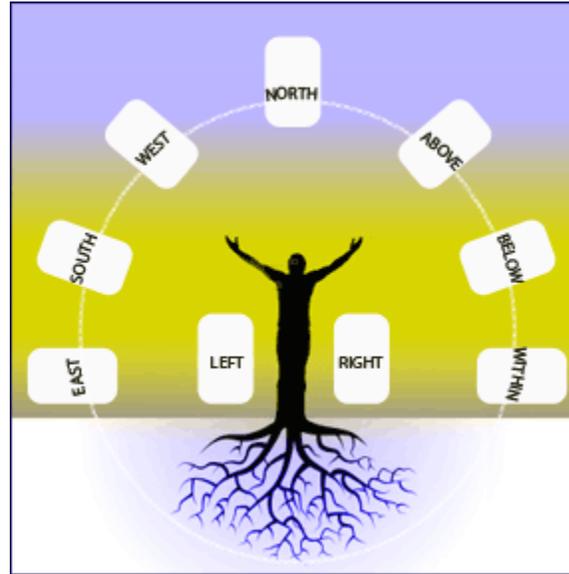
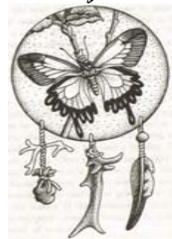


Power Animal Totems - 9 Card Reading



East: The animal in the East guides you to your greatest spiritual challenges and guards your path to illumination.

BEAR



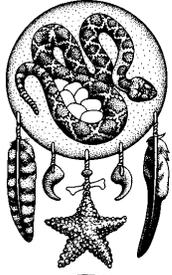
South: The animal in the South protects the child within and reminds you when to be humble and when to trust, so that innocence will be balanced in your personality.

BUTTERFLY



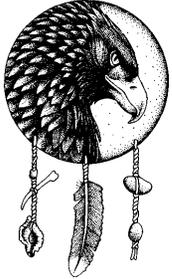
West: The animal in the West leads you to your personal truth and inner answers. It also shows you the path to your goals.

SKUNK



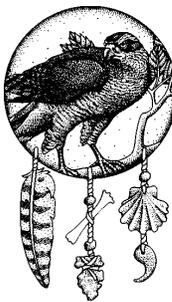
North: The North animal gives wise counsel and reminds you when to speak and when to listen. It also reminds you to be grateful for every blessing every day.

SNAKE



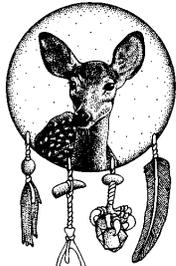
Above: The Above animal teaches you how to honor the Great Star Nation, and reminds you that you came from the stars and to the stars you will return. This animal is also the guardian of the Dreamtime — for your personal access to the other dimensions.

EAGLE



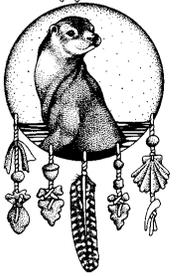
Below: The Below animal teaches you about the inner Earth, and how to stay grounded and on the path. Within: The Within animal teaches you how to find your heart's joy and how to be faithful to your personal truths. It is also the protector of your sacred space, the place that is yours alone and is never shared except by invitation.

HAWK



Right Side: This animal protects your male side and teaches you that, no matter where you turn, it will be your Father-protector within. This animal also carries your courage and warrior spirit.

DEER



Left Side: This animal is the protector of your female side and teaches you that you must learn to receive abundance as well as to nurture yourself and others. The left-side animal is also your teacher about relationships and mothering.

OTTER



BEAR

*Bear ...
Invite me
Into the cave
Where silence surrounds
The answers you gave.*

-INTROSPECTION-

The strength of Bear medicine is the power of introspection. It lies in the West on the great medicine wheel of life. Bear seeks honey, or the sweetness of truth, within the hollow of an old tree. In the winter, when the Ice Queen reigns and the face of death is upon the Earth, Bear enters the womb-cave to hibernate, to digest the year's experience. It is said that our goals reside in the West also.

To accomplish the goals and dreams that we carry, the art of introspection is necessary.

To become like Bear and enter the safety of the womb-cave, we must attune ourselves to the energies of the Eternal Mother, and receive nourishment from the placenta of the Great Void. The Great Void is the place where all solutions and answers live in harmony with the questions that fill our realities. If we choose to believe that there are many questions to life, we must also believe that the answers to these questions reside within us. Each and every being has the capacity to quiet the mind, enter the silence, and know.

