nature. Seek the protection of a group, as a problem shared is a problem halved. Groups tend to see the issues at hand more clearly and with less individual ego protection than the individual concerned.



# PORCUPINE

---

*Happy Go Lucky Nature, Protection of Boundaries, Respect, Myopia, Innocence, Self-Protection*

**Happy Go Lucky Nature:** Although a Porcupine has poor eyesight, it has an insatiable curiosity and need to have fun in doing everyday things. This easy going Porcupine can switch, if threatened or attacked in any way, and use its sharp quills to protect itself and injure its attacker.

**Protection of Boundaries:** Do not cross the boundary lines unless you want to be attacked pointedly! This defence mechanism is painful as when the sharp quill enters you a barb opens up inside your skin preventing you from dislodging the quill.

**Respect:** A Porcupine person will show respect and expect to be treated with respect, especially when making a pact with one.

**Myopia:** Its poor eyesight restricts its ability to

see a bigger picture and this myopia makes them see things in “black and white” – either good or bad – with no grey areas.

**Innocence:** This myopia, like a child who thinks it’s world is the whole world, creates an innocent, fun-loving nature, if not threatened.

**Self-Protection:** Porcupines are a reminder to not allow the barbs of others to affect you. Barbs come from an inability to have perspective and patience.

## PRAYING MANTIS

---

*Patience, Stillness, Perseverance, Focus, Silent Execution, Eastern Practice*

**Patience:** A Praying Mantis can remain immobile for indefinite periods of time as it appears to blend into its environment unnoticed by its soon-to-be hapless prey.

**Stillness:** In this stillness it goes within itself seemingly moving between worlds as it appears to dematerialise itself into the surrounding foliage.

**Perseverance:** Linear times appear to have no meaning to the still Praying Mantis as it perseveres to make itself invisible to its intended prey.

**Focus:** It remains intently focussed internally while appearing non-existent and detached from its intended target.

**Silent Execution:** At the appropriate moment it will attack its prey by grasping and enfolding it in its long forelegs.

**Eastern Practice:** Many Eastern martial arts and religious and spiritual practices emulate the Praying Mantis's power of apparent inertia, going within, outwardly still and striking with maximum efficiency at the most opportune time.

# RABBIT

---

*Common Prey, Skittishness, Flexibility, Sensitivity, Evasiveness, Lunar Cycle, Fertility, Fear*

**Common Prey:** A Rabbit is common prey for most predators. Nature, in response, has made Rabbits very fertile and reproductive.

**Skittishness:** Because it is constantly on the lookout for being captured and killed, the Rabbit is skittish, jumpy, nervous and fearful.

**Flexibility:** The ability to avoid capture is one of flexibility in jumping, hopping and moving backwards, forwards and sideways evasively.

**Sensitivity:** The continually twitching nose highlights the sensitivity of changing surrounds, identifying potential threats nearby.

**Evasiveness:** Rabbits scratch an indentation into the ground in which they sit, leaving the front and rear open for quick escape routes. Rabbits have also learned to remain motionless

to avoid detection from predators.

**Lunar Cycle:** A Baby Rabbit is ready to fend for itself within 28 days from birth, a lunar calendar month, and Rabbits have become associated with this lunar cycle. This enables people with Rabbit energy to recognise the tidal movements of ebb and flow, inclining them to go with the flow.

**Fertility:** People identifying with rabbits incline towards fertility in all aspects of their life, aware of the fragility of life and of possessions.

**Fear:** A Rabbits knows fear continually but carries on venturing outwards, exploring its domain. Fear highlights its awareness and instinct of self-preservation but does not prevent it from enjoying itself.

# RACCOON

---

*Adaptability, Curiosity, Mask, Water, Tree-Climbing*

**Adaptability:** A Raccoon is able to live in the wilds and survive in an urban area as well. Its paws are very dextrous allowing it to open man-made objects such as lids, trapdoors, doors etc.

**Curiosity:** Its curiosity knows no bounds as it is relatively fearless, standing its ground quite fervently when the need arises. It is reminiscent of naughty, irrepressible schoolboys on the prowl.

