

# Cicada

Cicadas live underground for most of their lives and emerge according to their instinctive timing. They intuitively understand the wisdom in seeking shelter during vulnerable times. Their keen timing protects them from potential predators. By patiently trusting their own process and judgement, Cicada works with the protective energies of nature. Cicada teaches us that when we trust our sense of timing rather than trying to force something, all unfolds for the best. Cicada knows that a period of isolation or self-protection will naturally be followed by a readiness to reach out and connect with life again. We do not need to rush our process, nor should we fear 'missing out' when things take longer than expected. When the inner timing is right, we will know to step forward with openness, courage and trust.

Cicada survives underground using earth for protection. However, being covered by too much earth could prevent Cicada from emerging when the time is right. Cicada teaches us the difference between expressing a healthy boundary and setting up walls that prevent us from growing or experiencing a full life.

When it is time to leave the protective underground environment, Cicada emerges and sheds its shell. It teaches us how to leave the safety of known worlds behind us, trusting that we are strong enough to break free and be

seen. Cicada knows when it is time to come out of its shell. It teaches us to trust that when we are ready, we will feel the urge from within and have the wisdom to act upon it.

## Condor

Condor is born with eyes open but no vocal chords. Condor wisdom often relates to being able to see far more than one can express in words. When Condor connects with the soul, it encourages a willingness to see that which cannot be articulated or explained. Condor communicates by changing its skin colour and helps us master nonverbal communication, such as body language and emotional energy, to better understand ourselves and others. Condor reminds us that meaningful communication goes beyond words. When we cannot have a meeting of minds there can still be a meeting of souls with other people, animals and the spiritual worlds.

At the top of the food chain, Condor eats carrion. As one of Mother Nature's cleaners, it has a vital role in the ecosystem. Condor teaches us to use every part of our experience, even the things we may initially reject, as nourishment for our soul. There is no need to avoid the darker parts of life, when we know even the challenges can, in some way, be food for the soul.

One of the most ancient animals in existence, Condor once flew alongside sabre-

toothed tigers. More recently, this massive winged being was close to extinction. The joint efforts of humans from various disciplines brought Condor out of decline and while it is critically endangered, its numbers continue to rise. Condor brings the medicine of hope and the wisdom of combining our efforts and knowledge, so that we can work together for the greater good. Condor shows us that if we refuse to give up, and allow ourselves to offer and receive help, we can overcome the greatest odds.

## Crane

Elegant Crane creates an avian ballet through its dance-like courtship ritual. Crane is a totem for those able to express soul truths through dance, martial arts or other forms of conscious movement. Crane also uses dance as a defensive tactic. Similarly, the soul can use dance to ward off negative energies and affirm aliveness, vitality and freedom. We may not think of ourselves as dancers, but Crane knows otherwise and encourages us to claim sacred personal space and express our inner selves through movement.

Crane is a symbol of loving, loyal and enduring partnerships. When Crane connects to the soul there can be healing around feeling worthy of committed, long-lasting and passionate relationships. This allows for a deeper experience of love and devotion

with another person. Crane is protective of its family and can help us understand how and when to be discreet, to share information wisely and to choose friends and allies with discernment. Crane teaches the soul to use intelligence and instinct to protect one's relationships from negative influences.

Crane is fabled to have a life span of a thousand years and represents a long, successful life touched by eternal youthfulness. Crane can help us learn how to live with dignity and grace, whilst remaining flexible in body and mind, rather than becoming emotionally rigid as we grow older. Crane helps us remain vital, youthful and inspired, no matter what our age. Crane teaches us that it is never too late to pursue what inspires us.

## Crow

Crow holds the wisdom of magic and voice. A master communicator, Crow is not afraid to express itself. Crow teaches the soul how to speak up for truth, set healthy limits and claim its rightful personal space. Crow medicine helps us understand the considerable power inherent in our voice, including what we say, how we say it, and the karmic repercussions (both positive and negative) that come from the way we use our voice. We can use words to curse, to heal, to speak up or to gossip and grumble behind another's back. Whatever we choose we attract back into our world.

Crow is highly intelligent and able to learn from experience. It discerns between behaviours that get results and those that do not, and changes accordingly. When we are caught up in self-sabotaging behaviours, repeating the same mistakes over and over, Crow helps us realise what we are doing so we can use our power to choose more consciously. Work with Crow to recognise when someone is not behaving with good intentions and do not be fooled twice, even if that means cutting ties with someone.

Crow teaches us to learn from our experiences, so we can make changes for the better. When something is not working, Crow shows us that we have the power to change what we are doing to improve the situation. Crow medicine brings out the realist within so we can see things as they really are. When we see with clarity and detachment, we can respond to situations, so they work for rather than against us. Crow supports the soul in discovering the magician within, so that we can use clear intention to confidently and consciously co-create our lives.

## Dove

Dove brings the healing wisdom of the sacred feminine into our hearts. Sometimes the issues in our lives seem too difficult to surmount and our problems seem so big that a hugely powerful force is needed to overcome

them. Dove teaches us that nothing is beyond the divine mother's reach and resolve. Dove is associated with Mother Mary, Ishtar, Venus and the peaceful, powerful and protective face of the divine mother.

The soul recognises the soft vocalisations and docile nature of Dove as reassurances from the Divine that let us know everything is going to be okay. Dove brings purity, comfort, calm and the transformative power of peace into our hearts and our world. She signals that it is safe to relax our minds, so we can feel renewed by the deep, eternal, inner silence that lies beyond the worries and cares of the world. Dove's song is heard at dawn and dusk. These are transitional times when the veil between the spiritual and physical becomes thinner or less defined. At these times, we can more readily receive spiritual guidance and healing energies from the subtle realms to bring peace to our hearts and rest to our minds.

Dove teaches us that no matter how extreme our struggles may be, peace is always within reach and is so much closer than we may ordinarily realise. Tuning in to the loving voice of the divine mother within our hearts can reassure us and help us find faith and happiness. When we are working to heal issues surrounding mothering, food, safety, anxiety, loneliness or belonging, Dove brings the message that we are cherished. The divine mother soothes our souls until the pain we feel is replaced with peace, relief, and trust in her love for all of us.