

ANIMAL MEDICINE ENERGY

Your power animals are special friends. They have honored you by choosing to share their talents to help you with your life. Give thanks and be respectful of their power. Brief meanings of their energy are provided below. Also consider what you know about your power animal totems to be valid. Pay attention when these animals cross your path, be it in physical presence, a dream, a TV commercial, a magazine ad, or through your inner vision. Your animals have a message that will help you walk a good, red road.



EAGLE (spirit, the highest vision) - Eagle provides great vision and clarity. The lesson in your life is bigger than the outer world thing that is on your mind. It is time to strengthen your connection with Great Spirit and see beyond your little self. Take heart and gather your courage for spiritual tests of strength. Step back and look a life from a higher view.

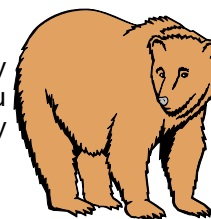
HAWK (messenger) - Become observant and overcome stressful situations through silence. It may be time to stop and listen, or you may need to provide a message (but you still have to listen first). Be aware of omens. Step over hazards by seeking Truth. Hear and speak wisdom.



ELK (stamina) - Pace yourself to go the distance. Let go of un-needed burdens. Attention to health and nutrition. You may be called upon to spend time with those of your own gender rather than spending too much effort on relationship. Take care of yourself at this time. Make a long-term plan rather than looking for quick results.

DEER (gentleness) - Use your healing abilities to create a beautiful environment. Value and seek consistency in relationships. Mediate heaven and earth. Purity and innocence. Quietly observe those around you without judgment. Magical transport. Approach difficult people and situations with quiet strength and love rather than aggression.

BEAR (introspection) - As leader of the animal kingdom, you must think things through clearly in order to make wise decisions. Be willing to go into the darkness to face your fears. You must go into the night in order to see your own star. Show feelings through actions, not empty words. Discrimination, justice. Pull within for a vision.



SNAKE (transmutation) - Lessons in birth & rebirth, sex & death, changing negativity into the energies of light and love. Psychic. Adaptability. Learn to allow others below the surface of your life. Purify self. You have sound ideas when you are balanced. Be quiet but ready to move at a moments notice. Shed the skin of your old self.



SKUNK (reputation) - Walk your talk to gain honor and respect. Live in Truth. Be assertive without ego. Playful and nonchalant. By living in your truth, you will attract only those on the same path, while repelling those who are not on your path. Sexuality is strong but must be used wisely.



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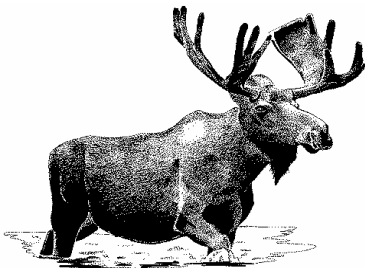
OTTER (femininity and playfulness) - Take time to rest and play. Be a good friend. Honor the rights of others. Achieve goals for the good of all. Do not let the material world bind you. Allow emotions to flow freely. Play time helps take you out of fears.



BUTTERFLY (transformation) - Step back and see yourself as part of the larger life cycle. See where change is needed and have the courage to transform yourself. You are being called to spend quiet time within so that you can come out of your cocoon to share your beauty with the world. Good for color healing and mental work. Know that the beauty within requires private time before it expresses outwardly.



TURTLE (Mother Earth/Goddess) - Go within for protection. It is time to provide nurturing and share of yourself with others. You are learning to flow in harmony with the Universe and recognize your larger role in service to the world. Practice compassion. Develop your ideas before sharing them. Focus intention.



MOOSE (self esteem) - Recognize your inner strength and wisdom. Accept your innate connection to the Divine. Feel good about yourself and speak your Truth at the right time. Do jobs well and stand proud. Although not a warrior energy ;Moose is not to be crossed. Can be cantankerous. Teach youth. Stand proud.

PORCUPINE (innocence) - Faith, trust, and humility. It is time to share love, joy, and companionship. Explore fantasy and imagination. Bring out the child within. Honor the wonder of life. Explore possibilities without expectations. Protected.

