

# Animal Energy



# Animal Mother

Many cultures thought of animals as important and protective spirits, guardians, and messengers. Egyptian, Hindu, Buddhist, European, Indigenous, and more all took omens and signs from the animal kingdom.

The Animal Mother (or Animal Energy) can also be called Power Animals or Familiars and can show up at different points in our life. As we shift through different chapters, an Animal Mother might come through as a guide stronger during a certain times, then shift, just like our life experiences. They carry important messages to use when we need them.

# Hummingbird

TROCHILIDAE



GRYPUS ÆQUATORIALIS.

(Cactus, Opuntia, species)

# Hummingbird

TROCHILIDAE

The hummingbird symbolizes the enjoyment of life and lightness of being. Those who work with the hummingbird Animal Mother are invited to lift up negativity wherever it creeps in and express love more fully. If a hummingbird shows up in your life, it may be time to enjoy simple pleasures. Consider it an invitation to take part in life's sweetness, like you would drink the nectar of your own flower.

This bird is capable of the most amazing feats such as traveling great distances and being able to fly backward. Hummingbird invites us to develop adaptability and resiliency while keeping a playful and optimistic outlook.

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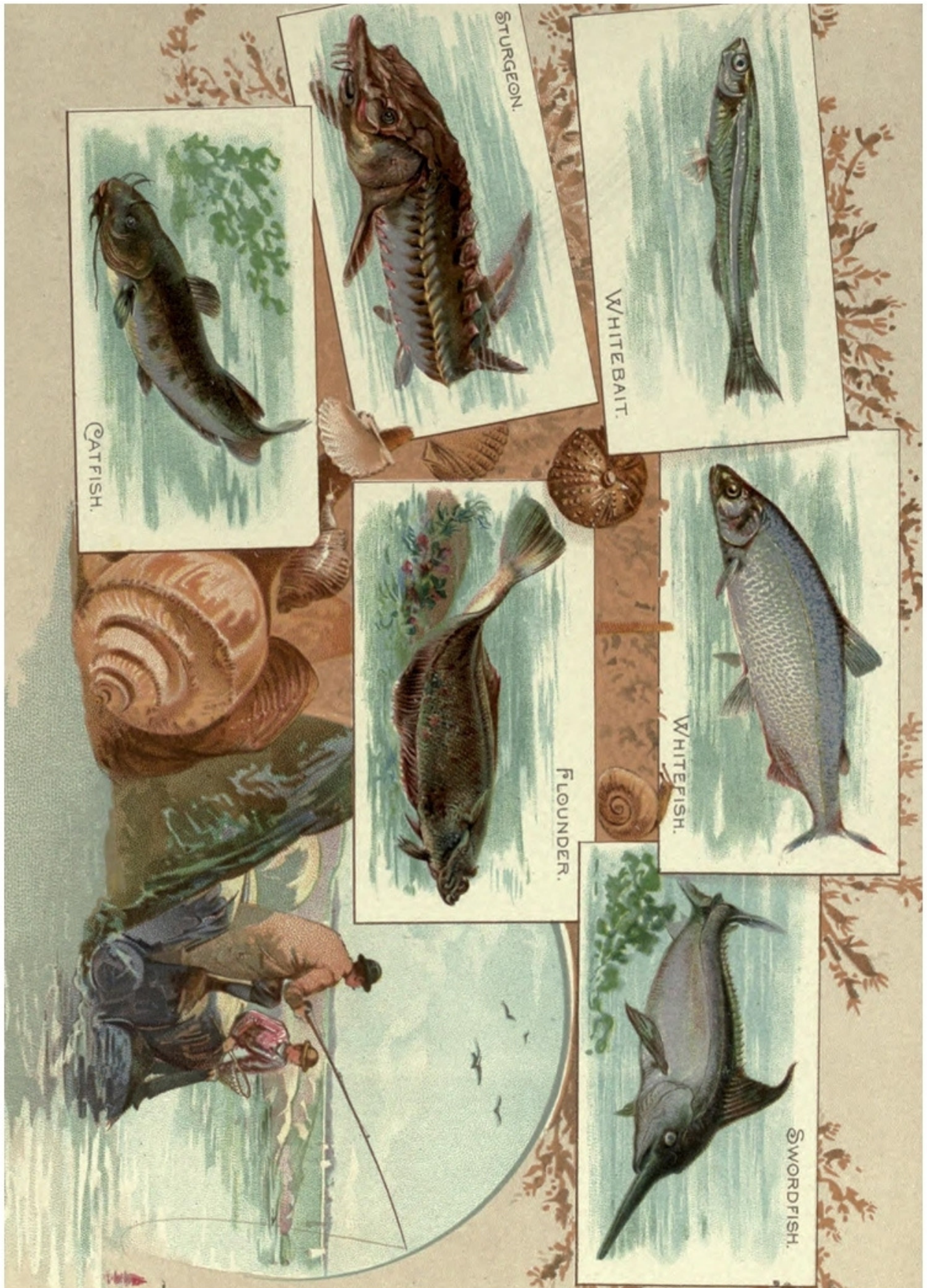
This bird is capable of the most amazing feats such as traveling great distances and being able to fly backwards. Hummingbird invites us to develop adaptability and resiliency while keeping a playful and optimistic outlook. You can attract and observe hummingbirds in your yard with flowers, perches, insects, and water. Read: [How to Create a Hummingbird-Friendly Yard](#)

