

(Your Name) \_\_\_\_\_

## Nine Direction Power Animal Totems.

**EAST** is the Path to Illumination: \_\_\_\_\_

The East is the direction of birth, new life, creation, originality, and starting something new. The morning Sun illuminates, brings forth the birth of a new beginning, a new day, a new life.

There is freedom, expansiveness here, the East encourages you to let go of your old patterns; the sky is the limit now. It can bring new perspective. The East invites you to live in the moment, to be fully present for your renewal. This totem will help you blaze a path where none is obvious.

The animal in the East direction guides you to your greatest spiritual challenges and guards your path to enlightenment.

### Lessons of the Power Totem Animal of the East

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### Personality Traits of the East

- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_

**South** is the Path of Early Life \_\_\_\_\_

The South is sensuous, playful and vulnerable, the direction of emotions and water. Lessons have to do with trust and faith in your hopes and dreams. The South will teach you the strength of vulnerability and how to use it to keep innocence alive in your personality.

The animal to your South protects the child within and reminds you when to be humble and when to trust.

**Lessons of the South Power Totem Animal**

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**Personality Traits of the South Power Totem Animal**

- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_

**West** is the path of your goals: \_\_\_\_\_

The animal in the West position represents your personal truth and inner answers that will lead you to the path of your goals.

The West Direction reflects the heart and soul of your essential purpose and reason for incarnating on the physical plane.

Through the wisdom, guidance and assistance of the animal of the West you will reach the deepest interiors of the spiritual "core" of who you are. It shows you the way in which your soul focuses the energy that is given to you.

Your animal guide will lead the way to connecting with Source energy.

The West represents the culmination of all that you are and have become to date, It will also guide you along your path of return.

Working with the West direction animal totem teaches you what you need to do to make a path to your goals. It is a "force" and a focus and a direction to the work your soul has chosen to undertake.

**Lessons of the Power Totem Animal from the West**

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**Personality Traits of the West Power Totem Animal**

- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_

**North** represents the way you approach your goal: \_\_\_\_\_

The North animal gives wise counsel and reminds you when to speak and when to listen. It also reminds you to be grateful for your blessings each and every day.

The NORTH direction reflects and represent the 'ELDER' or, as we prefer to term it, the "OLDER" soul age perspective and "presence" in the sacred circle of life.

This position is best associated with the goal for this lifetime. How do you approach the goal of life itself?

What is your primary way of operating/ way of acting? How you channel your energy into the completion of a task despite difficulties?

There are seven modes: reserve, passion, caution, power, perseverance, aggression, and observation.

The GOAL is a person's primary motivator, lifelong motivation; the person's underlying motivation or basic desire in life. The seven goals are reevaluation, growth, discrimination, acceptance, submission, dominance, and flow.

#### Lessons of the North Power Totem Animal

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#### Personality Traits of the North Power Totem Animal

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- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_

**Inner (Within) is the reflection of your true self**

The animal WITHIN will teach you how to find your happiness and to be faithful to your personal truths. It's also the guardian of your sacred space, the place that is yours alone and is never shared except by invitation.

The WITHIN animal totem is a reflection of the role or position within your "spiritual family"

Thus, the WITHIN animal totem not only reflects your role but also your "personal vibration" in both the spiritual as well as the physical plane realities.

The WITHIN direction reflects that part of you that might be referred to as the true self. It also holds the keys to how you will approach the manifestation of your true self in the world of form.

Thus, the WITHIN animal totem is not merely a representation or an expression of your Soul, but it is also the way through which your role in life will manifest in both the spiritual as well as the physical planes of existence.

**Lessons of the Inner Power Totem Animal**

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**Personality Traits of the Inner Power Totem Animal**

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- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_

**BELOW is how you stay grounded on your path**

The animal Below will teach you about the inner Earth, and how to stay grounded on your pathway.

The BELOW animal totem is what anchors and connects your Soul into the physical plane experience.

Many people under-estimate the value and importance of the body and also under-estimate the powerful lessons and forces that move through the body while walking in the physical body.

The body is how the Soul may "touch" down upon the "ground" of the earth plane experiences, which is why this BELOW direction is so deeply rooted and connected with both the physical body and with the earth itself.

The Power Totem Animal in the BELOW position gives insights into how a person might best ground themselves in and through the body itself.

**Lessons of the BELOW Power Totem Animal**

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**Personality Traits of the BELOW Power Totem Animal**

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- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_

## **ABOVE is your guide to your Higher Self**

The ABOVE animal totem accompanies you, and shows you the way to access your HIGHER SELF, or your ESSENTIAL SELF, or your SOUL SELF. It also corresponds with the CENTERING in our teachings, which is crucial to the WAY in which each of you will tend to approach this "adventure" of accessing the dreamtime or what some might also term the "astral" plane of existence.

### Lessons of the **ABOVE** Power Totem Animal

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### Personality Traits of the **ABOVE** Power Totem Animal

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- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_

is your male protector

This is the animal who represents the masculine aspect of the personality and is also the “father protector” within.

The Right side animal totem also carries your warrior spirit and is the reflection of the PERSONALITY of the fragment in our teachings.

The Right side animal totem is directly connected into the left brain functions of each human being, while the left side body functions are directly connected into the right brain functions.

Thus is there a "crisscrossing" of the brain-body connections and functions for each individual. This arrangement of the 'crossings' serve to connect, unify and balance the whole body functions and to balance masculine and feminine energies within each individual.

There is a deep connection between the following three animal totems for each individual fragment: South, Below, and Right Side. These animal totems all work together to support the person’s journey through life.

Studying the connections, similarities and differences between these three animal totems will serve to illuminate areas of both cohesion and conflict between them which may shed light upon aspects which are in harmony "within yourself" and those which may still require inner work to balance and harmonize more fully.

The RIGHT SIDE animal totem also reflects the whole personality of the person. In short, the RIGHT SIDE animal totem reflects the PERSONALITY of a person, and the LEFT SIDE animal totem reflects the ESSENCE of the person.

#### Lessons of the RIGHT Power Totem Animal

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#### Personality Traits of the RIGHT Power Totem Animal

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- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_

**LEFT SIDE Power Totem Animal** \_\_\_\_\_

LEFT SIDE (FEMALE Protector) Female side also reflects your matriarchal line, and the way in which you tend to approach interaction and connection with the females in your life.

It is your female side "protector" and reflects the way in which you both give and receive nurturing, comfort, warmth, etc.

The Left Side animal is also the way in which you approach and interact with your own Essence, or Soul Being.

It's the way you approach and interact with the feeling side of your nature, plus the way in which you would access your creativity and your higher self, or "essence" or "soul self".

If you want a direct line to your own Essence, and from there to the TAO, or the Great Spirit, Left Side is your best bet.

So working with the Left Side will also help you to access your soul creativity and expression.

**Lessons of the LEFT Power Totem Animal**

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**Personality Traits of the LEFT Power Totem Animal**

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- I am \_\_\_\_\_



