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Spirit animals are our guides in life, directing us in the right direction and teaching us lessons along the way. They bring awareness to our inner self and allow us to walk through the course without failing to acknowledge our higher purpose.Knowing who is helping us offers a sense of safety and assurance, and strengthens our sense of independence and resilience. Spirit animals are here to help us understand our personal challenges by exploring their symbolic meaning and unique characteristics.In Native American and Indigenous cultures, specifically, spirit animals serve an important purpose and are considered sacred. That is why non-Natives must be careful not to use spirit animals in a way that appropriates this culture.RELATED: Feather Meanings: Spiritual Meaning & Symbolism Of FeathersAre totem animals different from spirit animals?Similar to spirit animals, totem animals are called upon for assistance in protecting your community and are symbolic representations of a spirit guide.Native Americans formed clans many years ago, where ancestors used a totem animal to represent their group, calling upon a specific animal, based on their special traits, to ensure the safety and protection of their community.Another similar term to spirit animals is power animals, which is the spiritual energy from within that we call to help us in specific situations or circumstances.

Whereas, a spirit animal is invoked when we need guidance, support and strength for a particular reason.How do you find your spirit animal?Spirit animals are our personal animal guides to living an enlightened life and discovering the answers to life's greatest questions within ourselves. If you cross paths with an animal often, that may be a sign that this is your spirit animal.Be very observant if you suddenly start seeing an animal in your dreams or in reality, as this is a sign that a cosmic shift is waiting to occur in your life. You can also find your spirit animal while meditating, seeing them again and again on certain products, or having a psychic pull to them.Another important fact about spirit animals is that you cannot choose your own. Spirit animals will present themselves to you at the perfect time. However, just because you don't encounter your spirit animal doesn't mean it's not there. You can feel a strong connection to any animal based on their traits, your appreciation of the animal, or finding common qualities within yourself.You can also take various online quizzes to determine your spirit animal.In addition, you might feel a strong connection with particular animals in the Native American Zodiac, as well as Western astrology.What is are spirit animals by birthday?Well, depending on the date you were born, your birthday spirit animal is based on your zodiac sign. Some zodiac signs (like Gemini, Virgo, Libra, and Aquarius) don't have animals as their Zodiac symbol; however, other animals represent these four zodiac signs' traits:Aries: RamTaurus: BullGemini: Phoenix (Twins)Cancer: CrabLeo: LionVirgo: Fox (Maiden)Libra: Swan (Scales)Scorpio: ScorpionSagittarius: CentaurCapricorn: Sea GoatAquarius: Spider (Water Beavers)Pisces: FishWhat are the 12 spirit animals?In Native American astrology, a specific animal is assigned based on birth date or period. The birth totems below are almost identical to the dates in Western astrology.(Keep in mind that these dates are solely for the Northern hemisphere, and differ if you live in the Southern hemisphere.)Oter: January 20 - February 18Wolf: February 19 - March 20Falcon: March 21 - April 19Beaver: April 20 - May 20Deer: May 21 - June 20Woodpecker: June 21 - July 21Salmon: July 22 - August 22Raven: August 23 - September 22Snake: October 23 - November 21Owl: November 22 - December 21Snow Goose: December 22 - January 19RELATED: Bird Meanings & Symbolism ExplainedSpirit Animal List And MeaningsAlligatorAlligators are patient creatures, laying in wait to snap their jaws shut on their prey. But they are also quite strong and agile animals. An alligator spirit animal symbolizes protection and bravery, but also is a nudge to seek out knowledge and realize what you really want out of life.AntAnts are very goal-oriented and work well in groups. If you discover this tiny but mighty insect as your spirit animal, it could be a sign that you love teamwork and should always remain persistent in anything you do.BatDespite hanging upside down in caves, bats are quite resilient animals, using echolocation and their sensitive ears to communicate. If you have a bat as your spirit animal, it's a sign that there's a major change in the future; they are associated with observation and illusion, and help individuals realize their natural intuition.BearBears aren't the aggressive creatures many say they are; rather, they are