**Mask:** The facial masks create a symbolism of the ability to transform one to fit into and suit the occasion as well as to avoid detection for those naughty schoolboy pranks. In this way a Raccoon can also alert one to someone who is hiding behind a mask to protect their true intentions towards one.

**Water:** A Raccoon loves water and is forever washing its paws. This could signify the closure

of a cycle in one's life as in washing one's hands of the past.

**Tree Climbing:** Although a Raccoon is a good swimmer, it prefers to climb trees to maintain a vantage point of the high ground in looking for opportunities as well as for self-protection. Never a bad trait to emulate!



# RAT

---

*Survival, Success, Co-Operation, Restlessness, Space, Greediness, Insecurity*

**Survival:** A rat is a shrew. It is adaptable, managing to survive at all costs.

**Success:** A Rat will persist undeterred until its objective is attained.

**Co-Operation:** Rats are sociable and will cooperate with each other to ensure success and survival.

**Restlessness:** Rats are continually looking restlessly for opportunities.

**Space:** A Rat invades others' space and is disrespectful of boundaries.

**Greediness:** A Rat is greedy and will consume far more than it requires, preferring to vomit up food than to share with other non-rat rodents and animals.

**Insecurity:** A Rat is a hoarder, based on its fear of scarcity. It strenuously protects its hoardings, showing signs of insecurity about the limits of its hoard.



# RAVEN

---

*Mysticism, Magic, Consciousness, Healing, Teaching*

**Mysticism:** The raven is both feared and revered as an omen and is vested with mystical powers. It is seen as a messenger from other worlds.

**Magic:** The Raven is seen as a Shapeshifter and is thought to have magical powers.

**Consciousness:** The Raven reflects a change in consciousness and is said to create altered states of being.

**Healing:** The Raven has healing powers and those with remote and local healing abilities have Raven-like qualities.

**Teaching:** The presence of a Raven is not to be feared. Its arrival is timeous to bring one a lesson for the growth of one's soul.

# RHINOCEROUS

---

*Survival, Solitude, Wisdom, Discrimination, Inner Wisdom, Personal Space, Patience*

**Survival:** The Rhinoceros is a survivor of a bygone era – the age of giant mammals. They have managed to survive in nature for eons but now man has threatened their survival due to the misguided belief that their horns have aphrodisiacal properties.

**Solitude:** A Rhinoceros is generally found on its own. For people with Rhinoceros energy, this solitude creates great depth as it gives one an opportunity to unearth the real person.

**Wisdom:** Carrying the DNA from eons of time, a Rhinoceros provides ancient wisdom to current issues.

**Discrimination:** Due to its poor eyesight, the Rhinoceros has counter-intuitively developed a strong sense of smell and of hearing. This enables a Rhinoceros to discriminate whether the person or animal approaching is friend or foe.

**Inner Wisdom:** Learning to trust your inner wisdom is a message from the Rhinoceros.

**Personal Space:** A Rhinoceros reminds one to find one's own personal space to evolve in and to grow in and to feel safe within.

**Patience:** A Rhinoceros teaches patience and perseverance, putting one foot in front of the other and in so doing, escape the danger one might find oneself in.

# ROBIN

---

*New Beginnings, Releasing Old Attachments, Establishing Boundaries, Family Unity, Assisting Others*

**New Beginnings:** Robins herald the start of spring, a time of rebirth and renewal after the harshness of winter. Their high pitched song is one of joy and happiness to be alive.

**Releasing Old Attachments:** In grasping the new, it is important to release the old in order to avoid the old impacting negatively on the new.

**Establishing Boundaries:** The Robin's song depicts competition for its territory and the ability to sing the loudest wins the territory. Imagine a world where song determined territories rather than bloody battles?

**Family Unity:** Baby Robins are born without feathers and need continual feeding by both parents for a number of months. This family unity creates a determined tenacity to ensure the survival of the young.