## Hummingbird Meaning

- Lightness of being, enjoyment of life
- Being more present
- Independence
- Bringing playfulness and joy in your life
- Lifting up negativity
- Swiftiness, ability to respond quickly
- Resiliency

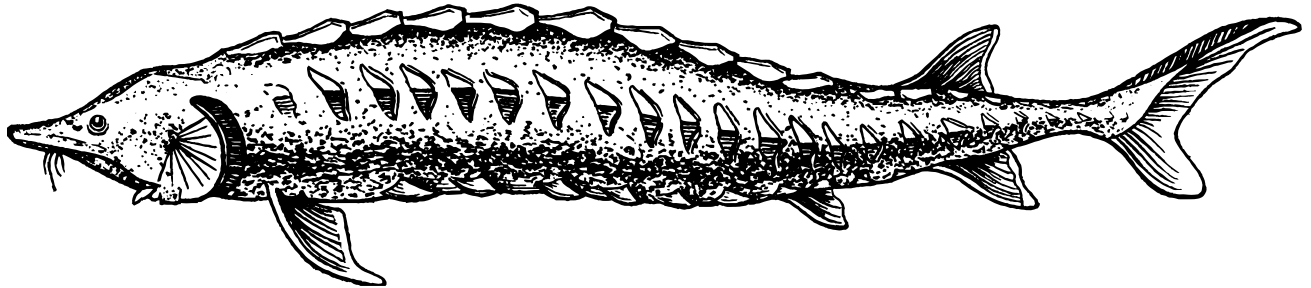
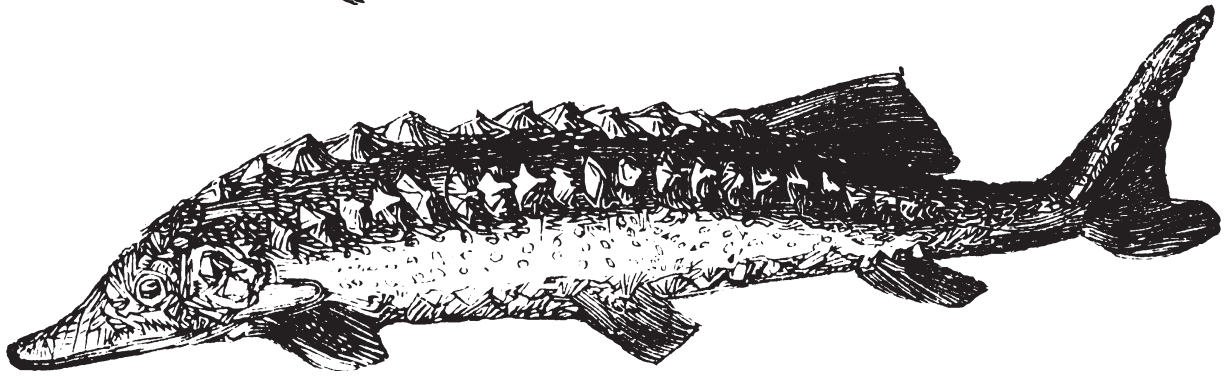
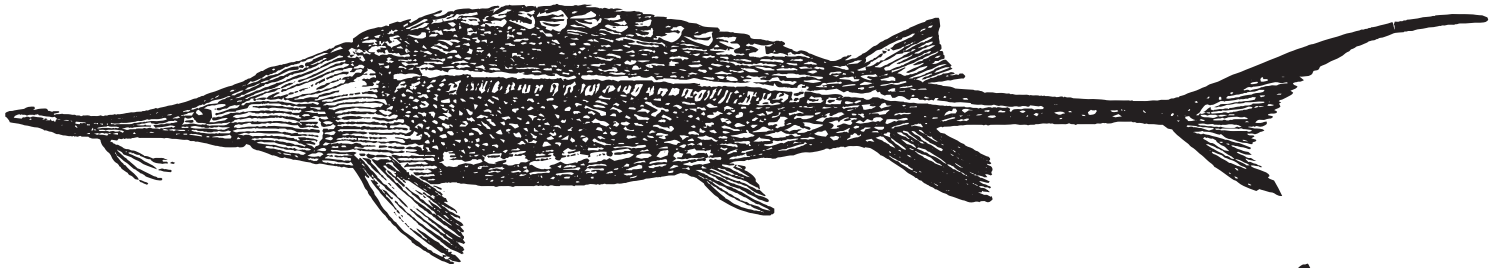
# Sturgeon