nurturing and gentle. Considered one of the most powerful spirit animals, if you have crossed paths with one and have a bear as your spirit animal, it's reassuring you of the courage you have inside. Remember to hold fast and keep going in the face of adversity.BeeBees are all about productivity and working hard to serve their queen. If a bee is your spirit animal, pay attention to how hard you're working, both in your personal life and job. This guardian spirit is helping you call attention to whether you've been exhausting yourself, or have been slacking. It's also a reminder to "stop and smell the roses," as bees are so inclined to do.ButterflyButterflies are some of the most beautiful insects. They grow from a small, hungry caterpillar into a beautiful butterfly. Their growth process is spiritually symbolic and meaningful because it proves that change can be good for anyone. If you discover a butterfly as your spirit animal, this is the time to realize that you are evolving and need to transform parts of your life.CatOur favorite furry friends don't just lay in the sunlight or stalk their prey; in fact, cats are known for their curiosity, adventure and independent nature. If you keep seeing a cat or have a cat as your spirit animal, it means you need to take action, or it's a negative warning of the future.CheetahCheetahs are the fastest land animal in the world, running at speeds up to 80 MPH! They are a symbol of focus, intensity, intelligence and quick action. Having this animal as your spiritual guide is a nudge to stick to the goals you've set for yourself, and achieve them.CoyoteCoyotes have been said to be sort of paradoxical in nature; although they are tricksters and love playing around, they know when it's time for business. If a coyote is your spirit animal, this might lead to the assumption that you need to take a step back, relax, and not take life too seriously.CrowUnfortunately, many are superstitious about crows; however, these birds aren't a bad omen if you see them out in nature. This animal symbolizes transformation, intelligence, and wisdom, and are a warning against people trying to use you; as a spirit animal, they also mean that you are now wise enough to overcome something.DeerDeer are incredibly gentle, graceful animals whom we often see grazing meadows and protecting their offspring. Seeing a deer in person or in a dream means you need to have that same compassionate temperament not only with others, but yourself.DogDogs are known to be loyal, devoted pals, and many believe that their souls reunite with their owners in heaven. So, to have one as your spirit animal is a warning to be aware of hidden issues you haven't come to know just yet; it's also a reminder to possess a high level of loyalty with the people in your life, just like the animal does.DolphinDolphins are majestic and family-oriented; they are the dogs of the sea because of their playful and intuitive nature. If you discover a dolphin as your spirit animal, you need to seek peace within your own life and those around you.DoveDoves are a symbol of peace, and were frequently used as messengers. A dove appearing in your life is a sign that you may feel uneasy and need to seek out harm in all aspects of life. Doves also deliver the message that you might be searching for a place to call home.EagleEagles are the messengers and patrollers of the skies; their sharp vision allows them to see the world from a broader perspective. Eagles symbolize the need to look at every detail of a situation you're facing, and think of these situations on a more grand scale.ElephantNot only do elephants never forget, but they are highly intelligent mammals who symbolize honor, royalty, strength and power. An elephant as your spirit animal means you must connect with your loved ones and yourself, but also show up when you need inspiration to push forward.FoxFoxes are also known to be little tricksters, but this doesn't mean they are naive to the world around them. If you have a fox as your spirit animal, you may be in need of thinking on your feet and developing a keen sense of adaptability.FrogWe usually see frogs hanging out by bodies of water, and symbolize cleansing, rebirth, and peace. When a frog seems to be drawn to you, or vice versa, it's reminding you of the importance of keeping yourself emotionally and mentally strong, and healing from past trauma. A frog will also appear when you're going through a transformation.RELATED: 6 Signs A Spirit Is Trying To Warn YouGooseDespite the bad rep they get for being standoffish and mean, geese symbolize wisdom, bravery, and reliability. Seeing a goose or having this creature as your spirit animal is a good lesson in showing your creativity. A goose also guides you to focus on welcoming a good opportunity in the future.HawkThese powerful birds have long been