**Assisting Others:** People with Robin energy may have an urge to assist others in need and should also identify where they may be overplaying their hand in providing for others at the expense of themselves and their family.

# SALMON

---

*Sense of Smell, Discrimination, Determination, Focus, Food Chain, Renewal Cycle*

**Sense of Smell:** The Salmon's determined desire to return to its stream of birth is based on its very acute sense of smell.

**Discrimination:** A Salmon can discriminate one similar stream from another based on its odour.

**Determination:** A Salmon will swim upstream and when required will leap upwards of ten feet. Obstacles are seen as temporary obstructions as it swims upstream, hardly pausing to eat.

**Focus:** The Salmon's focus is single-minded - to get to its stream of birth so that it can spawn and then it dies there, at approximately five to seven years of age.

**Food Chain:** The Salmon is prized by bears as a food source. Bears pluck them from the streams as they swim upstream in a single-minded manner. Rich in Omega oils, the Salmon is



sought after by humans as a food source.

**Renewal Cycle:** The five to seven year cycle of birth in a stream and the return to the same stream to spawn and die thereafter is embodied as part of nature's renewal cycle.

# SEAGULL

---

*Amphibious, Flexibility, Survival, Communication, Acceptance, Ecology*

**Amphibious:** Seagulls are land-based birds who forage both sea and land for food.

**Flexibility:** Seagulls have the flexibility to find food on land and at sea.

**Survival:** Seagulls have good survival instincts and tend to herd together for protection as well as to search for new food sources.

**Communication:** Communication amongst Seagulls is based on a well-developed set of rules and behavioural patterns both verbal and via gestures.

**Acceptance:** The Seagull who finds food first is allowed to eat first; thereafter it is a “free for all”. However, they appear to be fair and respect the others’ rights to obtain food too.

## *UNDERSTANDING ANIMAL SPIRITS*

**Ecology:** Seagulls eat most things and are responsible for keeping the beaches and sea relatively clear of debris.

# SEAL

---

*Amphibious, Balance, Inner Balance, Inner and Outer Balance, Protective Instinct, Playfulness*

**Amphibious:** Seals spend time on land and in the sea. They give birth on land.

**Balance:** A Seal divides its time on both land and sea and whilst in the sea one has to go with the flow of the sea.

**Inner Balance:** A Seal has small openings instead of ears which allow it to balance via its own inner voice. A Seal compels you to listen to your inner voice when it is decision-making time.

**Inner and Outer Balance:** By swimming under and on top of the sea, a Seal enables both inner and outer voices to be heard. The depth of wisdom comes from listening to both voices, enabling wisdom, harmony and balance to emerge.

**Protective Instinct:** Seals are very protective of their young and are good at mothering their

young. Love is evident amongst Seal mothers and their young.

**Playfulness:** Seals have a playful nature. However they can attack when threatened. The attack is more for frightening off another competitive male Seal.

# SHARK

---

*Emotions, Confidence, Initiative, Protection, Sensitivity*

**Emotions:** Sharks do not have swim bladders and are in perpetual motion in water to avoid sinking to the ocean floor. Water is associated with emotional transformation and the shark tackles emotional issues head on.

**Confidence:** The Shark has confidence that comes from being feared by most water-based inhabitants. Those with Shark energy will use power, influence and confidence to drive away unwanted people or issues, especially negative based ones.

**Initiative:** Sharks operate at a primal instinctive level. Those with this energy are likely to go forward and attack, instinctively knowing that they can usually handle the fall out, if there is one.

**Protection:** The Shark exhibits the power of a fearless predator and is unpredictable, making it

all the more unstable and dangerous. This attacking nature makes it a powerful symbol for self-protection via attack.

**Sensitivity:** The Shark's nose is very sensitive especially to blood in the water. Sharks can feel movement in the water caused by struggling fish and are sensitive to electromagnetic currents. Those with Shark energy will have an acute sense of smell.

## SHEEP (RAM)

---

*Battering, Dilemma, Intelligence, New Growth, Nimbleness*

**Battering:** The Ram's horns are used to batter their opponents into submission. This reflects a tenacious head-strong person who is unafraid of "bashing heads" to get their way.