ACIPENSERIDAE



# Sturgeon

ACIPENSERIDAE



Sturgeon is the common name for the 27 species of fish belonging to the family Acipenseridae. The earliest sturgeon fossils date to the Late Cretaceous, and are descended from other, earlier acipenseriform fishes who date back to the Triassic period some 245 to 208 million years ago. Several species of sturgeon are considered threatened with extinction as a result of over-fishing, poaching, water pollution, damming and destruction of natural habitats.

# Sturgeon

ACIPENSERIDAE

The sturgeon is known as the keeper of Old Age. Sturgeon teaches us the gift of longevity. As a being of the element of water, it helps cleanse deep emotional patterns. All animals of the water remind us that deep feelings and inner strength are a gift of living in balance and harmony. Sturgeon flows excellently with difficulties to create sweeping changes when necessary.

The sturgeon is the oldest of all fish. Sturgeons are found in both fresh and salt-water habitats, in the northern temperate zones across all continents of the globe. They live in deep water most of the time, coming into streams or shallow water only to spawn.

## Sturgeon Meaning

- Wisdom
- Longevity
- It's worth the wait
- Emotional strength
- Strength to continue

# Squirrel

SCIURIDAE



# Squirrel

SCIURIDAE

The Squirrel Animal Mother encourages us to take life a little less seriously. The squirrel symbolism asks us to inject more fun and laughter, and just enjoy the wonders of the world. This animal reminds us to be adaptable, and to be ready for any changes that we need to make at the last minute.

The squirrel meaning is about surrendering and letting things happen. Though, you may want to pay attention as squirrel has a habit of wondering off into the woods. She highlights the importance of communication and showing respect to the people around us through our words, actions, and behaviors. It encourages us to respect your differences and find a way to work harmoniously together.

## *Squirrel Meaning*

- Focus on the changes that are taking place in your life.
- Tackle any issues or problems head on instead of ignoring them or pushing them aside.
- Be honest about your thoughts and emotions, and don't bottle them up inside you.
- Saving up is another important squirrel symbolism. Be mindful of how much you consume when it comes to your resources and how much you spend when it comes to your finances.

# Owl

STRIGIFORMES



# Owl

## STRIGIFORMES

The owl symbolism indicates a need to remove the noise of life. Take a moment to become meditative and silently observe your surroundings. Slowing down and becoming stable will allow you to access a wealth of information. Owl prompts you to open your eyes and honestly examine how things are. Owl can also mean a need to let go of some part of life that is no longer serves you. With this in mind, listen carefully to your inner voice and guidance to recapture the knowledge of your correct path in life.

This birds' senses can pierce through shadows, beyond fear and darkness, through to the other side that promises light, happiness, and knowledge.

## Owl Meaning

- Intuition, ability to see what others do not see
- Owl announces change
- Capacity to see beyond deceit
- Wisdom
- Sometimes seen as the announcer of death, most likely symbolic like a life transition or change

# Animal Energy: Cat

FELIS CATUS

Cats have been a witch's best friend and familiar for centuries. A relationship that probably started for practical reasons; cats keep mice away and in turn, the keeper of the home would provide additional food and shelter.