used as messengers, and are associated with strength, leadership, protection and healing. As a spirit animal, a hawk is guiding you on the right path where you listen to your intuition and can see a troubled situation in a new light.HorseHorses are the most resilient and persistent animals; they are noble and have a drive for motivation. Having a horse as your spirit animal means you should tap into your strength and abilities to fight through anything you're facing.HummingbirdHummingbirds beat their wings more than 4,000 times per minute! But having a hummingbird as a spirit animal, it's telling you to be more self-sufficient, spend time doing things you enjoy, learn from your past mistakes, and seek out the dreams you want most in life.JaguarAs the third biggest cat in the world, jaguars are ready at a moment's notice, and quickly take action against their prey. These strong animals are symbols of speed, grace and knowledge. And having a jaguar spirit animal guides you towards discovering your inner power, driving you to welcome change and improve your psychic abilities.LadybugLadybugs are most noticeable for the black spots on their red shell, and are often used to make wishes. These insects are a symbol of luck and love, and, as spirit guides, help you let go of the past that's holding you back, that love is in your future, or that you need to enjoy the moment.LionLions are incredibly courageous animals and are king of the jungle. They know how to remain focused and can quickly adapt their senses into attacking any situation head-on. If you discover a lion as your spirit animal, it's a reminder that you can do anything, as long as you stay focused and keep your eyes on the prize.MonkeyMonkeys are known for their curiosity, cleverness, and being tricksters who play practical jokes. But they symbolize confidence, playfulness, and creativity. So, a monkey spirit animal is sending a message to invite fun and excitement into your life, as well as getting your life on the right track.MouseMice symbolize modesty, innocence, sympathy and secrecy, but these small rodents serve an important purpose in your life as a spirit guide. They bring the message of urgency, wanting you to change your bad behavior and have compassion. A mouse will also appear to bring the message of abundance.OwlOwls are nocturnal birds with large eyes, often associated with wisdom. But they are also symbolic of freedom, protection, and stealth, so when you see an owl or have an owl spirit animal, expect guidance on realizing your "higher self," seeing things that are currently hidden, and, above all, stay true to who you are.PandaPandas are most recognizable by their black eye patches and curiosity for their surroundings. A symbol of balance, solitude, and willpower, pandas guide us towards our foundation that keeps us safe, as well as helping us realize that we need to show gratitude for what we have.PantherBlack panthers, in particular, are known for being elusive, hiding in the shadows, and living a solitary life. A panther spirit animal guides you to seek strength within and overcome darkness, and will show up when you call for protection of some kind.PeacockPeacocks know how to turn heads and be the center of attention, and for good reason. They are style and grace, and honor self-love. If you discover a peacock as your spirit animal, you're being reminded to be confident, and always stay true to who you are and what you represent.RELATED: 5 Spiritual Practices That Are Good For Your Mind, Body, And SpiritRabbitRabbits can be very shy when encountered; however, this doesn't mean their timid traits mean any less, as they represent abundance and creativity. A rabbit spirit animal means now is the time to break out of your shell and express your creativity.RaccoonRaccoons aren't just the animals hiding in our dumpsters or trees; in fact, they are quite intelligent and nurturing, leading solitary lives. Seeing a raccoon is a message to be true to yourself, learn to adapt to change, and let go of whatever holds you back.RatRats are associated with strength, kindness, and intelligence, despite their negative associations with filth and disease. In fact, having a rat as your spirit guide is associated with career success, pushing yourself to be productive and/or taking a step back, and warns you when a situation is going downhill fast.SheepMore than just producers of wool, sheep are symbols of humility, courage and peace. You won't expect their appearance as your guide, and help you to be more vulnerable in your relationships, tap into your soft side, and show more compassion to others.SnakeWhile many associate the snake with deception dating back to the beginning of mankind (as in, the Garden of Eden), this reptile is associated with wisdom, power, and transformation. Snakes as a spirit animal bring a sense