This list was given out to my students by an indigenous leader and mentor who taught the students about spirit stone making. I am passing this sheet and teaching on with her permission to help those who may find this a useful tool in engaging aboriginal youth.

While there are many interpretations of the animal spirits these are some of the most common to this area. The belief that all things have a spirit continues today and can be seen in practice at any Pow Wow, Winter Long House, Sweatlodge or Gathering.

Respect, appreciation, acknowledgement and gratitude are accorded to all the things in the world around us.

Alligator *Power to survive*

Antelope *Action*

Bear *Power, Protection of young*

Bear Claw *Strength*

Heart line Bear *In Retrospect*

Beaver *Builder*

Bee *Organization*

Butterfly *Metamorphosis*

Buffalo *Sacredness and Abundance*

Crane *Independence*

Cougar *Leadership*

Coyote *Trickster*

Crow *Law*

Curled Lizard *Safety*

Caribou *Gra*c*e, Self Esteem*

Deer *Gentleness and Love*

Dragonfly *Agility*

Dolphin *Life Force*

Eagle *Divine Spirit, Leadership*

Elk *Stamina*

Fawn *Gentleness*

Feather *Four Directions*

Four Directions *Foundation of Life*

Fox *Adaptability*

Frog *Healer, Cleanser*

Goat *Scavenger*

Goose *Homing Instinct*

Hedgehog *Innocence*

Horse *Power*

Hummingbird *Messenger*

Lizard *Conservation*

Loon *Solitude, Singing*

Moose *Survival, Headstrong*

Mouse *Scrutiny*

Otter *Laughter, Joy*

Owl *Seeing through deception*

Porcupine *Innocence*

Rabbit *Caution, Alertness*

Raven *Trickster*

Salmon *Homing Instinct, Life*

Sandpiper *Mysterious*

Spider *Creativity*

Squirrel *Trust*

Swan *Grace*

Seagull *Adaptability*

Skull of Buffalo *Sacredness*

Snail *Steady*

Snake *Transmutation*

Turtle *Protection, self contained*

Thunderbird *Spirituality*

Whale *Wisdom, Provider*

Wolf *Loyalty*

Wolf Paw *Prowler*