COYOTE (trickster) - Do not get caught up in the world or your ego. It is time to bring out your sense of humor. Avoid losing sight of the obvious. May fool yourself into learning. Seeing beyond the illusion of the transitory world. Coyote helps you see through your own illusions by pulling the rug out from underfoot.

DOG (loyalty, friendship) - Unconditional love, warmth, and service to humanity. A protector and guardian of ancient secrets, treasures, and babies. Warns others of danger. A watchful eye. Dog gives of itself without expectations of return, but welcomes love unconditionally. Protect your territory.

WOLF (teacher) - Time to share the medicine of new ideas. A pathfinder. Have a sense of both family and individuality. Balance aloneness and community. Expand your view. Open to new ways. Teaches understanding. Teacher of Truth.



RAVEN (ceremonial magic) - Time to face your fears. Do not dwell in areas in which you have no knowledge. Courage to enter the void. It is the healing power of the unknown. Paradox. In Pacific NW lore, Raven is treated in equal standing with eagle . Raven used his cunning to bring back the Sun that was hidden in the darkness.

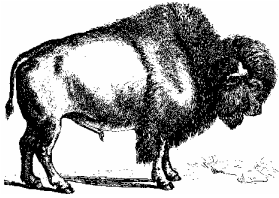
MOUNTAIN LION (leadership, courage) - Lead without expecting others to follow. May be the target for the problems of others. Must balance body, mind, and spirit. Follow your heart and dreams. Does not panic. Be willing to walk your own path of Truth alone. Replace loneliness with aloneness. Quiet power. Teach youth how to manifest needs in the world. Stays in background unless there is a conflict.

LYNX (secrets) - Look to see what you do not know. Ability to go within to find lost secrets and occult knowledge. Learn to hear not only what others say, but what they do not say. Know others fears, lies, and self-deceptions. Keep secrets and Sacred Truths. Show respect. Keeper of secrets from ancient magic. Clairvoyant. Respect traditional practices. Go beyond the mundane to the sacred.

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BUFFALO (prayer/abundance) - Give generously of yourself. Know that your prayers are being heard. Keep your purpose pure. Be thankful and appreciate all that has brought you to this place in life. Keep your purpose pure and reconnect with the meaning of life. Be humble, receive with respectful thanks. Use all of the resources available to you without waste. Honor life.

MOUSE (scrutiny, seeker of the way through) - It is time to appreciate the little joys of life. Look at the details in life but do not get lost in them. See the importance of what seems insignificant to others. Specialize and get organized, but be sure to step back and see the big picture. Mouse can see even the smallest way through a difficult situation.

OWL (deception, sacred messages, wisdom) - Often called the Night Eagle, owl can see that which is hidden from others. Strength in the occult, magical arts, and ancient wisdom. Avoid black magic and other inappropriate uses of power. Seek Truth and Wisdom. Owl is quiet when making its move to obtain its desires. See unseen Truths.



BEAVER (Builder) - Luck comes from hard work. Slow, deliberate, persistent efforts towards tangible goals without getting lost in materialism. Strong defense and regenerative abilities. It is time to be a *doer*, building towards the future. Put your ideas into action.

OPOSSUM (diversion) - It is time to rely on your instincts. Plan a strategy. Confuse predators. Expect the unexpected. Use intelligence, drama, and the element of surprise. Be clever and expect the unexpected. A great actor (be dramatic but not melodramatic!). Fierce protector of their young.

CROW (law, Universal Law) - Must be within harmony with the natural order of the Universe. An omen of change. See the past, present, and future as being one and the same simultaneously. The gateway to the supernatural and the path beyond death. Recognize that physical laws are subject to bending when you work within Universal Law. Alchemy and shape shifting. Bring forth ancient information.

FOX (camouflage) - Use cunning, adaptability, and wit. Blend into the surroundings and observe. Ability to weave through any situation. Knows what will happen through observation. Protector. Traveller. Use cleverness to outwit your predators and prey. Understands subtleties.