of focus towards moving forward in life, letting go of the past to grow, and can even provide a spiritual awakening with the chakras.SpiderSpiders might not be everyone's favorite insect, but they have proven time and time again just how valuable they are. Their patience and skills show how and why we need them. If you discover a spider as your spirit animal, be patient in your everyday life and you will see the amount of opportunities that flood in.SquirrelWhile squirrels certainly give us a laugh when they jump up trees and chase each other, these small mammals are symbols of hard work, resourcefulness, and balance. Having a squirrel as your spirit animal is meant to encourage and motivate you, both for the future and to have a little more joy in life.SwanSwans are symbols of grace, beauty, love and elegance, and we've likely made the same associations watching them glide across the water. A swan as your spirit guide can serve as a sign that your true love is somewhere near, that you need to take your dreams seriously, or are experiencing grief.TigerTigers are fearless hunters who rely on their instincts to survive. These symbols of passion and pride appear in your life when you need guidance related to curiosity and fighting the good fight. This spirit animal teaches patience and planning, and to keep spontaneity under control.TurtleTurtles aren't the slopwocks they appear to be. With grace and great agility, they swiftly maneuver themselves through the water while carrying a heavy shell. If you have a turtle as your spirit animal, no matter how heavy your baggage is, you're going to make it to the end of the race at your own pace.WaspWasps are insects most people are terrified of, and steer clear of due to their aggressive nature and painful sting. But the wasp spirit animal is powerful, and is a symbol of creativity and determination. They also bring a message of the need to clear clutter from our spaces, focus on our goals, and protect ourselves from getting caught up in failure.WhalBlue whales, specifically, are the largest animal to ever exist, and can grow over 100 feet long. This beautiful sea mammal is a symbol of bravery, strength and power, and their message is just like the ocean: they encourage you to go deeper and discover who you are, contemplate your place in the world, and help you find your sense of self and purpose.WolfWe may think of wolves as loners, but these animals are highly social, intelligent, and loyal to their pack. They are a symbol of spirituality, instinct, and freedom. A wolf spirit animal guides you to look closer at someone in your life who may be manipulating you, teach you self-control, and help you delve deeper into your intuition.RELATED: Celtic Animal Zodiac Signs & Tree Signs: Meanings In Irish AstrologyDestiny Duprey is a writer and musician who has written dozens of articles on spirituality, astrology, and relationships. Follow her on Instagram for more. If you are definitely aware of its basic concept. For the ones who are not, here's a quick background: Spirit Animal Meaning SUMMARY Spirit animals are divine pilots on your journey of life. It relates to you with its unique skills and characteristics and manifests itself to help you overcome the challenges on your spiritual walk. Following the golden rule of 'Everything is connected,' Native Americans believe that each of us travels with a cadre of spirit guides. There are angels, mythical creatures, ancestors, and then there are animal totems, plants, and light beings. Spirit animals also known as power animals or spirit guides is your spiritual teacher or messenger in an animal form. Each individual or a person has one of its own, defined by your birth date or zodiac sign. People lookup for a spirit animal list for various purposes - guidance, protection, power or even wisdom. They often carry a hidden meaning which is hidden in plain sight which we will discuss later in this article. So, if lately you have been bumping into an unusual breed of animal, it is most likely your spirit animal. 102 Spirit Animal List [Animal Symbolism List] Now that you know the basics, let's move onto the crux, i.e. the spirit animal list or animal symbolism list. As mentioned above, there are thousands and thousands of spirit animals each with its own significance. Here's a list of the most common ones. 1. Ant: Diligence, unity, patience, self-control, sacrifice, loyalty and honesty. 2. Alligator: Retribution, creativity, efficiency, hostility, bravery, and efficiency 3. Anaconda: Balance, immortality, patience, power, wisdom, cunning, and elusiveness. 4. Albatross: Liberated, travel, limitless, good fate, sensitive and thoughtfulness. 5. Antelope: Efficacious, energetic, defensive, perceptive, keen eyesight and risk-taker. 6. Armadillo: Sensitive, defensive, trustworthy, calm, isolated and humble. 