<table>
<thead>
<tr>
<th><strong>BEAR</strong></th>
<th><strong>BUTTERFLY</strong></th>
<th><strong>CAT</strong></th>
<th><strong>COYOTE</strong></th>
<th><strong>CROW</strong></th>
<th><strong>DEER</strong></th>
<th><strong>DOLPHIN</strong></th>
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</thead>
<tbody>
<tr>
<td>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.</td>
<td>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.</td>
<td>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.</td>
<td>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.</td>
<td>Life magic, mystery of creation, destiny, personal transformation, alchemy, intelligence, higher perspective, being fearless, audacious, flexibility, adaptability, trickster, manipulative and mischievous.</td>
<td>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.</td>
<td>Peace and harmony, protection, playfulness and joy, resurrection, inner strength, and cooperation.</td>
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</tbody>
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**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
### Messenger of the Spirit World
- **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.

### A Driving Force
- **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.

### Lightness of Being
- **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.

### Strength, Assertiveness
- **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.

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

### Gentle Strength
- **Panda**: Gentle strength, peace, good luck, positive outlook on life, and connection with Eastern wisdom.

### Healing, Transformation
- **Snake**: Healing, transformation, life changes, connected to life force, primal energy, and spiritual guidance.

### Patience, Receptivity
- **Turtle**: Patience, receptivity, feminine energy, creativity, weaver of life’s fate, shadow self, and dark aspects of life or personality.

### Willpower, Personal Strength
- **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.

### Abundance
- **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.

### Symbol of the World
- **Turtle**: Symbol of the world and the Earth, stays grounded in moments of disturbances and chaos, slowing down, pacing yourself, determination, persisting, emotional strength, understanding, and ancient wisdom.

### Wisdom Holder
- **Whale**: Wisdom holder, physical and emotional healing, keeper of history, importance of family and community, emotional rebirth, peaceful strength, and communication.

### Sharp Intelligence
- **Wolf**: Sharp intelligence, deep connection with instincts, appetite for freedom, expression of strong instincts, feeling threatened, lack of trust in someone or in yourself.