**Dilemma:** The saying "on the horns of a dilemma" is prosaic for the ram. The size of its horns becomes a target to be challenged by others. The bigger the horns, the more it is challenged and excessive fighting can reduce its longevity.

**Intelligence:** The Ram's horns signify mental strength. Its intelligence, imagination and creativity increases continually as evidenced by the ever-growing horns of the ram.

**New Growth:** The Ram is the symbol for the astrological sign of Aries which is the first month of the astrological year. In the northern hemisphere this occurs in spring, a time for



rebirth and new growth.

**Nimbleness:** The Ram's feet have the ability to be able to perch its toes to land securely, especially in rocky terrain. The hooves are covered in an elastic-type substance to provide traction, elasticity and nimbleness. Those with Ram energy will be quick, nimble and surefooted.

# SNAIL

---

*Path, Soil Protection, Reputation*

**Path:** A Snail creates a slime trail for ease of movement over all terrains. It shows the easiest and most efficient path to follow for those with Snail energy.

**Patience:** With its slow movement it teaches the virtues of patience, perseverance and respect.

**Protection:** A snail under threat will withdraw into its shell until it considers that the threat has passed. This ability to protect itself is very beneficial providing one does not become a hermit or reclusive by choice.

**Reputation:** Snails often come out after the rain and the trail they leave is visible for all to see. This trail, or reputation, one leaves behind, often requires issues to be redressed and healed to correct imbalances which may have been caused. Ultimately this leads to growth as previous blockages are now removed.

# SNAKE

---

*Change, Creativity, Guarding, Healing, Sexuality, Speed*

**Change:** Snakes have many symbolisms and their speed of attack is aided by their ability to change direction as their skins are very dry and this aids their movement. The transformation or change which occurs when a snake sheds its skin is equally symbolic for transformation, using a positive change for forthcoming growth.

**Creativity:** In Indian mystic belief, the Kundalini Spirit sits curled up at the base of the spine and when it is unblocked or released, it travels up the spine releasing creativity in the brain coupled with insight and intuition. It does this by unblocking the energy centres as it travels up the spine.

**Guarding:** Snakes in mythology and legends of love are often guardians of treasure. Their ability to defend by attacking swiftly and in a deadly manner should caution those who tangle with Snake people.

**Healing:** The transformational qualities of the Snake denote its ability to be a healer. Its flexible lightweight body and its speed and agility denote swift changes of healing to occur within one.

**Sexuality:** The release of the Kundalini Spirit activates the sex drive coupled with an increase in energy.

**Speed:** When a snake is sufficiently provoked, it can react with speed, agility and accuracy towards its target. A snake sleeps in the sun to gain body heat and is usually slow to provoke, but once sufficiently provoked, it will be deadly in its response.

# SPARROW

---

## *Common Species, Dignity, Song*

**Common Species:** The predisposition of the Sparrow, defenceless against most predators, is a symbolism for the downtrodden masses in society. Even though they are defenceless, they still manage to survive and thrive as a popular species across the world. They symbolise the masses' ability to survive whatever perils their masters subject them to.

**Dignity:** The Sparrow maintains its dignity and does not become downtrodden even though its inability to defend itself against predators is obvious for all to see.

**Song:** The Song Sparrow has two clearly defined spots on its throat and one on its chest. This signifies an ability to use one's voice via the throat and heart centres as well as the ability to be proud of its dignity and to sing about it.

# SPIDER

---

*Agility, Balance, Centred, Creativity, Infinity, Pioneering, Weaving*

**Agility:** The Spider is very agile. It can maintain its balance and walk and spin its web simultaneously. This agility has been likened to walking between sleep and awakened states, life and death and spiritual and physical realms.

**Balance:** With its eight legs, a spider can balance anywhere and on mostly everything. Having this ability to balance everything in one's life now as well as finding a balance between the past, present and future is an important benefit in life. The spider web is spun in the past so that the Spider may catch its prey in the present to provide food for its immediate future.

