

# Animal and Spiritual Guides

## Spirit Animals

**Spirit Animals are animals that we are born with.**

**Native Americans believe that upon birth an animal's spirit enters into that person. Its duties are to keep each person strong and wise as well as to excel in matters of attributes given to that Animal.**

**A Deer is an animal of love, tenderness, and swiftness. There is an old story about the animal kingdom wanting to get into heaven to see the Almighty God.**

**At a council meeting all the animals stood up to tell why they would be the most appropriate one to get to the kingdom of God. The Bear stood up and said,**

**" I, Bear , who is the strongest bravest creature will go to see the Creator".**

**Upon the road to the Creator stood a big , nasty, monster.**

**The bear took one look and ran back to the animal kingdom to tell of the nasty, monster. The Eagle Screeched, "I will fly over the monster to get to see the Creator". Off went the eagle. He flew higher and higher and got closer to the kingdom of the Creator than any other animal before.**

**He started to screech a prayer. "Almighty Great Creator, I so would like to see You".**

**The Almighty Creator said, "It is true you are the best at reaching high enough to talk to me, but a messenger is all you will be. Tell the rest of the animals that they have to go through the red road of truth to find me".**

**The eagle said to The Almighty Creator, " But there is a monster in the way , how can we cross? The Almighty said no further. The eagle went back and told all the animals of what the Almighty had said to him.**

**and all the animals started to fight and argue.**

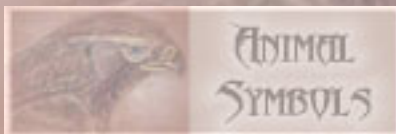
**The Deer hearing such a roar jumped so high he landed right in front of the nasty monster.**

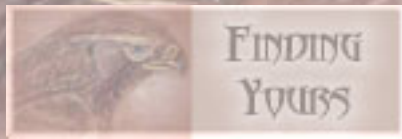
**The deer looked into the eyes of the monster and stared.**

**The monster looked deep into the deer's eyes and saw**

**love, warmth and tenderness, and upon seeing that the monster melted away.**

**And so the deer was the first to go through the red road of truth to see the Almighty.**





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# NATIVE SPIRIT GUIDES



Animal Within



Humming Bird



Arapho Moon



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Eagle



Eagle



High Desert Totem



Home



Next

Back Ground  
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# Native Animal Symbols



Alligator:  
Aggression, survival, adaptability





**Ant:**  
Group minded, perseverance, step by step.  
The ant represents self discipline and a group effort.  
Teamwork.



**Bat:**  
Guardian of the night, cleaner



**Bear:**  
Power, mother cunning, healer, gentle strength, dreaming.  
In the Zuni tradition, the bear symbolizes the direction West.



**Beaver:**  
Builder, gatherer





**Buffalo:**  
Sacredness, life builder.  
The buffalo provides all good things  
for living, and bestow's great curing  
powers



**Butterfly:**  
Metamorphosis, carefree,  
transformer



**Cougar:**  
Leadership, courage, power, swiftness  
and balance.



**Coyote:**  
Prankster, insight, playful. The  
coyote  
symbolizes duality and the ability  
to present both sides of an issue.  
Clowning and humor, perhaps  
sarcastic.







Crane:  
Solitude, independence



Deer:  
Love, gentleness, kindness,  
gracefulness  
and sensitivity. Deer carries  
the message of purity of purpose,  
and of walking in the light.



Dolphin:  
Kindness, play, bridge man to ocean.  
Dolphin brings us teachings from the  
water.  
Breath control and the awareness of  
tone is also Dolphin power.



Dragonfly:  
Flighty, carefree. Dragonflies  
symbolize whirlwind,  
swiftness and activity. The  
dragonfly is  
an important insect in Zuni legend,  
where they are  
shamanistic creatures with  
supernatural powers.  
In Hopi rock art, the dragonfly is  
symbolized by a  
vertical line with two or sometimes  
one,  
horizontal cross line.







Eagle:  
Divine spirit, chief of all the creatures  
in the air,  
the primary servant of the sun.  
Powerful in battle,  
the eagle protects the people from  
evil.

Eagle medicine attributes  
include clear vision and soaring spirit.  
The eagle is associated with success,  
prosperity and wealth. In the Zuni  
Tradition,  
the Eagle symbolizes the direction  
Up.



Elk:  
Strength, agility, freedom, power  
and nobility.

Fox:  
Cunning, provider, intelligence.  
Fox represents twilight and feminine  
magic.





Frog:  
Connection with water element

Grizzly Bear:  
Mother, nature's pharmacist



Hawk:  
Messenger of the sky, observer







Horse:  
Stamina, mobility, strength and power.  
The horse was introduced to the plains tribes by the Spanish.  
Shaman's are often pictured flying on mythical horses.  
Horses can symbolize coping under difficult circumstances.  
Horse is love and devotion, loyalty.



Humming Bird:  
Messenger, stopper of time.  
Hummingbird represents optimism and sweetness.  
Being able to roll with the punches is an attribute of Hummingbird.



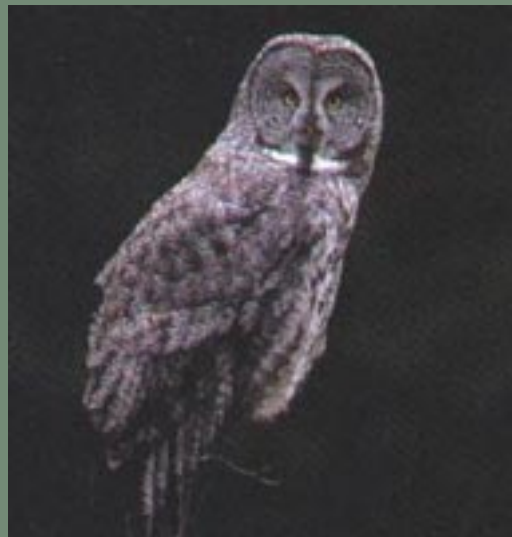
Lizard:  
Conservation, agility.  
Lizard promotes dreaming.