7. Beaver: Determined, visionary, defensive, inventor, fantasizer and subliminal. 8. Buffalo: Divine, strength, balance, thankfulness, wealth and firmness. 9. Bat: Ego, fear, challenge, keen-observation, inner-depth, illusion and clairvoyance. 10. Bear: Power, Bravery, understanding, peace, aggressive, authority, solitude and majesty. 11. Bee: Communication, love, success, wisdom, refinement and lightness. 12. Black Swan: empathy, freedom, joy, dignity, loyalty and exposition. 13. Butterfly: Joy, romance, celebration, transformation, spirituality, creativity, and peace. 14. Bluebird: Flexibility, innovative, kindness, thankfulness, togetherness and glory. Spirit Animal List - 115. Bull: Fertility, expressive, strength, courage, procurement and hasty. 16. Cardinal: Cheerful, brilliant, bold, extraordinary, dignity and trust. 17. Camel: Endurance, trust, commitment, determination, focus, humility, patience, and durability. 18. Cheetah: Quick thinking, passion, flexibility, quick-witted, freedom, progress, and protection. 19. Cat: Magic, curiosity, affection, observational-skills, secretive, supernatural, and mystery. 20. Cougar: Patience, observation, sensuality, courage, responsible, dependable and spiritual warrior. 21. Cuckoo: Flexibility, love, fortune, balance, shrewdness and insightful. 22. Caribou: Nomad, flexibility, sensitive, guidance and assurance. 23. Crane: Isolated, integrity, endurance, attentive, self-reliant and wisdom. 24. Crow: Magical, fearless, adaptability, manipulative, wisdom and transformation. 25. Deer: Love, generosity, elegance, grace, compassion, caring, safety, and determination. 26. Dove: Purity, gentleness, devotion, hope, love, communication, peace, and sacrifice. 27. Dog: Loyalty, bravery, friends, affection, protection, communication, patience, and devotion. 28. Dolphin: Harmony, defensive, assistance, resurgence, lively and strength. 29. Dragon: Transformation, defensive, motivational, authoritative, imagination, magical and strength. Spirit Animal List - 230. Dragonfly: Transformation, lively, flexibility, connection, emotional and illusory. 31. Eagle: Goal-oriented, focused, adventurous, resilient, vision, power and freedom. 32. Elephant: Strength, loyalty, determination, confidence, honor, pride, dignity, and royalty. 33. Emu: Flexibility, unity, expressive, lively, equality and transit. 34. Elk: Strength, self-reliant, cleverness, magnificent, generosity and dignity. 35. Falcon: Goal-oriented, fearless, authoritative, freedom, intelligence and victory. 36. Flamingo: Balance, goal-oriented, clear-sightedness, love, power, balance, and happiness. 37. Fox: Quick-witted, wisdom, luck, cleverness, curiosity, cunning, adaptability, and playfulness. 38. Frog: Transformation, sensitivity, peace, fertility, cleansing, rebirth, peace and power. 39. Gazelle: Alert, swift, consciousness, anticipation, wealth, hard work, protection and chastity. 40. Goat: Firmness, self-reliant, isolated, vigor, alert and length. 41. Grasshopper: Good fate, wealth, innovative, visionary, dynamic and progressive. 42. Giraffe: Individuality, intelligence, peace, far-sightedness, cleverness, gentleness and patience. 43. Goose: Joy, bravery, guidance, fertility, loyalty, reliability, teamwork, vigilance, and wisdom. 44. Goldfinch: Courageous, defensive, dedication, happiness, luck and originality. 45. Hawk: Vision, alertness, nobility, cleansing, goal-oriented, strength, creativity and courage. Spirit Animal List - 346. Hedgehog: Protection, flexibility, patience, kindness, strength and self-dependent. 47. Hippopotamus: strength, protection, wisdom, hard-working, fertile and balance. 48. Horse: Freedom, adventurous, freedom, mobility, independence, friendship and endurance. 49. Heron: Independent, balance, calm, intrusive, multi-tasking and self-determined. 50. Hummingbird: Flexibility, love, wisdom, hope, healing, ability, ecstasy, and aggression 51. Inchworm: Logical, transformation, subtlety, concealment, and transmutation. 52. Jellyfish: Faith, transparency, illumination, acceptance, sensitivity, protection and intention. 53. Jaguar: Power, loyalty, speed, strength, grace, knowledge, fertility and rejuvenation. 54. Koala: Gratitude, healing, calmness, trust, empathy, magic, protection and pleasure. 55. Kiwi: Alert, fidelity, authoritative, cultural, genius and togetherness. 56. Ladybug: Good fate, true love, innocence, metamorphosis, piou intervention and illusory. 57. Lion: Pride, courage, power, natural-born leaders, authority, dignity, wisdom, and fiery. 58. Lizard: Imagination, spirituality, sensitivity, adaptability, ego, intrusion, and quick-witted. 59. Loon: Patience, calm, connection, faithfulness, satisfaction and refreshment. 60. Magpie: Flexibility, communicative, fate, love, opportunity and attitude. 