SQUIRREL (gathering) - It is time to plan ahead and be prepared. Prepare for change. Allow yourself to receive. Create a safe place. Avoid being erratic. Let go of that which you no longer need. Plant seeds for the future. Do not be greedy. Save for a rainy day.



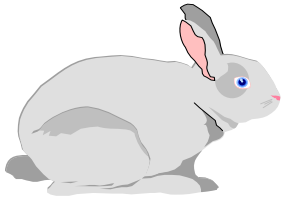
DRAGONFLY (illusion) - Let go of your images and open to Divine inspiration. Reclaim your power. Disconnect from the outer world and open to nature spirits. Break through rigid ideas and expectations. Things are not always as they seem. Keep your ego in check.

ARMADILLO (boundaries) - Define your space. Choose the experiences you wish to have in your life and release those that are not in harmony with your goals. Do not allow yourself to be taken for granted. Protect yourself and recognize that it may not be time to push forward. Allow the people in that you want to know you while using your natural protection to keep undesirables out. Honor the need to slow down. Pull back from potential danger.

BADGER (aggressiveness) - Quick actions. Fight for what is yours. Heals through grounding, often using herbs or roots. Works with the toughest situations and people to achieve healing. Cut away that which is unnecessary. May work best alone. Good in crises. Remove clutter from your environment.

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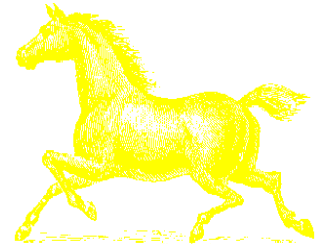
RABBIT (fears, fertility) - Take time to face your fears; they are self-created. Take time to rest and review negative feelings. Ability to manifest in abundance, but do not do so out of fear. Examine fears that block growth and face them with courage. Speedy. May also operate as inspired magic (as in Alice and Wonderland).

TURKEY (selfless giving) - Often called the Give-Away Eagle, the turkey recognizes that there is an abundant supply in the Universe. Recognizing this, the turkey gives of itself because there is plenty more to go around. Turkey knows that everyone must win in order for one to win. When you do for another, you do for yourself. However, do not give in order to receive. Avoid excessive self sacrifice.

ANT (patience, teamwork) - It is time to plan, build, and serve the community. Know that what is yours will come to you through consistent effort and willingness to work for the long term good of all involved. Practice diligence and patience. Industriousness will pay off in the long term.

WEASEL (stealth) - Hear what is really being said; go beyond the words; read between the lines. Listen for what is not being said. High energy and ingenuity. See the ramifications beyond the situation. Powers of keen observation. See the hidden reasons. When it is time for action, move quickly. Use your power of observation to know what is going on rather than being told. Find the hidden reasons.

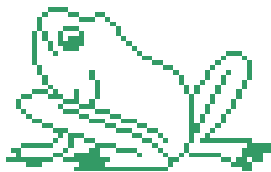
GROUSE (sacred spiral, dance with life) - It is time to step back and observe the dance of life. Look beyond your little self to see you place in the larger picture. Dance with the events that come and go from your life. Direct your energy and goals. Release that which is not needed; call forth your goals and desires.



HORSE (power) - You are being used as an instrument of Great Spirit, a conduit of physical and nonphysical power. Maintain a broad perspective and make room for other pathways. Carry the burden while flying to the source of power. Seek wisdom in your life journey in order to find your power.

LIZARD (dreaming) - Go into the future in order to create your own reality. Face up to whatever you are resisting. Help others to recognize their fears and hopes. Observe your dreams and get enough sleep. Lizard can break its tail in order to escape danger. Is there some integral part of your life that needs to be released for your Highest Good? Seek to understand the symbols around you for inner knowing.

ANTELOPE (action) - It is time to do. If you have needs, take them. However, only take what you need. Knowledgeable and proper action. Live life fully because you know of death. Get things done. Antelope can see for great distances, so look to see where your current path is leading. Do you want to go there?