Moose:  
Headstrong, unstoppable longevity.  
Moose represents value and integrity.

Otter:  
Laughter, curiosity, mischievous.  
Otter is a feminine power,  
and the symbol of grace and empathy.



Owl:  
Wisdom, truth, patience.  
The Mescalero believe that Owl  
carries the  
souls of the recently deceased, a  
death messenger.  
Owl is the totem of clairvoyants and  
mystics.





Rabbit:  
Alertness, nurturing



Raven:  
Trickster, teacher, hoarder.  
To Pacific Northwest Coast tribes,  
Raven represented the  
shaman's powers and a belief in  
transformation between  
human and animal spirits. Raven  
symbolizes change in  
consciousness and is the mark of a  
shape shifter.



Salmon:  
Instinct, persistence, determination



Seahorse:  
Confidence, grace



**Shark:**  
Hunter, survival, adaptability



**Snake:**  
Shrewdness, transformation.  
Life, death and rebirth are represented by the shedding of skin. Among the Pueblo Indians snakes and lightning are equated with rain and fertility.



**Spider:**  
Creative, pattern of life.  
Spider connects the past with the future, creating possibilities.  
Spider-woman is a major Pueblo goddess



**Swan:**  
Grace, balance, innocence





Turtle:  
Self contained, creative source.  
Turtle represents Mother Earth.  
Informed decisions, planning and  
adaptability  
are attributes of Turtle.



Wolf:  
Loyalty, success, perseverance,  
stability and thought.  
Wolves are also regarded as path  
finders and teachers.  
Wolf is represented by the  
constellation Sirius, the Dog.  
In the Zuni tradition the Wolf  
symbolizes the direction East.

[Back to Top](#)



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# Spirituality

<u><a href="#">Falcon People</a></u> 3/21 - 4/19	<u><a href="#">Beaver People</a></u> 4/20 - 5/20	<u><a href="#">Deer People</a></u> 5/21 - 6/20
<u><a href="#">Woodpecker People</a></u> 6/21 - 7/21	<u><a href="#">Salmon People</a></u> 7/22 - 8/21	<u><a href="#">Brown Bear People</a></u> 8/22 - 9/21
<u><a href="#">Crow People</a></u> 9/22 - 10/22	<u><a href="#">Snake People</a></u> 10/23 - 11/22	<u><a href="#">Owl People</a></u> 11/23 - 12/21
<u><a href="#">Goose People</a></u> 12/22 - 1/19	<u><a href="#">Otter People</a></u> 1/20 - 2/18	<u><a href="#">Wolf People</a></u> 2/19 - 3/20

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# Spirituality

## falcon people

3/21 - 4/19

Birth Dates	March 21 - April 19
Earth Influence	The Awakening Time
Totem	Eagle
Direction	North-East
Influencing Wind	The East Winds
Element	Fire
Elemental	Hawk (fire) Clan
Function	To Initiate
Birth &; Animal Totem	Falcon
Plant Totem	Dandelion
Stone Totem	Opal
Polarity Totem	Crow
Affinity Color	Yellow/Green

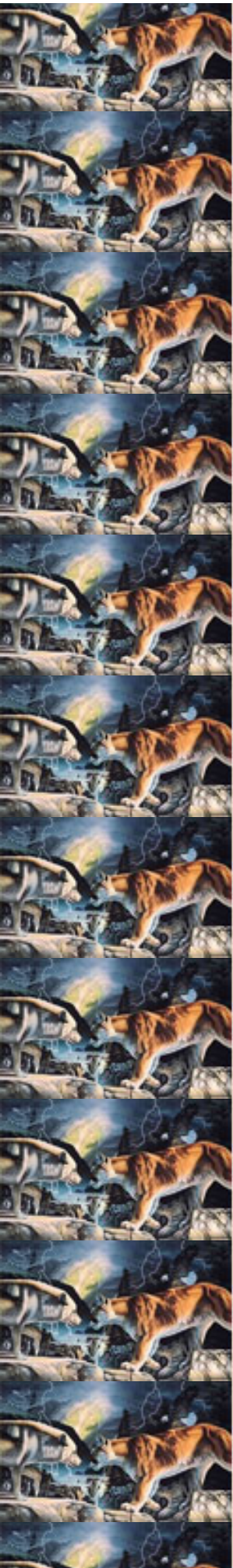




Musical Vibration	C Sharp
Personality	Active, Forceful, Impetuous
Feelings	Quickly Aroused
Nature	Impulsive
Intention	Activity, New Beginnings
Positive Traits	Enterprising, Pioneering, Adventurous, Affable
Negative Traits	Selfish, Egotistical, Impatient
Sex Drive	Easily Aroused, Quick, Fiery and Passionate
Compatibility's	Salmons and Owls
Conscious Aim	To initiate and to lead
Subconscious Desire	Knowledge through personal experience
Life Path	Establishment of individuality through discernment
Spiritual Alchemy	Yang Predominates
Should Cultivate	Patience, Persistence, Compassion
Should Avoid	Vanity, Conceit, Intolerance

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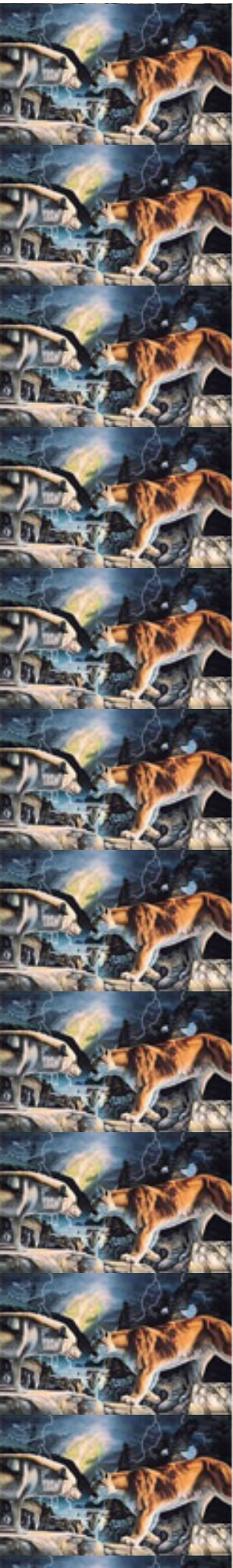