Many tribes have called this space of inner-knowing the dream lodge, where the death of the illusion of physical reality overlays the expansiveness of eternity. It is in the Dream Lodge that our ancestors sit in Council and advise us regarding alternative pathways that lead to our goals. This is the power Bear.

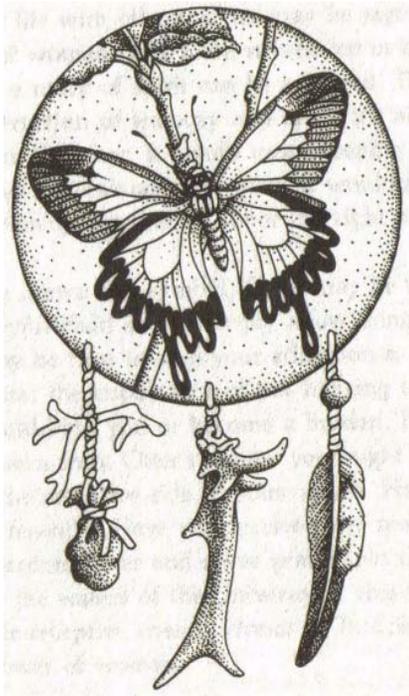
The female receptive energy that for centuries has allowed visionaries, mystics, and shamans to prophesy is contained in very special Bear energy. In India, the cave symbolizes the cave of Brahma. Brahma's cave is considered to be the pineal gland that sits in the center of the four lobes of the brain.

If one were to imagine an overview of the head, the top of it would be a circle. The South would be the forehead, the North the back of the skull, the West would be the right brain,

and the East the left brain.

Bear is in the West, the intuitive side, the right brain. To hibernate, Bear travels to the cave, which is the center of the four lobes where the pineal gland resides. In the cave, Bear seeks answers while he/she is dreaming or hibernating. Bear is then reborn in the spring, like the opening of spring flowers.

For eons, all seekers of the Dreamtime and of visions have walked the path of silence, calming the internal chatter, reaching the place of rites of passage — the channel or pineal gland. From the cave of Bear, you find the pathway to the Dream Lodge and the other levels of imagination or consciousness. In choosing Bear, the power of knowing has invited you to enter the silence and become acquainted with the Dream Lodge, so that your goals may become concrete realities. This is the strength of Bear.



BUTTERFLY

*Butterfly... that flutters in the morning light,
You have known many forms, Before you e'er took flight.*

TRANSFORMATION

The power that Butterfly brings to us is akin to the air. It is the mind, and the ability to know the mind or to change it. It is the art of transformation. \

To use Butterfly medicine, you must astutely observe your position in the cycle of self-transformation. Like Butterfly, you are always at a certain station in your life activities. You may be at the egg stage, which is the beginning of all things. This is the stage at which an idea is born, but has not yet become a reality. The larva stage is the point at which you decide to create the idea in the physical world. The cocoon stage involves "going within": doing or developing your project, idea, or aspect of personality. The final stage of transformation is the leaving of the chrysalis and birth. This last step involves sharing the colors and joy of your creation with the world.

If you look closely at what Butterfly is trying to teach, you, will realize that it is the never-ending cycle of self-transformation. The way to discern where you are in this cycle is to ask yourself:

- 1) Is this the egg stage: Is it just a thought or idea?
- 2) Is this the larva stage: Do I need to make a decision?
- 3) Is this the cocoon stage: Am I developing and doing something to make my idea a reality?
- 4) Is this the birth stage: Am I sharing my completed idea?

By asking yourself these questions, you will discover how Butterfly is relating to you at this moment. When you understand where you are, the symbol can teach you what to do next to continue in the cycle of self-transformation. If you have found the position through which you are cycling, you will see the creativity of Butterfly.

Using the air, or mental powers, of this medicine is done with ease. As an example, if you have been feeling exhausted and have asked how to heal your fatigue, take notice of the colors you have been drawn to recently. Does your body feel better in green? Could this mean that you need to eat more green vegetables? This type of thinking is an inspiration from Butterfly medicine.

Butterfly can give clarity to your mental process, help you organize the project you are undertaking, and assist you in finding the next step for your personal life or career. The main message to be obtained from drawing this symbol is that you are ready to undergo some type of transformation. To discern what your next move is, use the Butterfly Spread.