**Centred:** The Spider will most often position itself at the centre of its web and so it teaches us to be centred for maximum efficiency and balance.

**Creativity:** The ability to create such an

intricate web in a spiral format to catch its prey shows the multi attributes of precision, patience and persistence in a creative manner.

**Infinity:** A Spider has eight legs and two body parts, unlike most other insects which have three body parts. When viewed from the side, a Spider appears to resemble the figure eight which is the sign for infinity.

**Pioneer:** A Spider is invariably the first inhabitant of a newly formed land mass. Spiders spin their webs through the air above sea level to reach the new land mass to seek out forthcoming prey.

**Weaving:** Those with Spider energy can weave webs of words for others to read and have other creative attributes.

# SQUIRREL

---

*Balance, Communication, Sociability, Over-activity, Trust*

**Balance:** The Squirrel's intent is to prepare for the time when there may not be plentiful food. It spends its energy sourcing food and burying it. It signifies that there should be more of a balance between obtaining food, eating, burying and sharing with others. More of a balance between work, family and play should be strived for.

**Communication:** Squirrels' chatter and bushy tails add to their non-verbal communication. Emotions are often expressed through their prominent tails.

**Sociability:** Squirrels are quite sociable with each other when they are familiar but not so when they are unfamiliar. Their adventurous spirit when seeking sustenance is not matched by their ability to make new friends.

**Over-activity:** A Squirrel is usually overactive, scampering around, changing direction and



chasing for food – probably well in excess of its needs.

**Trust:** A Squirrel could symbolise one who is distrustful that abundance will continue and lacks trust in nature to keep providing, even in the heat of summer.

# STORK

---

*Birth, Children, Energy, Home, Voice*

**Birth:** The Stork is one of the most ancient symbols of bird. Those people with Stork energy deal with the beginnings of new creations.

**Children:** The Stork is known for its caring, protective and dedicated rearing of its young.

**Energy:** The Stork's ability to use its voice for communication causes it to use its energy in a focused way through body language and dance. It shows how to focus movements and energy for success, especially through primal dance to improve fertility.

**Home:** A Stork returns every year to the same nest, raising its young from it. Storks signify a return to one's roots to get one's balance and perspective in order.

**Voice:** A Stork has no real voice for communication. Its body movements - strutting around, dancing and different posturing - are its

*UNDERSTANDING ANIMAL SPIRITS*

means of communication.

# SWAN

---

Beauty, Bridging, Grace, Longevity, Mating, Power, Wings

**Beauty:** The beauty of the Swan in folklore often portends to something tragic happening to those on whom this beauty was bestowed. The lesson here is to be aware of the life-changing power that occurs when beauty is prized and easily obtained. If one has such beauty it must not be abused and only used for the betterment of all.

**Bridging:** The graceful long neck of the Swan connects the head, or upper realms, with the body, or lower realms. The inner beauty that we all possess can be released and it will outshine the outer beauty that only a few possess.

**Grace:** The gracefulness of the Swan enables those with this energy to carry a graceful presence with them. Grace is highly prized and is a magnet to attract others to this inner beauty which it portrays.

**Longevity:** A Swan can live until the age of 80

and its serenity contributes to its longevity.

**Mating:** Swans mate for life and are devoted parents to their young.

**Power:** While known for its gracefulness, serenity and beauty, a Swan is a very powerful bird. The strength in the beating of its wings can break the bones of man and other predators and its bite is very strong and powerful as well.

**Wings:** With its long wings and wing span a Swan is amongst the fastest fliers. The slow beating of its wings enables it to endure in the V formation formed by Swans for many miles. This connection to great heights and its gracefulness in water allows those with this energy to know both the higher realms and the earth.

# TIGER

---

Adventure, Maternity, Nocturnal Habits, Power, Solitariness, Sensuality, Swimming

**Adventure:** Tiger energy is one of adventure and passion. This energy also exhibits patience, focus and surprise.

**Maternity:** The mother Tiger shows great devotion to her cubs, raising them and teaching them to hunt to become self-sufficient.

