



# WHAT'S YOUR TOTEM ANIMAL?

According to Native American wisdom, each person is born under a totem animal sign, which can teach us about ourselves and our life purpose. 'It's not astrology, but it has the same dates based on the seasonal changes,' Apache healer William Two Feather says. 'Astrology is based on planets and stars; our techniques are based on the earth and the animals.'

He says each person is born with special gifts, and when you know them it can provide direction about your life purpose. If you work in a job that uses your gifts you will be happy and fulfilled.

'For example Sturgeon people have the gift of clear vision – you cannot lie to them. They can see through you like glass, so they make good judges, police officers and child protection workers.'

'But Otter people are the mediators. They get between fights and work out a peaceful solution for people, so they would be good diplomats, union workers or industrial psychologists.'

William, a spiritual advisor who has been instructed by his teachers to share Native American wisdom around the world, says you do not choose your totem medicine animal, it is chosen for you by the moment of your birth.

'You might not think you are like that – but it is your nature. Some people get outside their own nature and won't admit who they are. But if you embrace the qualities of your totem animal you will be happier. Having the characteristics doesn't make a person right or wrong, it just makes them who they are.'

Each sign is also gifted with a stone or crystal of power, a medicine plant and a healing colour, which can strengthen you during challenging times and which can help you stay well, heal and be emotionally balanced.

**Stone of power** Crystals are part of the earth and possess some of its life force. They each have a different vibrational frequency, which can be used to heal.

'Your stone of power has the same vibrational frequency you do when

you're in perfect harmony and balance, so it will pull you back and heal you if you are unwell or out of balance, kind of like a tune-up on a car,' William says.

'Hold it between your middle fingers and thumbs, elbows straight out, and focus all your energy into the stone.'

**Medicine colour** 'Wearing your colour will increase your vibrations and your confidence and will make your gifts even stronger,' William explains. 'For example Cougar people should wear blue-green when they need to be intuitive or creative, as it will enhance these abilities.'

**Medicine plant** 'In western culture you go to the doctor when you're broken and they fix you. In the native American world we don't want you to get broken in the first place. The plant of power is preventative medicine. It keeps us well.'

William conducts workshops, sweat lodges and ceremonies (for details log on to [www.2feather.homestead.com](http://www.2feather.homestead.com)).

One of his most popular workshops is the totem animal one. He explains the attributes of the 12 kinds of people here.

## OTTER PEOPLE JAN 20 – FEB 18

Mediators with a gift for arbitration, they are clever, bold, changeable and hard to pin down. Creative and logical with high ideals, they like order and expect a lot. They have a playful spirit, but kick hard when crossed.

**METAL** Silver.

**COLOUR** Silver.

**PLANT** Quaking aspen tree.

**GIFTS** Helpful, humanitarian, practical, patient.

**TEACHING** Must learn to turn dreams into reality and be more adaptable.

## COUGAR PEOPLE FEB 19 – MAR 20

Sensitive and very cautious, they're not willing to reveal themselves until they're sure of those around them. They're gentle, but have sharp claws if attacked. They get hurt because they take things so personally. They are also unpredictable – as soon as you think you've got them figured out they're going to do something else.

**STONE** Turquoise.

**COLOUR** Blue-green.

**PLANT** Plantain.

**GIFTS** Just, intuitive, gentle, creative.

**TEACHING** Must learn to have a greater sense of reality and not be so easily hurt.

## RED HAWK PEOPLE MAR 21 – APR 19

If these people had a T-shirt it would say: 'Just do it.' They don't talk about things or make plans, they dive in – and nothing bugs them more than somebody saying they'll do something then not doing it. They are initiators and leaders, but their words, like talons, can sting.

**STONE** Fire opal.

**COLOUR** Yellow.

**PLANT** Dandelion.

**GIFTS** Strong-willed, energetic, optimistic, independent.

**TEACHING** Need to have patience and to be more stable, to stay with something as long as it needs them.

## BEAVER PEOPLE APR 20 – MAY 20

Are hard working and home oriented. They never stop growing spiritually, are loyal associates, and good at creating. They are stable, get things done, and like routine. They keep their feelings back as effectively as a beaver dam holds back the river. They hold emotions in, and they sometimes build up until they explode.