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# Spirituality

beaver people  
4/20 - 5/20

Birth Dates	April 20 - May 20
Earth Influence	The Growing Time
Totem	Eagle
Direction	East
Influencing Wind	The East Winds
Element	Earth with Fire
Elemental	Turtle (earth) Clan
Function	Consolidate
Birth &; Animal Totem	Beaver
Plant Totem	Wild Clover
Stone Totem	Jasper - Bloodstone
Polarity Totem	Snake
Affinity Color	Yellow

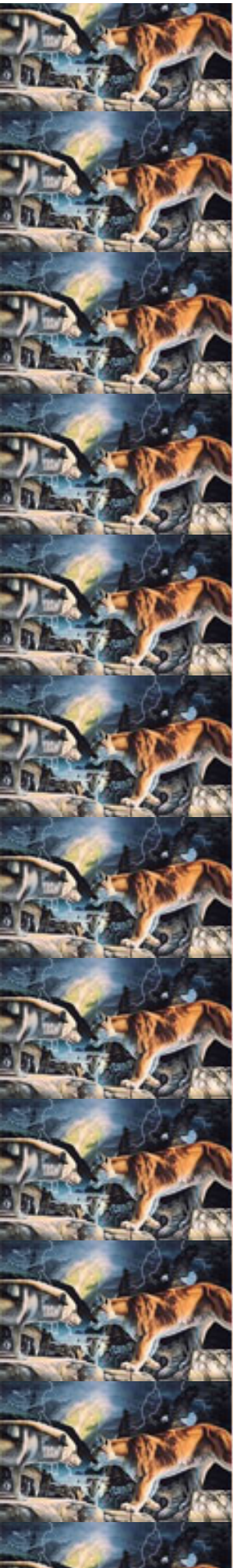


Musical Vibration	D Sharp
Personality	Determined, Resourceful. Opinionated, Methodical
Feelings	Highly strung
Nature	Industrious
Intention	Possession
Positive Traits	Strong-willed, Business like, Persistent
Negative Traits	Possessive Self-indulgent
Sex Drive	Demanding
Compatibility's	Woodpeckers. Brown Bears, Geese
Conscious Aim	Security through possession
Subconscious Desire	Freedom from attachments
Life Path	Discover and possess that which has lasting value
Spiritual Alchemy	Yin Predominates
Should Cultivate	Adaptability Enterprise, Compassion
Should Avoid	Possessiveness, Inflexibility, Stubbornness

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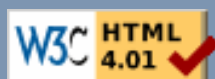






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# Spirituality

deer people  
5/21 - 6/20

Birth Dates	May 21 - June 20
Earth Influence	The Flowering time
Totem	Eagle
Direction	South East
Influencing Wind	The East Winds
Element	Air with Fire
Elemental	Butterfly (air) Clan
Function	To Observe
Birth &; Animal Totem	Deer
Plant Totem	Mullein
Stone Totem	Agate
Polarity Totem	Owl
Affinity Color	Orange

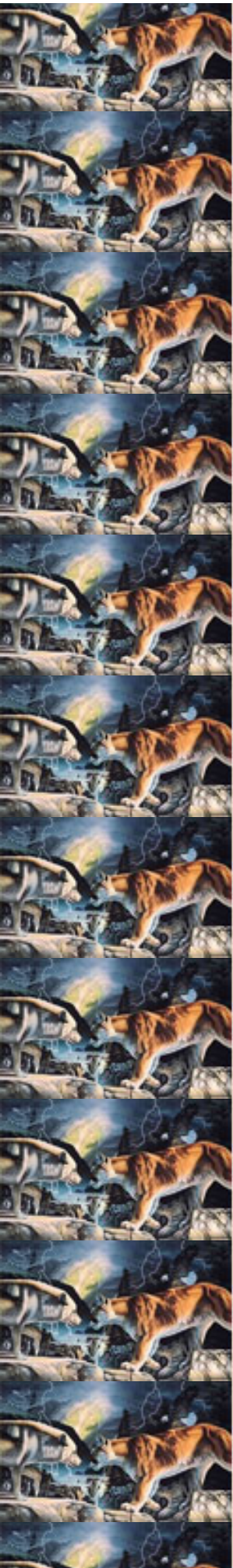




Musical Vibration	E Natural
Personality	Quick, Alert, Talkative, Congenial, Moody
Feelings	Sensitive but superficial
Nature	Lively
Intention	Versatility
Positive Traits	Friendly, witty and intellectual
Negative Traits	Inconsistent, Restless, Lazy &; Despondent
Sex Drive	Titillating
Compatibility's	Crows and Otters
Conscious Aim	To bring together
Subconscious Desire	Mastery of the mind
Life Path	Coordination
Spiritual Alchemy	Yang Predominates
Should Cultivate	Concentration, persistence, sympathy
Should Avoid	Moodiness, inconsistency and superficiality

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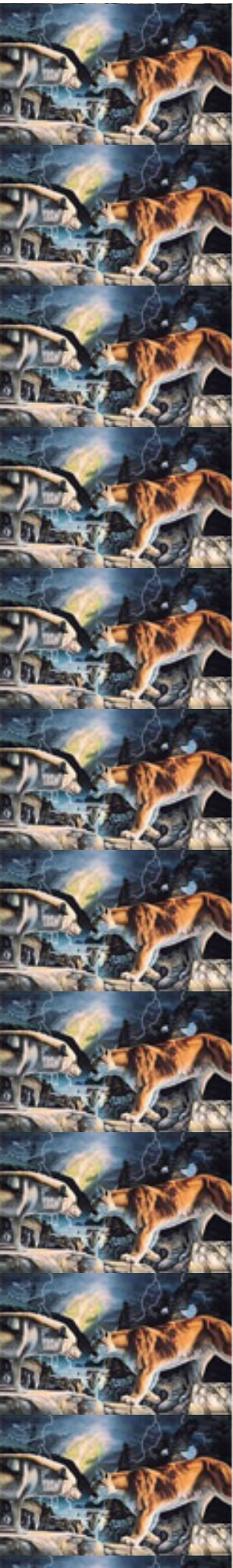