**Nocturnal Habits:** The Tiger's eyes are powerful at night - six times more powerful than the human night vision - and it usually hunts at night.

**Power:** The Tiger symbolizes ferocity, speed and power when attacking its prey.

**Solitariness:** Tigers are solitary animals, usually only coming together to mate.

**Sensuality:** The Tiger, with its sleek powerful muscles under its thick coat is a sensual sight.

*UNDERSTANDING ANIMAL SPIRITS*

**Swimming:** The Tiger is a great swimmer and the water energy denotes emotions.

# TORTOISE

---

Ancient, Carrying, Inner Strength, Patience, Self-Reliance

**Ancient:** The Tortoise is one of the most ancient and adaptable of animals. Its slow, ponderous pace, vegetarian diet and ability to withdraw into its shell for protection all aid its survival and longevity.

**Carrying:** Its heavy legs and strong shell enable it to carry heavy loads. This energy is found in people carrying burdens for others.

**Inner Strength:** The Tortoise's ability to withdraw within its protective shell gives those with this energy the ability to go within and develop inner strength.

**Patience:** The nature and persistence of a tortoise are its hallmark qualities. Everything worth having needs to be created, nurtured and developed slowly and surely to create the foundations to withstand life's challenges.



## *UNDERSTANDING ANIMAL SPIRITS*

**Self-Reliance:** The Tortoise is self-reliant and self-determined as it plods its way to its destination, carrying its home with it always.

# TURKEY

---

Adaptability, Fertility, Giving, Sharing, Usefulness

**Adaptability:** Turkeys grow intensely strong in the wild, preferring forested areas. They are prized for their meat and once upon a time were nearly wiped out. Their regeneration has been fostered by man and now Turkeys are plentiful.

**Fertility:** The male Turkey will keep several hens and on occasion all the eggs will be in one nest.

**Giving:** The traditional Thanksgiving Turkey symbolises giving as well as renewal, as this holiday perpetuates the Turkey's willingness to give.

**Sharing:** Turkey hens share a nest to protect their eggs from the male Turkey. Turkeys will roost together at night, perched in trees for added protection.

**Usefulness:** Almost every part of the Turkey can be used by man. Flesh for eating, feathers for decoration and bones to make whistles.

# TURTLE

---

*Ancient, Babies, Longevity, Opportunistic, Survival, Time, Going Within*

**Ancient:** The Turtle is the most ancient of vertebrate animals. Its ability to be a shore creature using both land and water symbolises heaven and earth and it is seen as the doorkeeper of this junction.

**Babies:** The female Turtle lays eggs deep in the sand to enable the sun to warm the eggs. Upon birth the baby Turtles instinctively know to return to the water if they want to survive their predators. This implies strong self-survival skills.

**Longevity:** The Turtle moves slowly and languidly and has a slow metabolism which aids its longevity.

**Opportunistic:** Turtles are omnivorous, eating amphibians, fish, insects, plants and other fuel they come across in their opportune eating manner.

**Survival:** The Turtle has strong hearing and can feel the vibration of the water. It has a sense of smell which aids its survival skills and strategies.

**Time:** The Turtle always seems unhurried and has plenty of time to do what needs to be done. This is important for those who dissipate their energy through poor time management.

**Going Within:** Turtles can go within their shells for protection, enabling those with this energy to go within to develop their inner beings.

# VULTURE

---

Digestion, Disposer, Patience, Power, Reputation, Trust

**Digestion:** Understandably, a Vulture has a unique digestive system with a well-developed resistance to botulism. This alludes to having a “strong stomach” for the unpleasant, but necessary, issues of life.

**Disposer:** A Vulture serves an essential function in nature as a disposer of corpses, ensuring that the spread of bacteria is contained as these corpses are above ground. People with Vulture energy are those essential people who are not afraid to get their hands dirty to solve a problem.

**Patience:** A Vulture has the patience to find a kill and to wait for the attacker to leave.

**Power:** A Vulture flies without much need to flap its wings, using thermal and wind-born updrafts and currents to glide effortlessly for hours, hunting for its next meal.