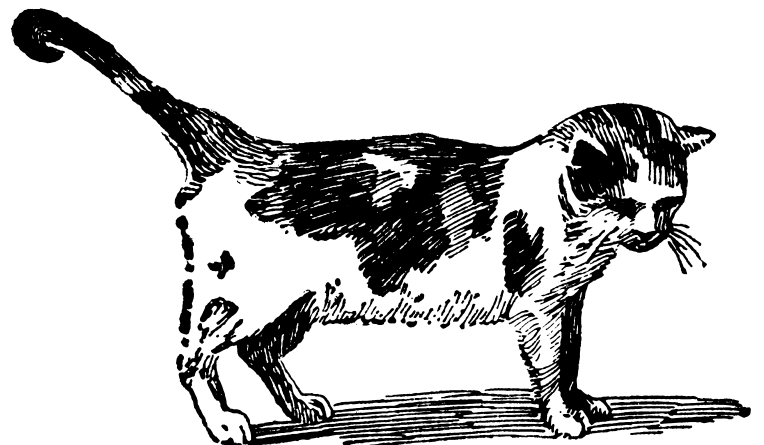
Cats are magical creatures. Both cats and witches embody the archetype of the feminine. Since ancient times, their supernatural grace has been observed, revered (as well as demonized), and incorporated into art and mythology. Of all the ancient civilizations that revered cats, Egypt is perhaps the most well known for it. Two widely venerated Egyptian goddesses, Bastet and Sekhmet are both feline goddesses. In other mythologies, feline creatures are entwined with the narratives of magical women. In Greek mythology, Diana, goddess of the hunt and moon and teacher of magick and witchcraft, shapeshifts into Lucifer's beloved pet cat to gain entrance into his chamber. In Norse mythology, Freya, goddess of fertility, war, and death, would lead Valkyries into battle riding on a chariot led by two blue cats: Bygul and Trjegul.

In medieval times, cats would become synonymous with witches as it was suspected that witches could shapeshift into cats and other nocturnal creatures.

The energy of the cat is about timing in action and courage to explore the unknown. Develop balance between independence and time of togetherness. Harmonious relationships between light and dark, action and observation are also attributes of the cat spirit.

The cat generally represents:

Patience, independence, adventure, courage, relaxed connection with self, healing from the inside out, curiosity, exploration of the unknown or the unconscious



# Animal Energy: Beaver

C A S T O R I D A E

The phrases “Busy as a Beaver” and “Eager Beaver” both started appearing around the 1300s based on observations of the Beaver in nature. This creature diligently creates and maintains its habitat.

Beaver reminds us of the energy tied deeply to accomplishment through cooperation, resourcefulness, and building from the ground up. Beaver spirit offers new horizons and hope, particularly with regard to your family and home. Beaver’s symbolism is reminding you to act on your dreams to make them a reality. In other words, it takes focus, goals, and hard work to reach what you desire to create. Beaver symbolism insists that you have a plan and act on it. The Beaver meaning could symbolize that your hard work has paid off and that you will now begin to reap the benefits of all your endeavours. You can call on beaver energy Whenever you need:

- Organization or structure in your life
- You've lost focus but still know the goal
- To start a new project or embark on a new journey
- Creativity, wisdom, and persistence to ensure that you will follow through on your projects.
- Encouragement in reaching your goals
- Teamwork

The meaning of the beaver is telling you to believe in your dreams. Don't be afraid to change the course of your life if it will help turn your dreams to reality. Build your life around your dream. Live each day with purpose, and work hard at your dreams every day.

## Associations for Beaver

- Action
- Balance
- Building
- Family
- Teamwork
- Persistence
- Goals



# Animal Energy: Goat

Goat horns have symbolism in many myths and folklore as an emblem of sensuality, determination, health, and vitality. A male Goat represents virility while the female Goat epitomizes reproduction and abundance.

Greek mythology gives the goat ties to virility, specifically with tales of Satyrs—creatures that are Half-Goat and Half-Man. Then there's Thor, The Norse God of Thunder. Goats draw Thor's Chariot into battle. While a myth, the human choice to have goats be the animals the God of Thunder puts his trust in as he charges into potential danger, says a great deal about goats' strength and fearlessness. Arabic stories give goat a reputation for having great dignity and composed behavior. The Chinese depict male goats as embodying the Yang principle, overall goodness, and harmony.

It's unfortunate for goat that the creature was also a Sacrificial Animal, which also may be where the term "Scapegoat" originates.

