

Animal Totem List

Alligator	Maternal, revenge oriented, quickness, aggression, stealth, efficiency, basic survival instincts.
Ant	Group minded, determination, patient, active, purposeful, unity, self sacrifice and industrious.
Arctomys	Lethargy, curiosity, nosiness, ability to smell out trouble, rooting around for solutions, finding the lost.
Antelope	Active, agile, jumpiness, keen eyesight, survival, willing to sacrifice, mental clarity, intuitive, protective.
Armadillo	Safety, grounded, sensitivity to attack, strong boundaries, trusting, reclusive, neutral, peaceful.
Badger	Courage, aggressive, healer, problems relating to others, energy conduit, determined, focused, confident.
Bat	Rebirth, longevity, secrecy, initiation, good listener, long life, illusion, journeying, inner depth.
Bear	Industrious, instinctive, healing, power, sovereignty, guardian of the world, watcher, courage, will power, self-preservation, introspection, and great strength.
Beaver	Determined, strong-willed, builder, overseer, dreamer, protector, builder, motion, subconscious.
Bee	Organized, industrial, productive, wise, community, celebration, fertility, sweetness, defensiveness, obsessive nature, and enjoys life
Boar/Pig	A very powerful totem – prosperity, spiritual strength, organized, balanced complacency and activity, fearless.
Buffalo	Sacredness, life, great strength, abundance, gratitude, consistency, blessings, stability.
Bull	Insight into the past, fertility, raw expression, rushing into things, confidence, strength, provision.
Butterfly	Metamorphosis, transformation, balance, grace, ability to accept change, lightness, soul, vulnerability.
Caribou	Traveler, mobility, preference to be nomadic, adaptability to adversity, sensitivity, guidance, surety.

Cat	Guardianship, detachment, sensuality, mystery, magic, independence, astute, watchful.
Cougar	Leadership, loyalty, courage, taking responsibility, foresight, sensing danger, awareness.
Cow	Love of home, community, contentment, joy, easy going, patience, grounded, fertility.
Coyote	Trickster, intelligence, stealth, wisdom and folly, guile, innocence, skill.
Crab	Good luck, moves sideways, savvy, unorthodox, relaxed, cycles.
Crane	Solitude, justice, longevity, independent, intelligent, vigilant, focus.
Crocodile	Ensuring your emotions are displayed accurately/appropriately
Crow	Magical, shape shifting, change, creativity, spiritual strength, inelegancy, energy, higher perspective.
Deer	Compassion, peace, intellectual, gentle, caring, kind, subtlety, gracefulness, femininity, gentleness, innocence, and seller of adventure.
Dog	Noble, faithful, loyal, teaching, protection, guidance, obedience, sensory perception.
Dove	Cross-world communication, spirit messenger, peace, gentleness, love.
Dragonfly	Flighty and carefree, strong imagination, higher aspirations,
Duck	Water energy, helper of seers, affectionate, community oriented, can clearly see/deal with emotions.
Eagle	Divine spirit, sacrifice, connection to creator, intelligence, renewal, courage, illumination of spirit, healing, creation, freedom, and risk-taker.
Elk	Strength, agility, pride, majestic, independence, purification, nobility, sensual.
Falcon	New beginnings, adventure, passionate, leadership, rising above, guardianship, superiority, prophecy.
Fish	Graceful, slyness, open-minded, quick to change one's mind, fertility, good luck, happiness.
Fox	Cunning, agility, quick-witted, diplomacy, wildness, feminine magic of camouflage, shape-shifting and invisibility.
Frog	Water, cleansing, rebirth, sensitivity, medicine, hidden beauty, peace,