**Reputation:** The Vulture has a poor reputation with humans but is misunderstood, as its role is a vital one in the balance of nature.

**Trust:** A Vulture does not have the ability to tear or grasp live prey, as they have weak feet and short talons. They have trust that through their very good sense of sight and smell, they will find the remains of the kills of others.

# WASP

---

*Changeability, Independence, Geometric,  
Impatience, Rage, Vengeful*

**Changeability:** There are solitary Wasps and communal Wasps. If a Wasp shows up in one's life, it is unpredictable how it will act. It could go any way and caution is the watchword when Wasp people are around.

**Independence:** A Solitary Wasp is independent, far thinking and pioneering. People with this energy are innovative without regard for authority, rules or regulations.

**Geometric:** A Wasp builds intricate nests with a kind of paper which it creates by chewing wood and plant fibres. The angles and construction of these nests is complex and those with this energy are usually gifted in geometry and design.

**Impatience:** A Solitary Wasp has little patience and will attack with a vengeance.

**Rage:** A Wasp can suddenly fly into a rage and attack whether provoked or not.

**Vengeful:** A Wasp, unlike a bee, does not lose its sting and can be vengeful in repeated attacks on its target.



# WHALE

---

*Creation, Breath, Knowledge, Song, Sound*

**Creation:** The Whale, which is the largest mammal, is mystically seen as a creator and a resurrection of life, as illustrated by the biblical story of Jonah and the Whale. Those with Whale energy are creative and life- giving.

**Breath:** A Whale knows how to conserve oxygen. It inhales by decreasing the blood flow to non-essential areas when it is underwater. It is a conserver of energy and knows how to control its needs.

**Knowledge:** A Whale symbolises the repository of knowledge and wisdom as it has been thought to come from another unknowable place where knowledge abounds.

**Song:** The Humpback male Whale sings a wonderful changing song during mating season. Those with Whale energy can elevate themselves via song.

**Sound:** A Whale uses its sonar or echo locators to hear sound and those with Whale energy enjoy feedback for course correction in their life.

# WOLF

---

*Balance, Confidence, Discrimination,  
Governomship, Intelligence, Loyalty, Teaching*

**Balance:** A Wolf is both a loner and a pack animal. It has freedom, but is fiercely loyal to family and pack.

**Confidence:** A Wolf usually avoids aggressive behaviour but it has the self-confidence to know that it can acquit itself very well if it has to fight.

**Discrimination:** Using its strong senses of smell and hearing, a Wolf will know instinctively where it should or should not be.

**Governomship:** Each Wolf pack has an alpha male and an alpha female, but democracy within the pack is also discernible. The ability to combine strong leadership in a democratic manner makes the Wolf pack an example for all human groups to emulate.

**Intelligence:** A Wolf is highly intelligent and because of its stealth communicates non-

verbally through identifiable body language to its pack. A Wolf is also vocal when stealth is not required, howling specific messages to its pack.

**Loyalty:** A Wolf mates for life and is very family conscious. The pack substitutes for any missing parent, and adopts the pups if required to do so.

**Teaching:** The Wolf travels far and wide on its solitary missions, collecting intelligence, knowledge and wisdom and returning to share this with the pack.

# ZEBRA

---

*Balance, Black and White, Clarity, Individualism, Sureness, Power*

**Balance:** The clearly black and white striped Zebra creates a fair and just balance for all to see.

**Black and White:** Those with Zebra energy require fact and not suppositions. They want the details as they are with no fabrications, excuses or exaggerations.

**Clarity:** Zebra people want clarity without filters - facts, facts and more facts.

**Individualism:** A Zebra is an individual animal but also works within the herd, especially when danger is near.

**Sureness:** A Zebra seems to know where it is going and has a sureness in its footing to get there.

**Power:** The independent clarity of a Zebra

together with its fact-seeking nature gives people with this energy power and respect for their uncompromising stance on seeking the facts and dealing with issues.