The goat asks that we make certain to maintain balance. Whether climbing a narrow mountain ledge of challenges or walking a calm wooded path, Goat has sure-footed determination. A male goat or buck brings you inventiveness, assertiveness, and the ability to regenerate something you thought lost in your spirit. The female goat spirit, by comparison, nurtures you and feeds your soul. Think about what you lack in your connections with the Divine and the esoteric realm.

The Yule goat is a Nordic and Northern European Yule and Christmas symbol/tradition. Its origin may be Germanic pagan and has existed in many variants during Scandinavian history. a popular theory is that the celebration of the goat is connected to worship of the Norse god Thor.

This connects to ancient proto-Slavic beliefs where the Koliada (Yule) festival honors the god of the fertile sun and the harvest. This god, Devac (also known as Dazbog or Dažbog), was represented by a white goat.



# Animal Energy: Wolf

The power of the wolf brings forth instinct, intelligence, appetite for freedom, and awareness of the importance of social connections. This animal can also symbolize fear of being threatened and lack of trust. When the wolf shows up in your life, pay attention to what your intuition is telling you.

Many American Indigenous tribes believed wolf had extra special meaning. Respected for their hunting methods, cooperation, and efficiency, valuing them as proud hunters, loyal friends, and intelligent teachers. Romulus and Remus the two founding brothers of Rome were raised and suckled by a she-wolf. In Egyptian mythology, the Wolf Wepwawet was originally a war deity, his name meaning; the opener of the ways. The Mongolians, on the other hand, believed they were descendants of wolves. The legend goes that in Northern China a small Turkic village was raided by Chinese soldiers, but one small baby was left behind. An old she-wolf named Asena found the baby and nursed him. She then gave birth to half-wolf half-human cubs, from which the Turkic people were born. In Asia, the wolf is the guardian of the entrance to celestial realms. The Wolf is also said to be among the ancestry of Genghis Khan.

The wolf symbolizes:

- Sharp intelligence, deep connection with instincts
- Appetite for freedom
- Expression of strong instincts
- Feeling threatened, lack of trust in someone or in yourself

When the Wolf appears, it's often a way of telling you that you're either using your intelligence and instincts well to solve a challenging life situation or that you're not using them at all. The Wolf represents the pathfinder who helps you to discover when you are being misguided, or led correctly, when using your instincts.

## Associations for Wolf

- Loyalty
- Connection
- Action
- Freedom
- past life



# Animal Energy: Sheep

The presence of the sheep offers a way to get in touch with the innocence and vulnerability within you. The ewe (female sheep) and the lamb (baby sheep) call us to work on our inner child and heal the mother wound. Mothers mold us — often physically in the womb (though there are many other types of mother-child relationships, including adoptive ones) and emotionally through their interactions with us. The bond is so strong that British psychoanalyst Donald Winnicott believed that there's no such thing as an infant, but only an infant and their mother. He believed that a child's sense of self is built by the kind of relationship that they have with their primary caregiver (usually mom).

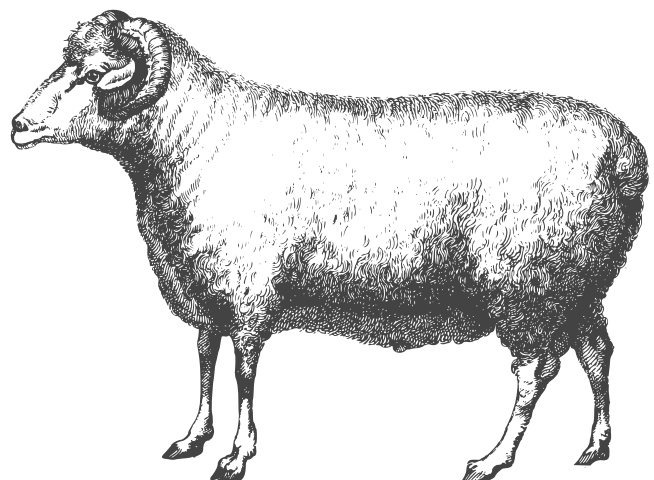
When you encounter a sheep, it usually represents an innocent, child-like aspect of yourself. Sheep could also symbolize a tendency or desire to conform to social norms.