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# Spirituality

## Woodpecker People 6/21 - 7/21

Birth Dates	June 21 - July 20
Earth Influence	The Long days time
Totem	Mouse
Direction	South, South East
Influencing Wind	The South Winds
Element	Water
Elemental	Frog (water) Clan
Function	To Merge
Birth &; Animal Totem	Woodpecker
Plant Totem	Wild Rose
Stone Totem	Rose Quarts
Polarity Totem	Goose
Affinity Color	Rose

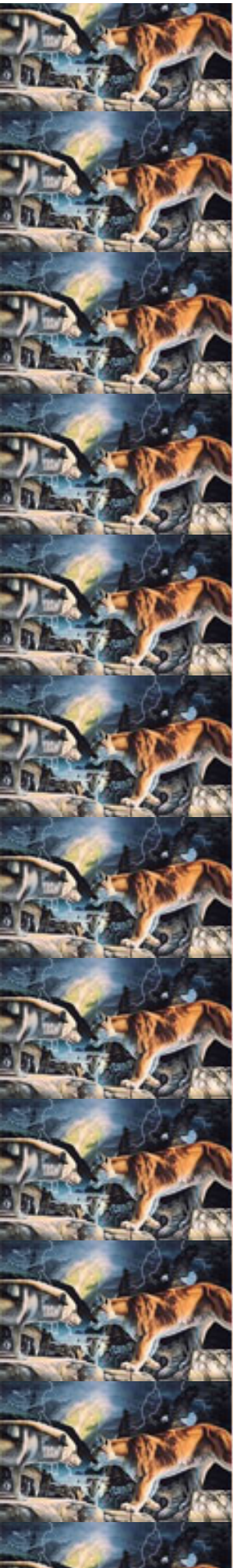


Musical Vibration	F Natural
Personality	Emotional, Sensitive, protective and vulnerable
Feelings	Maternal/Paternal. Romantic
Nature	Exacting
Intention	Devotions
Positive Traits	Imaginative, Tender, Thrifty & Sympathetic
Negative Traits	Possessive, Moody and Unforgiving
Sex Drive	Needful
Compatibility's	Snakes, Wolves and Beavers
Conscious Aim	Emotional unfoldment
Subconscious Desire	Timeliness
Life Path	Assimilation
Spiritual Alchemy	Yin Predominates
Should Cultivate	Intuitiveness, Resourcefulness, Forgiveness
Should Avoid	Self-pity, Envy, Possessiveness

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# Spirituality

## Salmon People

7/22-8/21

Birth Dates	July 22 - August 21
Earth Influence	The Ripening Time
Totem	Mouse
Direction	South
Influencing Wind	The South Winds
Element	Fire with Water
Elemental	Hawk (fire) Clan
Function	To do
Birth &; Animal Totem	Salmon
Plant Totem	Raspberry
Stone Totem	Carnelian
Polarity Totem	Otter
Affinity Color	Red

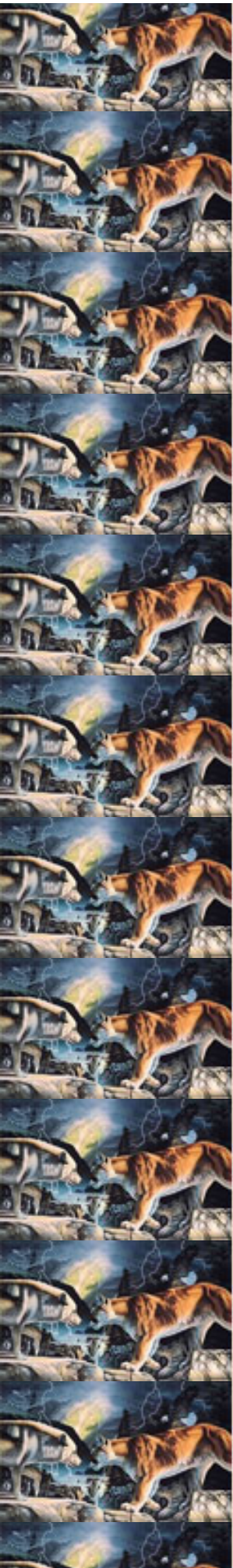




Musical Vibration	F Sharp
Personality	Proud, energetic, confident &; enthusiastic
Feelings	Passionate &; intense
Nature	Demanding
Intention	Rulership
Positive Traits	Generous, magnanimous, creative
Negative Traits	Domineering, arrogant, dogmatic &; intolerant
Sex Drive	Insatiable
Compatibility's	Owls and Falcons
Conscious Aim	To Rule
Subconscious Desire	Emotional Stability
Life Path	To find purpose
Spiritual Alchemy	Yang Predominates
Should Cultivate	Tolerance, Sound Judgment &; Emotional Stability
Should Avoid	Arrogance, egotism, indolence &; pomposity

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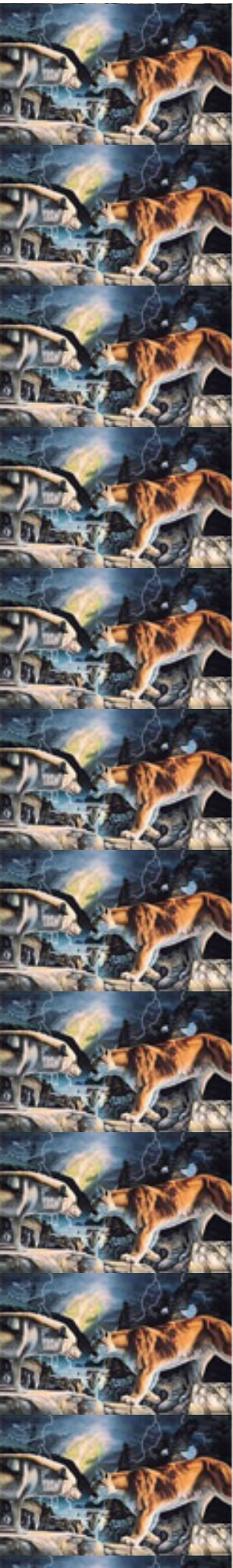


