

# Native American Animal Guides

In the tradition of Native peoples, man and animal share an important bond. The Creator gives characteristics to each person which can be shared by an animal, which becomes a totem based on its potential to be a guide and to teach lessons. The animal considered most appropriate is thought to choose the person, not the other way around. Each animal has symbolic significance and its qualities are a key to lessons that might need to be taught, that need to be learned and are needed at a particular time.

Read through each animal's characteristics and color each picture.

Which animal do you think would be your spirit guide?

## **Bear**

The protector. Symbolizes physical strength and leadership as well as the wild, untamable side of humanity.

## **Buffalo**

A provider of all things needed for living. Buffalo brings abundance and healing. Wisdom, renewal and personal power based on knowledge.

## **Coyote**

Sometimes considered an omen of bad things: a trickster. The embodiment of the things we cannot change or understand, he is about acceptance of human limitation.

## **Crow**

A carrier of souls from darkness into light, he guards against fear in the dark. Also a shapeshifter, keeper of spiritual law, and a clown. Looks for the bright and shiny aspects of life.

## **Deer**

Symbolizes speed and family protection. Deer is alert and a symbol of sensitivity and kindness.

## **Eagle**

The Chief. A symbol of freedom and perspective. As a representation of great spirit eagle carries our prayers to the sky. He teaches us to fly.

## **Elk**

A symbol of nobility, power, freedom, great strength and agility.

## **Moose**

Symbolizes scrutiny and attention to detail, and teaches us to be proud of our accomplishments

## **Mountain Lion / Cougar / Puma**

A symbol of power. Cougar teaches you to balance your own. He responds to any challenge with swiftness.

## **Owl**

Represents wisdom. Owl has amazing vision bringing the gift of insight. Also symbolizes the souls of the departed. Owl is connected with darkness and night.

## **Raven**

Sometimes he is considered a trickster. Raven is the messenger from the spirit world. He represents mystery.

## **Snake**

Usually seen in healing and fertility rites. Snake is often considered a hunter. He also symbolises transformation.

## **Wolf**

A teacher of new ideas and wisdom, he shows intense loyalty with a balance of independence. Teaches cooperation, protectiveness and the value of extended families.

