

# ***Power Animals/Spirit Animals/Totem Animals***



Are believed to be guides and protectors who offer us wisdom, strength and guidance in our lives. Each power animal carries its own unique symbolism and characteristics.

## **Some common power animals are:**

**Bear:** Strength, courage & protection. Bear encourages you to hold your ground and be fearless.

**Butterfly:** Transformation, growth, and change. Butterfly reminds you of the beauty in each stage of your transformation.

**Deer:** Gentleness, grace & compassion. Deer encourages you to be kind and sensitive in your actions.

**Eagle:** Vision, freedom, and higher perspective. It can help you to see the bigger picture and gain clarity.

**Owl:** Wisdom, knowledge & intuition. Owl helps you to uncover hidden truths and gain a deeper understanding of yourself.

**Wolf:** Loyalty, teamwork & intuition. The Wolf guides you in finding your path in life and understanding your inner self.

## **Connecting with your power animal:**

There are different ways you can connect with your power animal.

## **Through meditation:**

Try sitting quietly and asking your power animal to reveal itself to you. Pay close attention to images or thoughts that come into your mind. You may also see your power animal over the next few days e.g. a picture on Facebook or tv, a song with the word in, a cuddly toy. Keep your mind and eyes open.

**Dreams:** You can keep a journal by your bed and make a note of any animals you see in your dreams. These could be your power animals.

**Nature walks:** Spending time in nature and seeing what animals you encounter. Notice the ones to you are drawn to or feel a connection with. Some animals appear to give you a message. I have seen a fox on a housing estate, a squirrel in the garden and even a hawk sitting on a road sign.

**Symbolism:** There might be an animal you have always been drawn to. Maybe you have a favourite animal from a young age. You can research their symbolism and also look at different animals to see if any resonate with you. Sometimes you will be drawn to different animals who are there to help you with a situation you are going through. You might have a question going over in your mind that they can help you find an answer to.

[\*\*ljwest-art.com\*\*](http://ljwest-art.com)