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# Spirituality

## brown bear people 8/22-9/21

Birth Dates	August 22 - September 21
Earth Influence	The Harvesting Time
Totem	Mouse
Direction	South, South West
Influencing Wind	The South Winds
Element	Earth With Water
Elemental	Turtle (earth) Clan
Function	To Modify
Birth &; Animal Totem	Brown Bear
Plant Totem	Violets
Stone Totem	Topaz
Polarity Totem	Wolf
Affinity Color	Brown and Violet

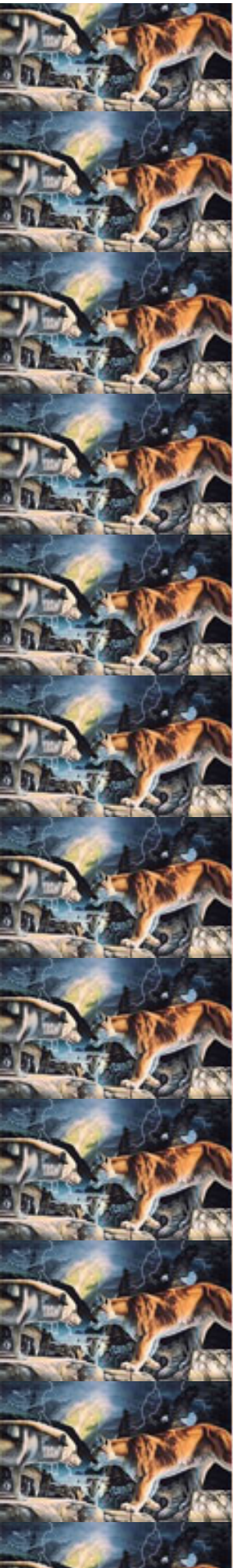


Musical Vibration	G Natural
Personality	Industrious, unassuming, practical, & fastidious
Feelings	Warm and analytical
Nature	Considerate
Intention	Practicality
Positive Traits	Modest, discriminating and meticulous
Negative Traits	Faultfinding, finicky, hypocritical, & fussy
Sex Drive	Moralistic
Compatibility's	Geese and Beavers
Conscious Aim	Sifting and Striving
Subconscious Desire	Perfection
Life Path	Discrimination
Spiritual Alchemy	Yin Predominates
Should Cultivate	Optimism and Tolerance
Should Avoid	Skepticism, faultfinding and procrastination

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# Spirituality

Crow People

9/22 - 10/22

Birth Dates	September 22 - October 22
Earth Influence	The Falling leaves time
Totem	Grizzly Bear
Direction	Southwest
Influencing Wind	The West Winds
Element	Air with Earth
Elemental	Butterfly (air) Clan
Function	To initiate ideas
Birth &; Animal Totem	Crow
Plant Totem	Ivy
Stone Totem	Azurite
Polarity Totem	Falcon
Affinity Color	Blue

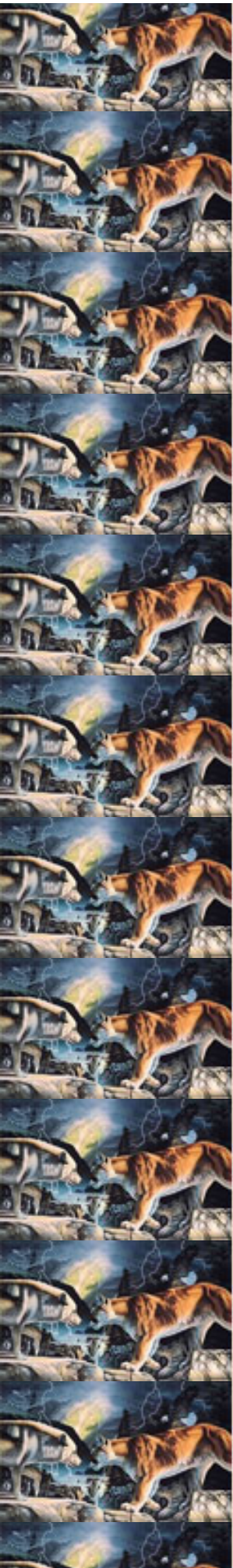




Musical Vibration	A Natural
Personality	Charming, Friendly, Good natured &; Tolerant
Feelings	Sensitive
Nature	Justice
Intention	Cooperative
Positive Traits	Idealistic, Romantic &; Diplomatic
Negative Traits	Indecisive, Frivolous, Gullible and Resentful
Sex Drive	Strong
Compatibility's	Otter and Deer
Conscious Aim	Partnership
Subconscious Desire	Harmony and Beauty
Life Path	Harmonization
Spiritual Alchemy	Yang Predominates
Should Cultivate	Decisiveness, constancy, impartiality &; inspiration
Should Avoid	Indecision, uncertainty, inconsistency

