

## What kind of animal are you?

Nearly everyone knows their star sign but what type of animal are you?

In Native American culture, totem or spirit animals hold the power, characteristics and abilities of a tribe or individual, and we find the same in European culture in myths and legends from Celtic and Saxon times. This symbolism still occurs in modern life when we say 'as brave as a lion', or 'as strong as an ox'.

Your 'totem animal' holds your soul's true character, talents and personality. Each of us is born with a soul animal, and as we develop in life we have the opportunity to develop the talents and potentials of the totem within ourselves. Unfortunately some people don't have the opportunity or the environment to develop all their abilities - and some learn to survive by suppressing their inherent characteristics and who they really are.

### How do you find your soul's animal form?

Your soul will tell you! You may already know your soul animal by having a special attraction to a particular animal or bird. You may be a collector of anything to do with owls or frogs, or you may feel a special kinship when you see horses, dolphins or squirrels. You may also find people comparing you to an animal: 'she moves like a cat', 'he swims like a fish'.

Your animal characteristics express themselves in all aspects of your being; the way you do things, the way you behave emotionally, the way you react to situations, and your spiritual and psychic talents. You may also find your soul animal appears in your dreams; in your dream state, your soul animal will often want you to follow it, or it may appear to give you guidance or to save you from dangerous or unpleasant situations.

### Meditation for meeting your soul animal

If you do not intuitively know your soul animal you can either use animal divination cards such as ['The Beasts of Albion'](#) or use the following simple meditation to invite your animal to come to you:

Simply sit upright in a comfortable chair and close your eyes. Breathe deeply and relax, imagining that you are standing in a forest. Be aware that spirit animals are all around you called by your intention to meet your soul animal.

Gently invite your soul animal to make itself known to you. Take time to be aware of how you feel and any impressions or images you have. Try to be open, many people reject their soul animal because it isn't the animal they want or were expecting.

Your soul animal may make itself known to you in a glimpse of wing, a feeling of shape-changing, in the sensation of movement, a word in your mind or an inner-knowing.

Repeat this meditation to get to know your animal and to allow it to connect with you. Very often we have rejected and repressed aspects of our soul animal and it may take time for you to gain its trust. Notice in particular if your animal is well and happy, or is it injured and neglected? As you build a relationship of mutual trust your totem will help you to develop and use your unique gifts and characteristics.

### **What does my soul animal mean?**

To find out what your soul animal means, think about how the animal would react in different situations, and how it would feel. How does your animal view the world, close up like a mouse or from above like a bird? Is your animal part of a herd or family or is it independent? Is your animal fearless like the weasel which will take on big challenges or is it loving and playful like an otter?

How does your animal appear in mythology and folklore? Is it seen as an opportunist like the fox, or loyal like a hound? Think about similarities between yourself and your totem and then notice where you differ, as this will show your unexpressed and hidden talents and characteristics.

Some people can also have a strong aversion to their animal. This occurs as the animal represents an aspect of themselves which they fear and have repressed. A fear of snakes could perhaps indicate a 'snake' person with sexual issues or problems with growth and change.

### **Soul animals and children**

You may also like to do the soul mediation with your children to find their animals. Knowing that your child is a 'swan' will help you to appreciate that they may have a strong link to music. This could mean that your child is musical, or that music will have a profound effect on them. You can use this information to help your child to feel calm and relaxed in stressful circumstances, perhaps by playing soothing music.

### **Soul animal characteristics**

Knowing people's soul animal can help build understanding relationships. Knowing that your partner is a 'bear', you will know that they are very sensitive and may often hide their inner feelings as a defence mechanism. A 'badger' will need regular routines and a place to call their own to feel secure.

Animal characteristics can also express themselves in the bedroom! A 'cow' will be a generous and considerate lover, a 'fox' will be flirtatious and risqué, a 'hound' will be loyal and faithful, a 'cat' will be sensual and an 'otter' playful and fun loving!

It can also be fun to try to guess people's soul animal from their behaviour, but beware it can be very difficult. Most people hide their true selves. Someone who does not feel secure enough to show who they really are will often take on the characteristics of another animal to feel safe - so you could have a 'mouse' behaving like a 'bull', or an 'eagle' behaving like a 'cat'!



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Knowing our soul animal can help us understand and accept our characteristics, abilities and talents. So often people wish that they were something different and they miss the beautiful being that they already are. A stag is as beautiful, graceful and as gifted as a dolphin. A dove is as special as a fox, and a bee is as important as a cat.

Knowing other people's soul animals can also help us to accept them for who they really are rather than who we wish them to be, and it to create supportive and loving relationships.

***To find out more about totem and soul animals see  
> [The Beasts of Albion self-development deck](#)***

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