SKUNK

Skunk . . . tell me the story,

So I will know it well,

Of how to attract,

And how to repel

REPUTATION

Skunk medicine! Go ahead and laugh. This furry little animal has a reputation that contains a great deal of power. Due to its distinctive behavior, humans give this tiny, smelly creature a wide berth. The key word here is *respect*.

Unlike other predatory animals, Skunk does not threaten your life but threatens your senses. You know this to be true if you have ever been in the vicinity of its spray. In observing the habit patterns of Skunk, it is easy to notice the playfulness and nonchalance of its natural behavior. The "I-dare-you" attitude of this four-legged creature commands you, as the observer, to respect its space by mere reputation alone.

Skunk is teaching you that by walking your talk and by respecting yourself, you will create a position of strength and honored reputation. The carriage of your body relates to others what you believe about yourself. There is no need to bully, aggravate, torment, or overpower other beings when your sense of "self" is intact. As with Skunk, the resonant field of energy around your body is relayed through the senses. Self-esteem permeates the body's energy, and is instantly recognized on an extrasensory level by others.

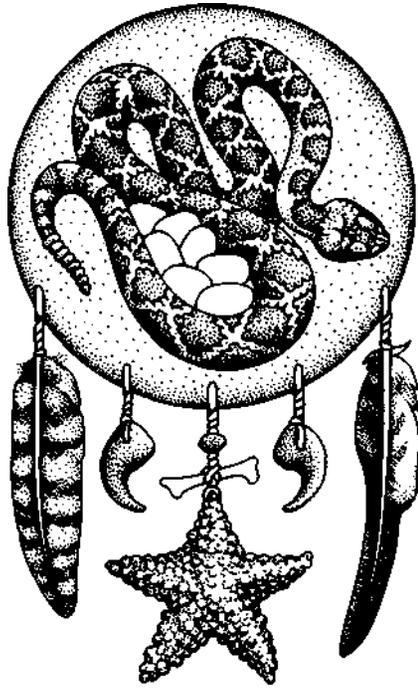
Learn to assert, without ego, what you are. Respect follows. Your self-respectful attitude will repel those who are not of like mind, and yet will attract those who choose the same pathway. As the odor of Skunk attracts others of its kind, it repels those who will not respect its space.

Skunk medicine people have the ability to attract others, and they are very charismatic. At the same time, the other side of their natural power is to repel those who seek to take energy from them without recycling the gifts they

have taken. Skunk medicine people also know how to use the energy flows that will attract a lover. Some people call this sexual magic, as it is akin to the musk scent that animals excrete to attract a mate. It can be dangerous to leak sexual energy if you are not looking for a mate. It puts you into a games condition that may feed your ego but not how others feel about you. If you are attracting others who have an interest in you, you are in a sense saying, "I'm available." This can cause hard feelings when the truth comes out. It also leaks energy that you could have used in a more constructive way.

In Skunk medicine, it is good to learn how to handle energy flows. Modern psychologists call this body language. In tribal teachings, this is your personal medicine which you are showing to others. Use your medicine well, and know that you are known by your reputation. How you use your energy will attract either honor or disgrace. You may want to examine what energy you are putting out that creates your present situation.

If you have chosen this symbol, you are being asked to notice the kinds of people who are attracted to you. If they emulate favorable characteristics, have enough self-esteem to recognize those characteristics within yourself. Walk tall and be proud of the accomplishments you have made. Bear in mind that what you believe about yourself is your ultimate protection. Project self-respect!



SNAKE

Snake . . . come crawling,
There's fire in your eyes.
Bite me, excite me,
I'll learn to realize,
The poison transmuted,
Brings eternal flame.
Open me to heaven,
To heal me again