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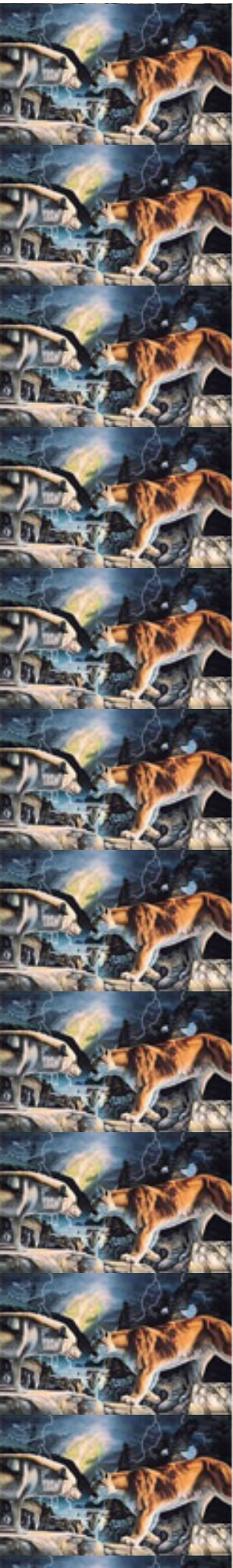


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# Spirituality

## Snake People

10/23 - 11/22

Birth Dates	October 23 - November 22
Earth Influence	The Frost time
Totem	Grizzly Bear
Direction	West
Influencing Wind	The West Winds
Element	Water with Earth
Elemental	Frog (water) Clan
Function	Mental Involvement
Birth &; Animal Totem	Snake
Plant Totem	Thistle
Stone Totem	Amethyst
Polarity Totem	Beaver
Affinity Color	Violet

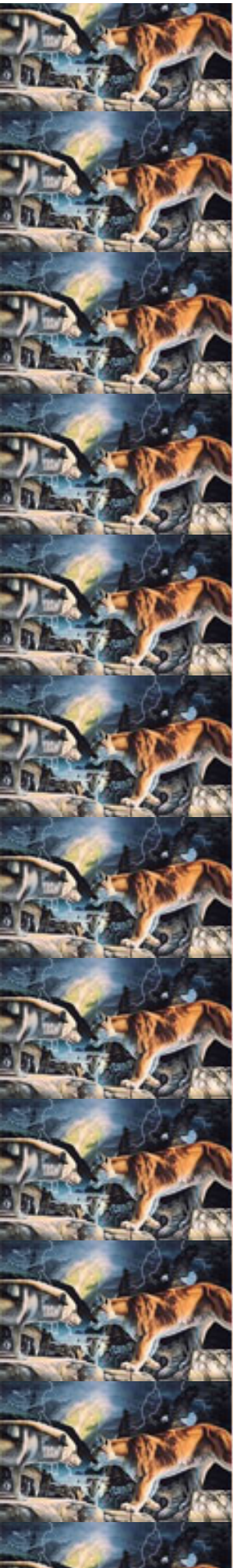


Musical Vibration	B Natural
Personality	Intense, impulsive, ambitious, determined &; mysterious
Feelings	Hidden
Nature	Inquiring
Intention	Introspection
Positive Traits	Purposeful, discerning &; imaginative
Negative Traits	Resentful, stubborn, secretive &; suspicious
Sex Drive	Intense
Compatibility's	Woodpecker &; Wolves
Conscious Aim	Satisfaction
Subconscious Desire	Spiritual Union
Life Path	Sensitivity
Spiritual Alchemy	Yin Predominates
Should Cultivate	Determination, adaptability &; creativity
Should Avoid	Egotism, Arrogance, Envy &; Despondency

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# Spirituality

Owl people

11/23 - 12/21

Birth Dates	November 23 - December 21
Earth Influence	The Long nights Time
Totem	Grizzly Bear
Direction	North-West
Influencing Wind	The West Winds
Element	Fire with Earth
Elemental	Hawk (fire) Clan
Function	Changing things
Birth &; Animal Totem	Owls
Plant Totem	Mistletoe
Stone Totem	Obsidian
Polarity Totem	Deer
Affinity Color	Gold

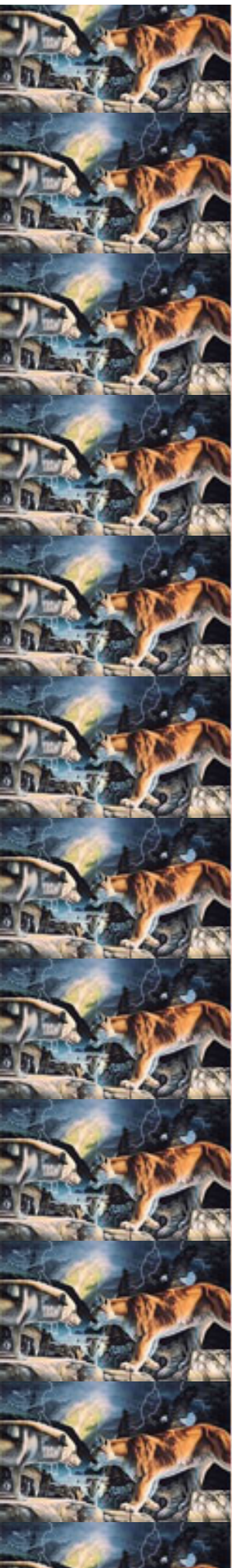




Musical Vibration	C Sharp
Personality	Jovial, Warmhearted, Adventurous, Independent
Feelings	Warm
Nature	Sincere
Intention	Objectivity
Positive Traits	Versatile, Adaptable, Scrupulous
Negative Traits	Restless, Tactless & boisterous
Sex Drive	Adventurous
Compatibility's	Salmons and Falcons
Conscious Aim	Understanding
Subconscious Desire	Determination
Life Path	Elevation
Spiritual Alchemy	Yang and Yin Balanced
Should Cultivate	Concentration, Optimism and enthusiasm
Should Avoid	Overindulgence, exaggeration and greed