FROG (cleansing and healing) - Clear negativity in order to promote healing. Find peace by giving time to yourself. Give support and energy where needed. Fertility. Frog's voice is thought to be healing. Perhaps it is time to sing your song! Tone healing. Give time to yourself.

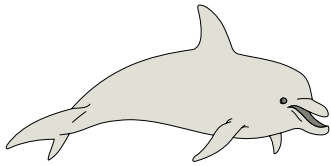
SWAN (grace) - It is time to surrender, to trust, and to accept Great Spirit's plan for you. Like the story of the ugly duckling that became a beautiful swan, you must recognize and accept the natural process of growth. Accept healing, accept your abilities, and accept yourself for who you are. Altered states. Have courage to enter the void; seeing your fears and allowing your future to unfold. Allow your inner beauty to come out.



Note: the information on the totem animals in these pages comes from a variety of sources. The Animal Medicine tarot card deck by Jamie Sams is a good starting place.

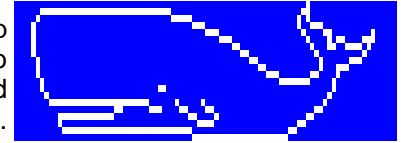
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DOLPHIN (life force, manna, Prana) - Tap into the flow of life and use its energy to smoothly flow through changes. You are a link to a needed solution. Breath deeply. Heal with tones. Dolphin flows with the rhythm of life, knowing when to breath and when to submerge to the depths of emotions. Playfulness. Community.

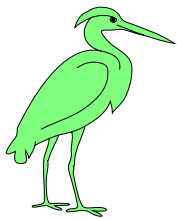
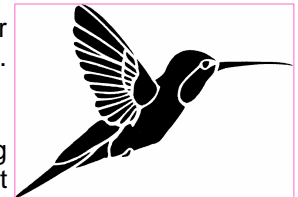
WHALE (record keeper) - Tap into ancient information to bring it forth to help the people. Understand that history cycles into the present time and present into the future. Understand the inter-connectedness of all life. Explore telepathy and clairaudience. Tune into sounds, tones, and nature to heal and find balance. While it is a great trait to be easygoing, do not let yourself be exploited.



BAT (rebirth, new beginnings) - It is time for new starts. Use your inner knowing rather than external vision to know your direction. Let go of old ways. You may experience a shaman's death where all of your "buttons" of worldly attachment are pushed. Accept your destiny regardless of your ability to see the logic of it in the external world. Bats know how to adapt to their particular environment.

SPIDER (weaving, story telling) - It is time to communicate and network. Tell people who you are; share the stories of your family or tribe. Avoid entanglements and keep your sense of humor. Know that you can effect change without getting caught up in polarities (soap operas) yourself. Detach from the world and see its path; pay attention for signs of change. See the higher plan in the external events of mundane life.

HUMMINGBIRD (joy) - Open your heart and mind to joy and love in all aspects of your life. Experience the wonder of the world. Bring forth beauty and harmony in your world. Journey to your ideal. Share beauty. Ability to maneuver.



BLUE HERON (self-reflection)- heron brings the power of knowing yourself. The heron stands proud and silent looking for nourishment within the emotions. You have probably seen Heron standing quietly in the water looking for food in the watery depths. When Heron does speak, he does so with a loud call, as if to announce emotional self-discovery. Learn to see yourself by going beyond position and activities in the world. Find clarity by going beyond the physical. Heron flies slowly with head back, as if every motion is deliberate and based in silence.

RACCOON (generous protector, curiosity, cleanliness) - Raccoons tend to the needs of the tribe before taking care of themselves. When on a raiding party, the raccoon left to guard the others is always fed first. It is time to share your strength and generosity without becoming a victim yourself. You are also being asked to examine your surroundings with an inquisitive mind, since raccoon leaves no stone un-turned in its quest for a meal. Negatively, you want to make sure you are not putting your nose into someone else's business.