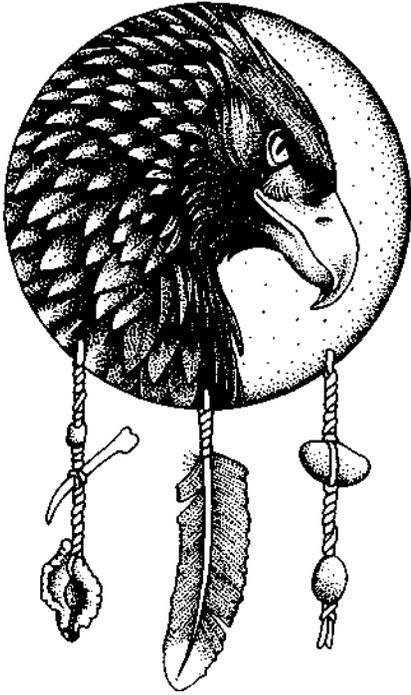
-TRANSMUTATION-

Snake medicine people are very rare. Their initiation involves experiencing and living through multiple snake bites, which allows them to transmute all poisons, be they mental, physical, spiritual, or emotional. The power of snake medicine is the power of creation, for it embodies sexuality, psychic energy, alchemy, reproduction, and ascension (or immortality).

The transmutation of the life-death-rebirth cycle is exemplified by the shedding of Snake's skin. It is the energy of wholeness, cosmic consciousness, and the ability to experience anything willingly and without resistance. It is the knowledge that all things are equal in creation, and that those things which might be experienced as poison can be eaten, ingested, integrated, and transmuted if one has the proper state of mind. Thoth, the Atlantean who later returned as Hermes and was the father of alchemy, used the symbology of two snakes intertwining around a sword to represent healing. Complete understanding and acceptance of the male and female within each organism creates a melding of the two into one, thereby producing divine energy.

This medicine teaches you on a personal level that you are a Universal being. Through accepting all aspects of your life, you can bring about the transmutation of the fire medicine. This fire energy, when functioning on the material plane, creates passion, desire, procreation, and physical vitality. On the emotional plane, it becomes ambition, creation, resolution, and dreams. On the mental plane it becomes intellect, power, charisma, and leadership. When this Snake energy reaches the spiritual plane, it becomes wisdom, understanding, wholeness, and connection to the Great Spirit. If you have chosen this symbol, there is a need within you to transmute some thought, action, or desire so that wholeness may be achieved. This is heavy magic, but remember, magic is no more than a change in consciousness. Become the magician or the enchantress: transmute the energy and accept the power of the fire.

EAGLE



Eagle . . . Fly high,
Touch Great Spirit.

Share your medicine, Touch me, honor me,
So that I may know you too.

SPIRIT

Eagle medicine is the power of the Great Spirit, the connection to the Divine. It is the ability to live in the realm of spirit, and yet remain connected and balanced within the realm of Earth. Eagle soars, and is quick to observe expansiveness within the overall pattern of life. From the heights of the clouds, Eagle is close to the heavens where the Great Spirit dwells.

The feathers of Eagle are considered to be the most sacred of healing tools. They have been used for centuries by shamans to cleanse the auras of patients coming to them for healing. Within the belief systems of Native American tribes, Eagle represents a state of grace achieved through hard work, understanding, and a completion of the tests of initiation which result in the taking of one's personal power. It is only through the trial of experiencing the lows as well as the highs, and through the trial of trusting one's connection to the Great Spirit, that the right to use the essence of Eagle medicine is earned.

If you have pulled this symbol, Eagle is reminding you to take heart and gather your courage, for the universe is presenting you with an opportunity to soar above the mundane levels of your life. The power of recognizing this opportunity may come in the form of a spiritual test. In being astute, you may recognize the places within your soul, personality, emotions, or psyche that need bolstering or refinement. By looking at the overall tapestry, Eagle teaches to broaden your sense of self beyond the horizon of what is presently visible.

In learning to fiercely attack your personal fear of the unknown, the wings of your soul will be supported by the

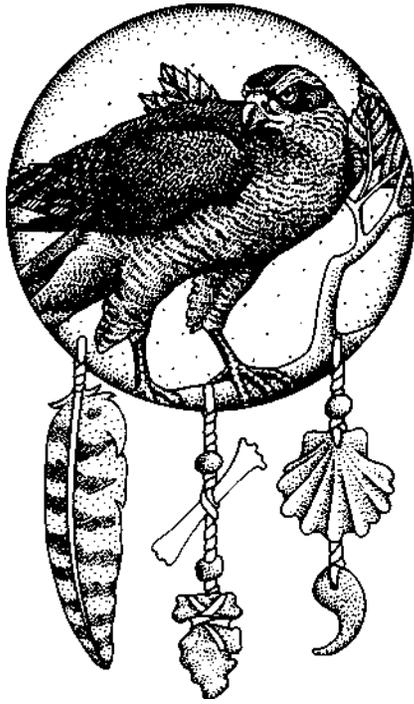
ever-present breezes which are the breath of the Great Spirit.