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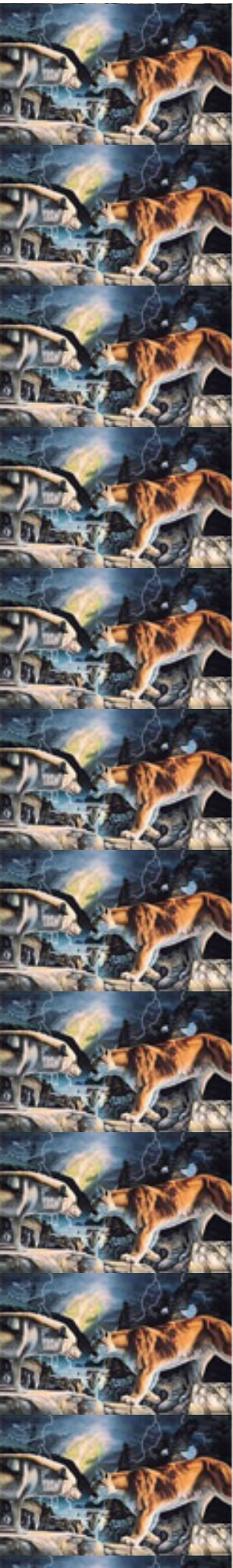


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# Spirituality

Goose People  
12/22 - 1/19

Birth Dates	December 22 - January 19
Earth Influence	The Renewal Time
Totem	Buffalo
Direction	North, Northwest
Influencing Wind	The North Winds
Element	Earth With Air
Elemental	Turtle (earth) Clan
Function	Preparing the Ground
Birth &; Animal Totem	Goose
Plant Totem	Bramble
Stone Totem	Peridot
Polarity Totem	Woodpecker
Affinity Color	White

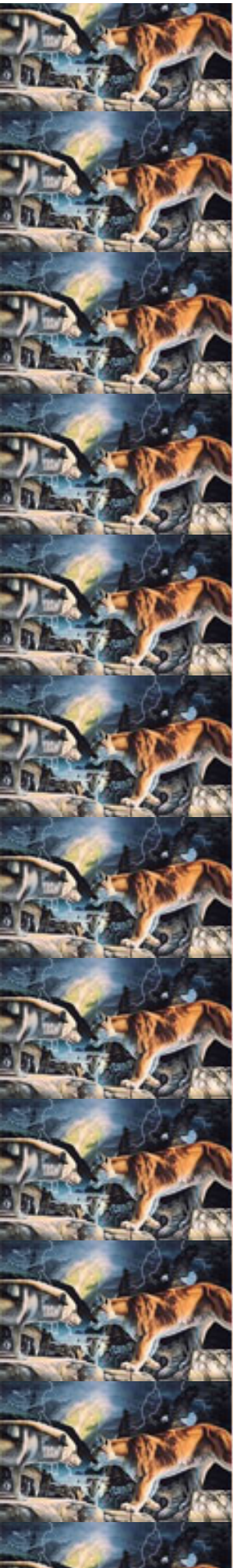


Musical Vibration	D Sharp an octave above Beavers
Personality	Self demanding, reliable, prudent &; austere
Feelings	Self Centered
Nature	Severe
Intention	Trust
Positive Traits	Ambitious, determined, persevering
Negative Traits	Rigid, pessimistic, demanding &; selfish
Sex Drive	Sensual &; long lasting
Compatibility's	Beavers, Brown Bears &; Crows
Conscious Aim	Conservation
Subconscious Desire	Integrity
Life Path	Adaptation
Spiritual Alchemy	Yin Predominates
Should Cultivate	Sociability &; effective self expression
Should Avoid	Self doubt &; pessimism

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# Spirituality

otter people

1/20 - 2/18

Birth Dates	January 20 - February 18
Earth Influence	The Cleansing time
Totem	Buffalo
Direction	North
Influencing Wind	The North Winds
Element	Air
Elemental	Butterfly (air) Clan
Function	To Carry through
Birth &; Animal Totem	Otter
Plant Totem	Fern
Stone Totem	Turquoise
Polarity Totem	Salmon
Affinity Color	Silver





Musical Vibration	E Natural an octave above Deer
Personality	Friendly, unconventional, independent, &; dynamic
Feelings	Detached
Nature	Humanitarian
Intention	Imagination
Positive Traits	Inventive, reforming, &; perceptive
Negative Traits	Unpredictable, rebellious, tactless &; eccentric
Sex Drive	Hot &; Cold
Compatibility's	Crows, Falcons &; Deer
Conscious Aim	Knowledge
Subconscious Desire	Wisdom
Life Path	Creative Strength
Spiritual Alchemy	Yin Predominates
Should Cultivate	Inventiveness, Tolerance, Courage
Should Avoid	Rebelliousness &; eccentricity

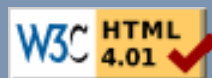
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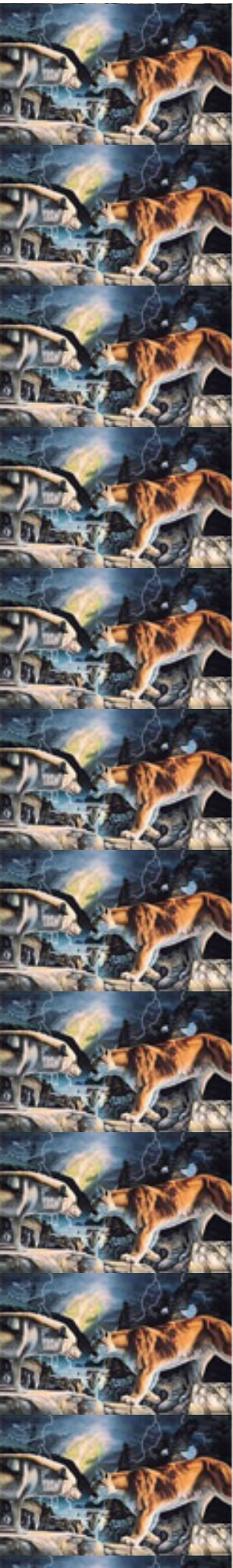