**STONE** Chrysocolla.

**COLOUR** Blue.

**PLANT** Blue camas (a lily).

**GIFTS** Loyal, persistent, determined.

**TEACHING** They need to express themselves – playing a wind instrument can physically get things off their chest.

## DEER PEOPLE MAY 21 – JUN 20

These people have a gift to create beauty, and they attract beauty around them. They are versatile, adaptable and can change from one religion or philosophy to another with great ease. Their attention can flit from one thing or relationship to another, and they dislike routine. They are sensitive, gentle and swift moving like the deer.

**STONE** Moss agate.

**COLOUR** White and green.

**PLANT** Yarrow.

**GIFTS** Clever, intuitive, eager, resourceful.

**TEACHING** Must learn to be more consistent and less suspicious of others.

## SWALLOW PEOPLE JUN 21 – JUL 22

Fit in anywhere, like a chameleon lizard that changes colour according to their environment. They're accepted in all places for who they are, because they are adaptable and ride with the flow of life. But they are easily influenced by others. They need a comfy nest and harmonious home.

**STONE** Carnelian agate.

**COLOUR** Pink.

**PLANT** Wild rose.

**GIFTS** Gentle, dreamy, sensitive, can reflect and absorb things around them.

**TEACHING** Should learn to be more independent and less changeable.



## STURGEON PEOPLE JUL 23 – AUG 22

Their gift is clear vision, they can see through things – if you try to lie to them they know. They have inner strength and are intuitive and perceptive. They try to avoid confrontation, but will fight when cornered. They are born to lead and are usually fair, but it is hard to pierce their shell and get to know them.

**STONE** Red garnet.

**COLOUR** Red.

**PLANT** Raspberry.

**GIFTS** Dominant, powerful, courageous, playful.

**TEACHING** Must curb their tendency to be too dominant and appear arrogant.

## SNAKE PEOPLE OCT 24 – NOV 21

Natural born healers. They tend to be secretive and mysterious, with a painful bite when provoked to attack. Have the ability to bring change to anything in which they are involved. They have high energy most of the time and are inquisitive. They have psychic gifts and are sensitive to the voice of spirit.

**STONE** Malachite.

**COLOUR** Orange.

**PLANT** Thistle.

**GIFTS** Powerful, ambitious, heroic, determined.

**TEACHING** Must learn to be less quick to strike and less suspicious of people.

## BEAR PEOPLE AUG 23 – SEP 22

They are cool, capable creatures of habit who love work and duty and seem confident and courageous. They like routine and staying at home, and enjoy being alone. They feel things strongly. Slow and deliberate, they are good-natured and introspective. They are gentle, but if attacked their claws will accurately rake any weak spots.

**STONE** Amethyst.

**COLOUR** Purple.

**PLANT** Violet.

**GIFTS** Strong, persevering, curious.

**TEACHING** Must learn to enjoy being social and to be more sympathetic.

## ELK PEOPLE NOV 22 – DEC 21

Natural born leaders, they want to be the boss, and will work their way up. They are diligent, and concerned with the welfare of others. They use their authority in a good way, and will protect people who can't protect themselves. They have an innate sense of justice and see the big picture and will work to achieve it.

**STONE** Obsidian.

**COLOUR** Black.

**PLANT** Black spruce tree.

**GIFTS** Insightful, fearless, determined, open hearted.

**TEACHING** Can be argumentative, so must learn to be more understanding.

## RAVEN PEOPLE SEP 23 – OCT 23

Socially oriented people, they love to be around others, to mix and go out. They are concerned with the welfare of others, and can be called meddling and nosy as a result. They have a special ability to go up into the spirit world, but can have trouble dealing with day to day life like bills and be a bit airy fairy – their medicine stone will ground them.

**STONE** Jasper.

**COLOUR** Brown.

**PLANT** Mullein.

**GIFTS** Cooperative, adaptable, loyal.

**TEACHING** They must learn to take on more responsibility and be less gullible.

## GOOSE PEOPLE DEC 22 – JAN 19

Snow goose people are excellent organisers and perfectionists. Great communicators and teachers, they respect authority and tradition. They are hard workers, imaginative, self-sufficient and willing to explore the unknown. But they are quick to nip if provoked, and won't turn their cheek and run away.

**STONE** Quartz.

**COLOUR** White.

**PLANT** Birch tree.

**GIFTS** Ambitious, determined, persevering, trustworthy.

**TEACHING** Tend to be serious, so need to learn to have fun and be less frugal.