The sheep symbolizes:

- Vulnerability with a negative meaning, weakness, a vulnerability that could turn into powerlessness
- Vulnerability with a positive meaning: Self-acceptance, ability to respect your own limits.
- A common meaning for the sheep is a part of yourself that tends to conform to social norms or family values.
- It can also summon memories of events or situations where you felt innocent or when your life showed qualities of gentleness and encourage you to introduce more such qualities in your current life.

## Associations for Sheep

- Abundance
- Balance
- New beginnings
- Courage
- Determination
- Nurture
- Sensativity



# Animal Energy: Rabbit

While rabbit is often associated with fear because of its timid nature, it's also connected with fertility and creativity. The rabbit is a symbol of luck in many cultures and is also a symbol of abundance. When rabbit comes to you she is saying that you are clever and creative, but may be working to overcome fear and anxiety. Because of its nocturnal lifestyle, the rabbit is linked to the Moon and the idea of rebirth as well as being a mythical creature with magical powers.

Do you need help hatching a plan? Are others trying to take advantage of you? Is it decision-making time? Rabbit teaches how to stop, look, and listen so we can avoid difficulties.

The rabbit symbolizes:

- Fear: Rabbit stands motionless the moment she spots danger, then darts away to safety.
- Shyness and anxiety: Even the most harmless of outsiders are seen as a potential threat to rabbits. They don't trust easily.
- Fertility: Rabbits are known to reproduce rapidly and symbolize a thriving habitat and land.
- Abundance and wealth: The appearance of rabbits lets one know that the land is fruitful, symbolizing wealth.
- Cleverness and creativity: Rabbit needs to get out of tricky situations to speed away to safety.

## Associations for Rabbit

- Abundance
- Creative thinking
- Fertility/sexuality
- Spontaneity
- Stress



# Animal Energy: Hen

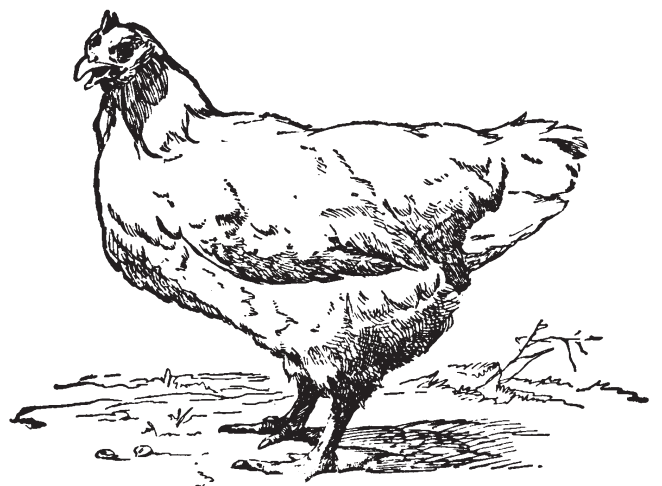
The Hen is associated with knowledge, curiosity, and courage. If hen calls to you, be reminded to stay sharp. Hen can be symbolic of care of loved ones. If you happen to see a hen randomly in your life, it is a sign that greater care should be taken in personal matters. Sometimes Hen may show up in your life when you have been roosting on something for too long. Discuss your concerns or issues openly and honestly. Get out of that nest and make some headway. Alternatively, she may be telling you that you are just beginning to scratch the surface of something far deeper; this could be a plan, a situation, a new job – whatever the case, don't rush headlong into this. Scuff up some more dirt and make sure you see what you really need for action.

Hen symbolizes:

- Community: Chickens are communal creatures.
- Fertility: Eggs symbolize fertility and new beginnings
- Growth: Hens care for their young as they grow.
- Mysteries: Which came first?
- Nourishment: Eggs have nourished people for thousands of years.
- Divination: Egg divination is long-practiced in some traditions.

## Other associations for Hen

- Recognition
- Sexuality
- Tenacity
- Courage



# Animal Energy: Prairie Dog

The Prairie Dog is associated with a feeling of self-worth and well-being. If you see prairie dog you are being promoted to take action and figure out why you have withdrawn yourself physically and emotionally lately. You deserve to be a vibrant part of your community and you are being called to find those people or to create that group. You likely place a large value on the community and those around you. Burrowing deep underground, prairie dogs live with a close-knit family so you may also be yearning to build a family or rebalance an existing family structure. You may have a tendency to retreat inward but now is a time to step out of your comfort zone.

Prairie dog symbolizes:

- Affection
- Community
- Corporation
- Prosperity
- Rewards
- Big goals
- Teamwork