61. Monkey: Bold, confident, social, compassionate, playful, aggressive, creative and rebellious. Spirit Animal List - 462. Moose: Endurance, intelligence, dignity, feminine, strength and impulsive. 63. Mosquito: Persistence, feminine, agility, direction, detection, self-confidence, and blunt. 64. Mouse: Stealth, modesty, understanding, dishonest, grounded, eye-for-details and innocence. 65. Mockingbird: Expression, thankfulness, defensive, lively, creativity and togetherness. 66. Meadowlark: Satisfaction, joy, wisdom, carousal, modesty and manifestation. 67. Orangutan: Creativity, gentle, solitude, ingenuity, honorable and logical. 68. Opossum: Wisdom, sensible, humble, togetherness, extraordinary and decisive. 69. Otter: Lively, cheerful, kindness, sensibility, dynamic and happiness. 70. Ox: Sacrifice, monogamy, grounded, longevity, strength and loyalty. 71. Osprey: Balance, visionary, potentiality, rigor, timing and opportunity. 72. Owl: Wisdom, secret-keeper, freedom, comfort, stealth, vision, protection and deception. 73. Panda: Adaptability, balance, determination, willpower, diplomacy, inner-sight, and solitude. 74. Panther: Courage, valor, power, protective, aggressive and feminine. 75. Peacock: Beauty, knowledge, self-esteem, foresight, endurance, royalty, love and sexuality. 76. Penguin: Community-minded, grace, discipline, confidence, sacrifice, spiritual and determination. Spirit Animal List - 577. Pelican: Strong, selfless, warmth, responsible, defensive and kindness. 78. Porcupine: Innocence, visionary, self-involved, humble, togetherness and anxious. 79. Rabbit: Creativity, prosperity, intensity, love, cleverness, sensitivity, harmony, and imagination. 80. Rat: Kindness, fertility, foresight, intelligence, abundance, strength, success, and stealth. 81. Ram: Aloof, sensitive, hard-working, anxious, visionary and transformation. 82. Rhinoceros: Intelligence, isolated, decisive, endurance, liberated and insightful. 83. Raccoon: confidentiality, illusory, bravery, emphatic, versatility and protection. 84. Reindeer: Accomplishment, abundance, endurance, strength, faith, tenacity and protection. 85. Rooster: Fearless, unique, intimacy, ego, nonconformity and intrusive. 86. Snake: Impulsive, power, shrewdness, transformation, magic, fear, wisdom and healing. 87. Salmon: Dignity, seriousness, intelligence, resurgence, spiritual and firmness. 88. Swan: Grave, purity, love, beauty, power, elegance, devotion, calmness and balance. 89. Spider: Patience, creativity, protection, growth, aptitude, networking, balance and wisdom. 90. Sheep: Compassion, peace, purity, courage, progress, level-headed and humble. 91. Squirrel: Playful, social, balance, passionate, trust, hardworking, and resourcefulness. Spirit Animal List - 692. Stork: Resurgence, creativity, responsibility, boldness, protective and fertility. 93. Tiger: Valor, power, pride, devotion, fearlessness, vigor, passion and royalty. 94. Turtle: Wisdom, patience, speed, endurance, fertility, longevity, protection and peace. 95. Turkey: gratification, generosity, connection, togetherness, hard-working and wealth. 96. Taranula: Creativity, patience, self-protection, transformation, and intimidation. 97. Unicorn: Magic, love, faith, vision, innocence, purity, gentleness and grace. 98. Vulture: Loyalty, patience, quick-witted, goal-oriented, trust, vision, and perception. 99. Wasp: Aggressive, creative, fertility, intelligence, teamwork, enthusiasm and determination. 100. Wolf: Protection, partnership, loyalty, compassion, spirituality, togetherness, and power. 101. Whale: Wisdom, power, strength, self-reliance, protection, bravery and ancestry. 102. Woodpecker: Intelligence, healing, unique, connection, revelation and perception Spirit Animal List - 7NOTE This is not an exhaustive spirit animal list, which means there can be other power animals that are not included in this list but are still in play. This is majorly because of their (very) less probability of appearance or likeness from a human being. What's the Whole Purpose of a Spirit Animal? There are thousands of spirit animals each with its defined set of qualities ranging from reptiles, wild animals to even insects. In the world of spirituality, it is often said: 'You don't choose the animal; the animal chooses you.' Irrespective of the kind, power animals have just one vision in mind: to help you achieve your spiritual goals. When you are determined or goal-oriented to your destined purpose (or dharma), they appear (not necessarily in physical form) and guide you to the end line. They are here to protect you, guide you, teach you in every possible manner. You just need to keep all your senses active and comprehend their presence. How Can You Spot Your Spirit Animal? Even if you are now aware of the meanings of various animal symbolism list and what these animals symbolize, it will serve no purpose to you unless you