Feed your body, but more importantly feed your soul. Within the realm of Mother Earth and Father Sky, the dance that leads to flight involves the conquering of fear and the willingness to join in the adventure that you are co-creating with the Divine.

If Eagle has majestically soared into your cards, you are being put on notice to reconnect with the element of air. Air is of the mental plane, and in this instance it is of the higher mind. Wisdom comes in many strange and curious forms and is always related to the creative force of the Great Spirit.

If you have been walking in the shadows of former realities, Eagle brings illumination. Eagle teaches you to look higher and to touch Grandfather Sun with your heart, to love the shadow as well as the light. See the beauty in both, and you will take flight like the Eagle.

Eagle medicine is the gift we give ourselves to remind us of the freedom of the skies. Eagle asks you to give yourself permission to legalize freedom and to follow the joy your heart desires.



Hawk

Hawk ..

Messenger of the sky,

Circle my dreams and teach me The message as we fly.

MESSENGER

Hawk is akin to Mercury, the messenger of the gods. Hawk medicine teaches you to be observant, to look at your surroundings. Observe the obvious in everything that you do. Life is sending you signals.

Life is the initiation. If you have pulled the Hawk card, then right now a clue about the magic of life is being brought to you. This magic can imbue you with the power to overcome a currently stressful or difficult situation. The test is your ability to observe the nuances of power lurking nearby. Is power the talent you have and are not using? Are solutions always hard to find because you have lost the broader vision of Hawk? Or

is the Great Spirit displaying a gift that you need only to receive? Have the colors of the morning inspired you to create? Or has the gloominess of a present situation left you earthbound, unable to hear the voice within the raindrops splashing on your window? Pay attention! You are only as powerful as your capacity to perceive, receive, and use your abilities.

What is called for here is an intuitive ability to discern the message carried within the cry of Hawk. The shrillness of Hawk's call pierces the state of unawareness, and asks you to seek truth.

The Ancients recognized this magnificent bird of prey as a messenger bringing tidings to their Earth Walk, the Good Red Road, from the world of the grandfathers and grandmothers who lived before them. If Hawk were to magically cry, it was sign to beware or be aware. This could mark the coming of a Warring tribe, the birth of a child, or the celebration of counting coup. Hawk's cry signaled the need for the beholder to heighten awareness and receive a message.

Hawk medicine is a totem that is filled with responsibility, because Hawk people see the overall view. Hawk is not like Mouse, who sees everything through a magnifying glass. Hawk medicine people are aware of omens, messages from the spirit, and the color of the calling card you gave them three months ago. No detail slips by them unnoticed.

If Hawk has circled and landed in your card spread, you are to be aware of signals in your life so notice and receive them. Hawk may be teaching you to grab an opportunity which is coming your way. On the other hand, Hawk may be

bringing you the message that you should circle over your life, and examine it from a higher perspective. From this vantage point you may be able to discern the hazards which bar you from freedom of flight. Remember: Hawk has a keen eye and a bold heart, for Hawk flies close to the light of Grandfather Sun.

DEER



Deer ... so gentle
and loving you are.

The flower of kindness, an embrace from afar.

GENTLENESS-

One day Fawn heard Great Spirit calling to her from the top of Sacred Mountain. Fawn immediately started up the trail. She didn't know that a horrible demon guarded the way to Great Spirit's lodge. The demon was trying to keep all the beings of creation from connecting with Great Spirit. He wanted all of Great Spirit's creatures to feel that Great Spirit didn't want to be disturbed. This would make the demon feel powerful, and capable of causing them to fear him.

Fawn was not at all frightened when she came upon the demon. This was curious, as the demon was the archetype of all the ugly monsters that have ever been. The demon breathed fire and smoke and made disgusting sounds to frighten Fawn. Any normal creature would have fled or died on the spot from fright.

Fawn, however, said gently to the demon, "Please let me pass. I'm on the way to see Great Spirit."

