

# Get To Know Spirit Animals

[www.SpiritAnimal.info](http://www.SpiritAnimal.info)



This guide helps you understand the main messages of spirit animals. Now you can take the SpiritAnimal.info website with you anywhere!

~ Elena Harris ~

## BEAR



Strength, confidence, standing against adversity, taking action, leadership, time for healing, using healing abilities to help others, importance of solitude, quiet time, rest, and provides strong grounding forces.

## BUTTERFLY



Powerful transformation, metamorphosis in your life or personality, moving through different life cycles, renewal, rebirth, lightness of being, playfulness, elevation from Earthly matters, tuning into emotional or spiritual, the world of the soul and the psyche.

## CAT



Patience, waiting for the right moment to act, independence, enjoying social connections, spirit of adventure, courage, deep relaxed connection with self, healing from the inside out, curiosity, and exploration of the unknown or the unconscious.

## COYOTE



Jokester, adaptability, reveal the truth behind illusion and chaos, playfulness, paradoxical nature, personality difficult to categorize, beware of the dark side of things and play on your resources.

## CROW



Life magic, mystery of creation, destiny, personal transformation, alchemy, intelligence, higher perspective, being fearless, audacious, flexibility, adaptability, trickster, manipulative and mischevious.

## DEER



Gentleness, move through life and obstacles with grace, inner child, innocence, sensitive, intuitive, vigilance, ability to change directions quickly, magical ability to regenerate, and being in touch with life's mysteries.

## DOLPHIN



Peace and harmony, protection, playfulness and joy, resurrection, inner strength, and cooperation.

## DRAGONFLY



Change and transformation, adaptability, joy, lightness of being, symbol of the realm of emotions, invitations to dive deeper into your feelings, lookout for illusions and deceits, connection with nature's spirits and fairy realms.

## FOX



Physical or mental responsiveness, increased awareness, cunning, seeing through deception, call to be discerning, ability to find your way around, to be swift in tricky situations, affinity with nocturnal activities and dream work.

## FROG



Cleansing, renewal, rebirth, fertility, abundance, transformation, metamorphosis, life mysteries and ancient wisdom.

## How to connect with your spirit animal?



Pay attention to recurring or unusual encounters with the animal



Learn about the animal, its living habits and characteristics



Reflect on the traits or attributes you have in common



Record and interpret dreams involving the animal



Meditate on or visualize your animal



Imagine what the spirit animal would tell you if it had a voice

## HAWK



Messenger of the spirit world, use the power of focus, take the lead when the time is right, power to see, clear vision, strong connection with spirit, and increased spiritual awareness.

## HORSE



A driving force, what you thrive for or carries you in life, balance between instinctive and tamed part of your personality, sexual energy, masculine energy, strong emotions, and passionate desires.

## HUMMINGBIRD



Lightness of being, enjoyment of life, being more present, independence, bringing playfulness and joy in your life, lifting up negativity, swiftness, ability to respond quickly, resiliency, and being able to travel great distances tirelessly.

## LION



Strength, assertiveness, personal power, predatory feelings such as anger or aggression and the personal struggle to deal with these feelings, and warn about a threatening situation or event in your life.

## OWL



Intuition, see what others do not see, announces change, see beyond deceit and masks, wisdom, announcer of death, and symbolic of a life transition.

## PANDA



Gentle strength, peace, good luck, positive outlook on life, and connection with Eastern wisdom.

## SHEEP



Childlike qualities characterized by innocence and gentleness, vulnerability that could turn into powerlessness, self-acceptance, ability to respect your own limits, tends to conform to social norms or family values.

## SNAKE



Healing, transformation, life changes, connected to life force, primal energy, and spiritual guidance.

## SPIDER



Patience, receptivity, feminine energy, creativity, weaver of life's fate, shadow self, and dark aspects of life or personality.

## TIGER



Willpower, personal strength and courage, shadow or part of you that you would normally try to hide or reject, aggression, anger directed at you, anger felt towards someone, and unpredictability in life, actions or feelings.

## TURKEY



Abundance, connection with spirit of the land and Mother Earth, blessings from the Earth, nourishment, harvesting the fruits of your efforts and work, importance of community, generosity, sharing, having enough in your life, and satisfaction.

## TURTLE



Symbol of the world and the Earth, stays grounded in moments of disturbances and chaos, slowing down, pacing yourself, determination, persistence, emotional strength, understanding, and ancient wisdom.

## WHALE



Wisdom holder, physical and emotional healing, keeper of history, importance of family and community, emotional rebirth, peaceful strength, and communication.

## WOLF



Sharp intelligence, deep connection with instincts, appetite for freedom, expression of strong instincts, feeling threatened, lack of trust in someone or in yourself.