know how to identify your own. So how do you do it? Ask your animal guide to manifest itself! You need to stay aware of 24\*7 and take note of all the appearances of the animal whether physically or symbolically. You might repetitively encounter them in different forms. Say for instance you bumped into a channel that is describing butterflies. Then, the next morning you spot a butterfly on your way back home. You also walk into a store that has a beautiful butterfly wallpaper. You wear a dress with a butterfly patch, without giving it a thought. All of this combined means just one this - the butterfly wants to talk to you. Define your intention and ask your spirit animal to show itself to you. You can also seek help from a shaman or any other licensed energy healer for some guidance. A major part of this process depends on your capability to pay attention to both past and present, your inner knowledge and spiritual understanding But, all along the journey of finding your own spirit animal, don't forget this paraphrase of animal guides (as mentioned above): You don't choose the animal, the animal chooses you. Questions To Ask Yourself to Identify Your Own Power Spirit Animal A lot of times, people have a certain liking towards a particular animal, primarily for its traits or characteristics. It might be because you are spiritually drawn towards it. If not, here are questions that you must ask yourself if you're wondering about your spirit animal. Do you feel naturally drawn towards a particular animal, like its calling you? You might or might not have a reason for it. It can be anything, from a mosquito to an elephant or even mythical creatures like unicorns. Do you often see a particular animal in various forms like in your dreams, or on animal shows or on the cards you receive? When you visit a zoon or an animal sanctuary or a forest, which animal is on the top of your must-watch list? Is there a particular animal, the sight of which is extremely frightening or intimidating? Do paintings or figures of a particular animal attract you? Is there an animal that keeps appearing in your dreams or is there a dream (about an animal) from your childhood that you are unable to forget? Is there an animal who has attached you or bitten you at some point in your life? How Do Spirit Animals Make Themselves Known? Now when you have introspected yourself, you need further validation of whether or not the animal that you think is your spirit animal. For that, you must know the forms in which spirit animals make themselves known. There are a few of the ways: Dreams or visions Physical encounters (mostly in odd places) During deep meditation Advertisements, billboards, TV, mobile phones, etc. All the other sense-cues (smell, touch, taste, hearing, intuition) The first one is the most dominant form because if you dream of a particular animal repeatedly, it surely isn't just a coincidence. Your spirit animal is trying to convey something to you. Depending on the spirit animal, if you spot an animal at really odd places or bump into the same animal continuously - it surely is a call! Images during meditation is a very strong indicator. Since meditation already holds a very strong place in spirituality, your spirit animal's blurry images with your eyes closed is not a bad omen. Pictures on TV when you are browsing channels, on mobile phones when you are scrolling social media, on billboards when you are passing-by a busy street - if you notice the same animal, it's time to open your spirit animal list to see what the animal symbolizes. The last one is the toughest because most of us are not-so conscious with our other senses. Thus, for you to identify a trend via sounds or smell or even taste - you need to be extremely active (spiritually!) Leveraging the Powers of The Spirit Animal List Can spirit animal be a human? Yes. Since humans are technically animals, your spirit guide can also be a human. Remember when you are off on a long drive and your tire punctures. Then suddenly out of nowhere a guy or girl appears to help you change a tire. The spirit animal is that in your life. They appear to fix you, encourage you and guide you in the right direction. Every spirit comes in your life with a purpose and vanishes once it is fulfilled. The reason why the relationship so developed is short-lived. Is it possible to have multiple spirit animals? Yes. Just like people, even animals in your life will be determined with the goals you are destined to achieve and challenges that are placed on your path. At different phases of your life, different animals will guide you, each working with a similar motive: to help you reach the end line. There's no upper or lower limit for the number of animals you will encounter in your lifetime. It entirely depends on your own spiritual awareness. A spirit animal will try