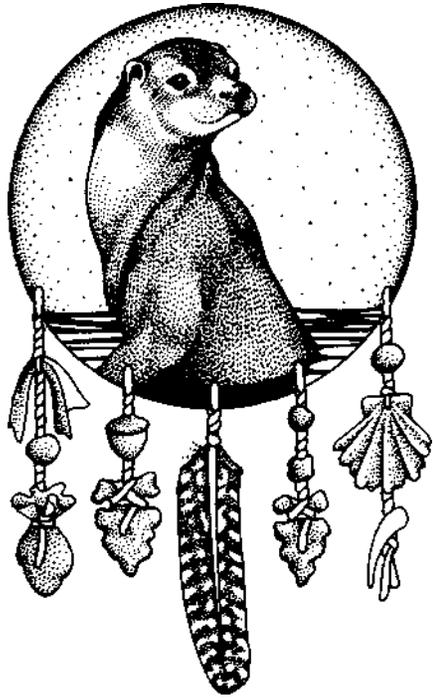
Fawn's eyes were filled with love and compassion for this oversized bully of a demon. The demon was astounded by Fawn's ; lack of fear. No matter how he tried, he could not frighten Fawn, because her love had penetrated his hardened, ugly heart.

Much to the demon's dismay, his rock-hard heart began melt, and his body shrank to the size of a walnut. Fawn's persistent love and gentleness had caused the meltdown of the demon. Due to this gentleness and caring that Fawn embodied, the pathway is now clear for all of Great Spirit's children to reach Sacred Mountain without having to feel the demons of fear blocking their way.

Deer teaches us to use the power of gentleness to touch the hearts and minds of wounded beings who are trying to keep us from Sacred Mountain. Like the dappling of Fawn's coat, both the light and the dark may be loved to create

gentleness and safety for those who are seeking peace.

If Deer has gently nudged its way into your cards today, you are being asked to find the gentleness of spirit that heals all wounds. Stop pushing so hard to get others to change, and love them as they are. Apply gentleness to your present situation and become like the summer breeze: warm and caring. This is your tool for solving the present dilemma you are facing. If you use it, you will connect with Sacred Mountain, your centering place of serenity, and Great Spirit will guide you.



OTTER

Otter ...
So playful!
Coquettes by the stream.

The medicine of woman,
The Realized Dream.

-WOMAN MEDICINE-

The medicine held by Otter is a set of lessons in female energy. This applies to both men and women, as all of us have female sides. The Otter's hide is very often used to make medicine bags for powerful women because it represents balanced female energy.

Otter is very caring of its young and will play for hours, performing all types of acrobatics. It lives on land, but always has its home near water. The elements of Earth and Water are the female elements. At home in both of these elements, Otter is the personification of femininity: long, sleek, and graceful, Otter is the true coquette of the animal world.

Otter is always on the move and is very curious. Unlike other animals, Otter will not start a fight unless it is attacked first. This joyful little creature is adventuresome and assumes that all other creatures are friendly — until proven otherwise.

These character traits are the beauty of a balanced female side, the side of ourselves that creates a space for others to enter our lives without preconceptions or suspicions. Otter teaches us that balanced female energy is not jealous or catty. It is sisterhood, content to enjoy and share the good fortune of others. Anchored in the understanding that all accomplishments are worthwhile for the whole tribe, Otter people express joy for others.

Long ago, in tribal law, if a woman were widowed, her sister would offer her own husband to the widow as a lover to keep her from drying up and not using her creative urges. This is Otter medicine, too. Envy, or the fear of being replaced, has no space in Otter's balanced understanding of sharing goodness.

Woman energy without games or control is a beautiful experience. It is the freeness of love without jealousy. It is the

joy of loving other people's children and their accomplishments as much as you love your own.

It may be time to examine your feelings about sharing the bounty of your life with others. Otter may be saying that the finer qualities of woman need to be striven for in both men and women so that a unity of spirit can be achieved. This would involve the destruction of jealousy and of all the acts of anger which stem from that fear. It would mean keeping a Hawk-eye on your ego and maintaining total trust. It would mean a world full of people coming together to honor the right of each person to be.

If you have drawn this symbol, Otter may be telling you to become the playful child and to simply allow things to unfold in your life. It may be time to stop your addiction to worrying. Otter also teaches the importance of not hanging onto material things that would bind you or become a burden. In looking at how you can learn from Otter's habits, you might look at the joyousness of the receptive side of your nature. Have you given yourself a gift recently? Have you received any messages in your meditations? Become Otter and move gently into the river of life. Flow with the waters of the Universe ... this is the way of balanced female-receptive energy. Honor it! In doing so, you will discover the power of woman.