	adaptability, metamorphosis.
Gazelle	Awareness, speed, grace, eagerness, lightness, overcomes vulnerability, alert.
Goat	Surefootedness, stubbornness, independence, diligence, in the moment, aloofness, virility, sturdiness.
Goose	Self-demanding, reliable, prudent, rigid, vigilance, parenthood, productive, teamwork, fellowship.
Grasshopper	Good luck, abundance, forward, progressive, virtuous, forward thinking, creative.
Grouse	Personal power, enlightenment.
Hawk	Messenger, intuition, victory, healing, nobility, recollection, cleansing, visionary power, and guardianship.
Heron/Egret	Aggressive, self-determined, self-reliant, multi-tasking, balanced, calm, present, independent.
Horse	Freedom, stamina, mobility, the land, travel, power, freedom, grace, nobility.
Hummingbird	Messenger, timelessness, healing, warrior, energy, vitality, infinity, affection, playfulness.
Jaguar	Chaos, shape-shifter, aggressiveness, power, confidence, manifestation, breath.
Lion	Family, strength, energy, courage, guardian, protector, ferocity, authority.
Lizard	Conservation, vision, self-protection, hidden defenses, shrewdness, variation.
Lynx	Keeper of secrets, guardian, listener, guide, aware, intuitive, unconventional.
Meerkat	Community, precise vision, good boundaries, lively, courageous, intuition, heart energy.
Mole	Sensitivity, guidance, searching, extended senses, underworld, hidden treasure, digger.
Moose	Headstrong, longevity, steadfastness, wisdom, self-esteem, primal feminine energy, crown chakra.
Mouse	Innocence, scrutiny, order, organizer, eye for details, grounded, super-aware, temerity.

Opossum	Smart, clever, sensible, grounded, group-minded, proper use of deception, strategic, surprising.
Otter	Playful, friendly, dynamic, joy, helpfulness, sharing, love of young, sensibility without suspicion.
Owl	Wisdom, deception, intuition, insight, messenger, mystery, freedom, secrets, stealth, vision.
Ox	Sacrifice, chastity, faith, humble, self-denial, enduring, strong, magical.
Panther	Protection, hidden emotions, introspection, caution, careful decisions, multi-dimensional, dark and light.
Pelican	Resilient, unselfish, rising above, friendliness, responsible, safety, camaraderie, bounty.
Porcupine	Innocence, companionship, trust, curious, imagination, good-natured, non-interference.
Prairie Dog	Swiftness, industrious, constructive, preparedness, common goals, retreat, family, digger.
Puma	Companion on journeys to other worlds, grace, silent power
Quail	Group-work, team play, creator of harmony and group tolerance, protectiveness (especially toward children)
Rabbit	Fertility, artistic, in motion, hyper vigilant, joyful, lives by own wits, steps through fear.
Raccoon	Curiosity, disguise, explorer, secret, night vision, cleanliness, dexterity, seeker.
Ram	Stoic, sensitive, persevering, curious, imaginative, new beginnings, change, life force.
Rat	Fertility, stealth, scavenging, intelligence, enjoys luxury, intelligent, wealth, success, drive.
Raven	Magical, introspective, self-realized, courageous, transformational, messenger, psychic, divination.
Roadrunner	Mental agility, speed, opportunistic, multi-tasking, energy, busy, accomplishment.
Rooster	Persistence, honesty, strength, flamboyant, upward reaching, eager, cocky, watchful.
Salmon	Proud, intense, confident, wisdom, inspiration, can swim upstream, rebirth, determined, spiritual desire.

Scorpion	Transforming, strong, inspiring, chaotic, passionate, altered perception, death and rebirth, seduction.
Seagull	Versatility, loud, easy-going nature, creativity, laziness, resourceful, opportunistic, freedom.
Seal	Love, longing, dilemma, active imagination, creativity, protection during change, dreamer, good luck.
Skunk	Reputation, presence, strength, demands respect, sensual, steady, pacifism, taking your time.
Snake	Impulsive, primal energy, shrewdness, rebirth, transformation, initiation, and wisdom.
Spider	Balance, wisdom, creativity, communication, networker, cyclical, crafty, fate, protection.
Squirrel	Planner, gatherer, preparedness, awareness, sociable, playful, energy, prudence, resourceful.
Stag	Lord of the forest, masculine power of regeneration, signs.
Swan	Grace, balance and innocence, soul, love, beauty, elegance, transformation, dreams.
Toad	Inner strength, luck, self-examination.
Turkey	Generosity, life-giver, sharer, abundance, blessings, pride, virility, sacrifice.
Turtle	Nurturer, shy, protecting, patience, strength, innocence, endurance, longevity.
Weasel	Strength, energy, ingenuity, stealth, wild, ferocious, aggressive, commanding.
Whale	Wisdom, provider, intelligence, kindness, deeper awareness, nurturing, navigator, communication.
Wolf	Loyalty, perseverance, success, intuition, spirit, appetite for freedom, can be a loner.
Woodpecker	Sensitive, protective, devotion, prophecy, progress, determination, balance, communication.
Zebra	Clarity, motion, individuality, balance, illusion, instinct, free, wild, communal, playful, social.