to drop multiple signs and capture your attention but if you keep dismissing these signs as mere co-incidences, it's not going to hang around for your reply. Can it be defined in the form of 'spirit animal by month' or 'your zodiac sign'? Yes. Spirit animals depend on your birth sign or zodiac sign and are often referred to as birth animals. Since your birth is defined by month, the spirit animal list is naturally categorized by month. It widely depends on the astrology system that you follow: Native American, Chinese, Western or Celtic. So say, for instance, if you are born between the periods of time of 20th March - 19th April, your spirit animal by month will be Ram since your Zodiac sign is Aries. Similarly, for each birth sign, there will be a different spirit animal. This means if you are a Gemini, your birth animal will be a Phoenix. On the other hand, for Taurus, Bull will be their animal guide. Here's a detailed dig on 'spirit animal by birthday' by whatismyspiritanimal, if you wish to explore. How will you understand the message of your spirit animal? Spirit animals mostly communicate in the non-verbal language and the messages so delivered are highly personal. To discern the meaning, you must first know what is the first thing that pops up in your mind when you think of your spirit animal. If you associate peacock with its beauty, then the message might here be about your physical beauty. Or if you associate an elephant with its heavyweight, your spirit animal might be trying to warn you about the baggage that awaits you. However, if the creature is unknown to you, then lookout for the spirit animal list in a book or on the internet with meaning, religious connotations, symbolism, etc. If either of these steps fails you and you still feel the disconnect, here's what you can do: Try to mimic the animal, think about it during meditation or read in books. What to do once you figure out the message? Now, that's totally in your court. Once you have uncovered the message from your spirit animal, what you want to do with it will be entirely your own decision. You can wait for other messages or take immediate action, depending on the situation. Other Things to Keep in Mind about Spirit Animals They don't always appear for a reason. Sometimes they just stop by to say hello on special occasions, say your birthday or any other important event of your life. Spirit animals may return to you more than once as the situation demands. It might either be to increase your rapport or complete a half-delivered message. If there are cases that you lose sight of your spirit animal suddenly, you need to introspect yourself and ask if anything that you have done shows signs of disrespect. You can mend the broken only when you know where the crack is. Sometimes, a spirit animal may leave in the middle to make way for a creature that can deliver the message more efficiently. This means the spirit animal who entered your life initially has served its purpose. There are also seasonal spirit animals that may appear to guide you through cycle energies. A baby Bunny in Spring or Penguin in Winter can be the best example. They work cooperatively. Honor the nature of your animal guides and you will be able to work with them in harmony. There can be times when you are surrounded by more than one spirit animal. Each of them must have a different message to communicate - so listen to them carefully and maintain accordance. Now Go, Find Your Own! There's no denying that there is a universal power guiding and protecting us all. Spirit animals are a version of this dive power that exists to help us get back on the track. With the break of a new day, it's time for you to embark on the journey to find your power animal. It is calling out for you; you just need to be more aware of your surroundings and believe that everything happens for a reason! These encounters can be really synchronistic only if you know what these animals symbolize and try to convey. We get little commissions for purchases made through links in this post. Our editors carefully choose to promote only those products/services that resonate with our readers. 83%(6)83% found this document useful (6 votes)624 views2 pagesThis document provides descriptions of different spirit animals and their meanings, including bear, dragonfly, butterfly, cat, fox, frog, coyote, crow, deer, dolphin, hawk, snake, horse, hummingbird, lion, owl, spider, tiger, turkey, turtle, panda, whale, sheep, and wolf. For each spirit animal, it lists attributes and life lessons they may represent such as strength, transformation, patience, healing, awareness, playfulness, and more. It also provides tips for connecting with one's spirit animal through dreams, meditation, and learning about the animal's characteristics.

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