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# Spirituality

Wolf people  
2/19 - 3/20

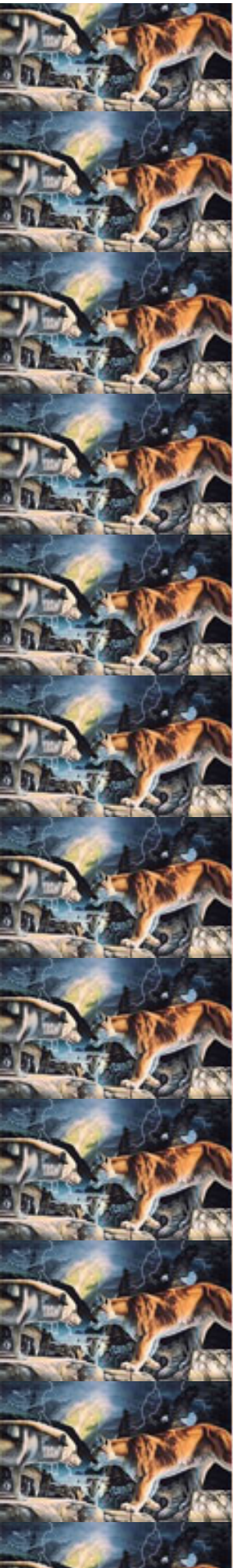
Birth Dates	February 19 - March 20
Earth Influence	The Blustery Winds time
Totem	Buffalo
Direction	North, Northeast
Influencing Wind	The North Winds
Element	Water with Air
Elemental	Frog (water) Clan
Function	Recovery
Birth &; Animal Totem	Wolf
Plant Totem	Plantain



Stone Totem	Jade
Polarity Totem	Brown Bear
Affinity Color	Blue Green
Musical Vibration	F sharp an octave above Salmon
Personality	Compassionate, benevolent, generous, artistic & gentle
Feelings	Deep
Nature	Trusting
Intention	Understanding
Positive Traits	Sympathetic, Adaptable, Impressionable & sensitive
Negative Traits	Impractical, Vague, Timid & Indecisive
Sex Drive	Tender
Compatibility's	Woodpecker, Brown Bears & Snakes
Conscious Aim	Freedom
Subconscious Desire	Identity
Life Path	Love
Spiritual Alchemy	Yin Predominates
Should Cultivate	Intuition, creativity and Understanding
Should Avoid	Timidity, indolence & impracticality

Taken from *"Earth Medicine, a Shamanic way to Self Discovery"* by Kenneth Meadows





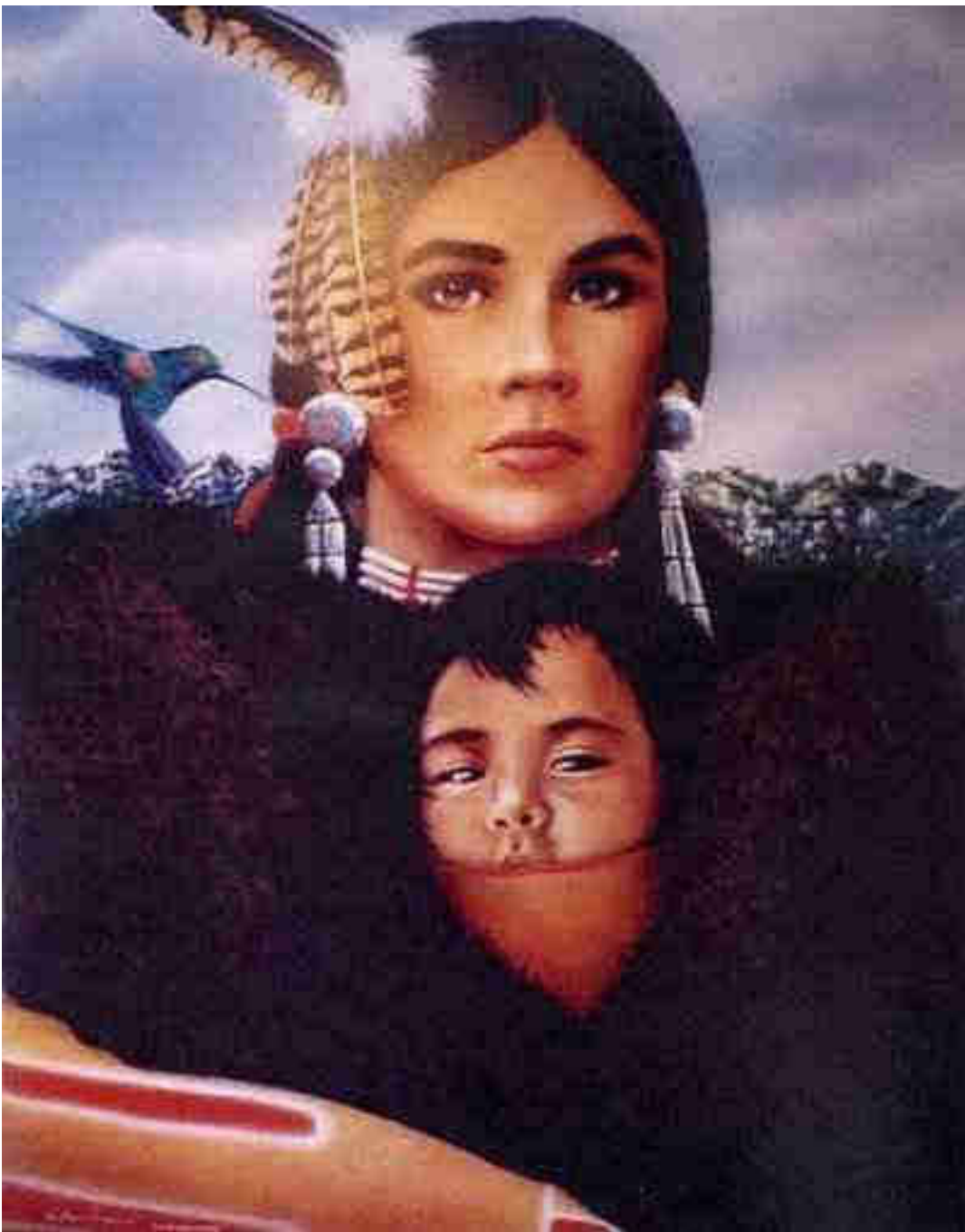
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Music Playing is "Visions"















BEAR SHIELD













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