PRAIRIE DOG (retreat) - Prairie Dog knows when it is time to be active and when it is time to retreat from the world. When a predator is near, they retreat to their tunnels. When food is scarce, they conserve energy by hibernating. It may be time to pull back and conserve your energy. Look to see where you have been draining your energy in your life. Although often unseen, they actively communicate with each other.

WILD BOAR (confrontation) - You are being called to honor and speak Truth. Wild Boar calls you to tame self-importance and deceitfulness within yourself. Boar teaches you to confront your own weakness. Pay attention to what you have been avoiding. Avoid procrastination. Accept Truth.



SALMON (wisdom, inner knowing, determination) - Salmon has the wisdom of instinct in finding its way back to source. Outer world circumstances cannot deter salmon from completing the great circle of life. Salmon is determined to move towards its goal regardless of worldly obstacles. Reclaim your inner knowledge. It is time to look within to find your direction, then let no obstacle get in your way on your journey.

ALLIGATOR (integration, survival) - Amongst the most ancient of species on the planet, gator knows how to roll with the punches of life experiences. Alligator is incredibly patient in waiting for the object of its desires; but when it is time to act, they do so quickly. When alligator sense danger, it will sink out of sight. You must consider all possibilities before you make your move, then do so with haste.

JAGUAR (integrity, impeccability) - Jaguar calls you to live a life that is pure and in integrity. Jaguar lives a solitary life except when it is time to mate. Jaguar calls you to make sure the affairs of your life are in integrity; then, you may be called upon to bring others into order as well. Jaguar moves quickly over short distances, but tires easily. Make sure the objects of your desires are within reach, then act quickly. Avoid misusing your authority.



BLACK PANTHER (embracing the unknown) - Black panther helps you to face your fears and your own dark nature. Darkness is the place for seeking truth, for inner healing, and for seeking your true beauty. Black panther calls you to trust that the answers you seek will be made available by having the courage to spend time within. Not all answers are of the logical mind.

BLANK MEDICINE CARD (the unknown, animals not include in the deck)- When the blank card comes up in a reading, it can mean several things. Begin by checking in to see if it is an animal not included in the animal medicine cards. It can also mean that the energy to answer your question is not available at this time (meaning that you must pull back and be patient). The blank card may also mean that you must choose your path before the best animal totem for you will come forth. It is a "wish" card.

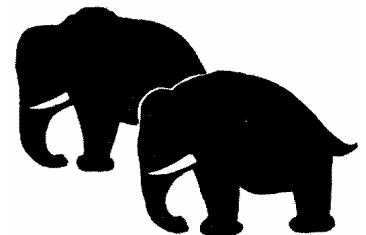
VULTURE (elimination, release) - Sometimes called the "peace eagle" because it came to the battlefield when peace takes place, vulture asks you to eliminate unnecessary things from your life. This can include people, excess possessions, old hurts, fears, outdated values, and unproductive behavior patterns. It is time to release that which does not support your Highest Good. You must release the battle and move on.

LION (courage, bravery, pride) - As king of the jungle, it is time to stand up and take pride in who you are. Lion represents the courage to show take your place in the world. It is time to boost your self-esteem and lead others to a new way. Lion is also a protector and leader of those in its care.



CAT (divinatory powers, aloofness) - It is time to pull back from the ordinary world and call forth your inner, psychic, knowing abilities. Call forth your patience to sit back and watch the action before committing yourself to the best path for you. Highly active or highly inactive.

ELEPHANT (family & community nurturing) Elephant lives its life in community. It may be time to establish or return to a community for group support. Elephants protect each other from danger. They are highly social creatures. In India, Ganesh is an elephant God that helps people to remove obstacles from their lives. Elephant reminds you that you do not have to struggle alone in this life. Call for the help you need. Since adult males are not part of the community (except at mating time), there is a strong feminine vibration to the group.



In your meditations, call your power animal(s) to you and ask them for help in understanding their energy. If you respect them, they will help you with your life. You may want to paste their picture in a visible place. Your power animals will teach you to live in harmony with the "roundness," the flow of Great Spirit in all things.

"Mitakuye Oyasin" is a blessing on all who have ever crossed our path. We are all related.



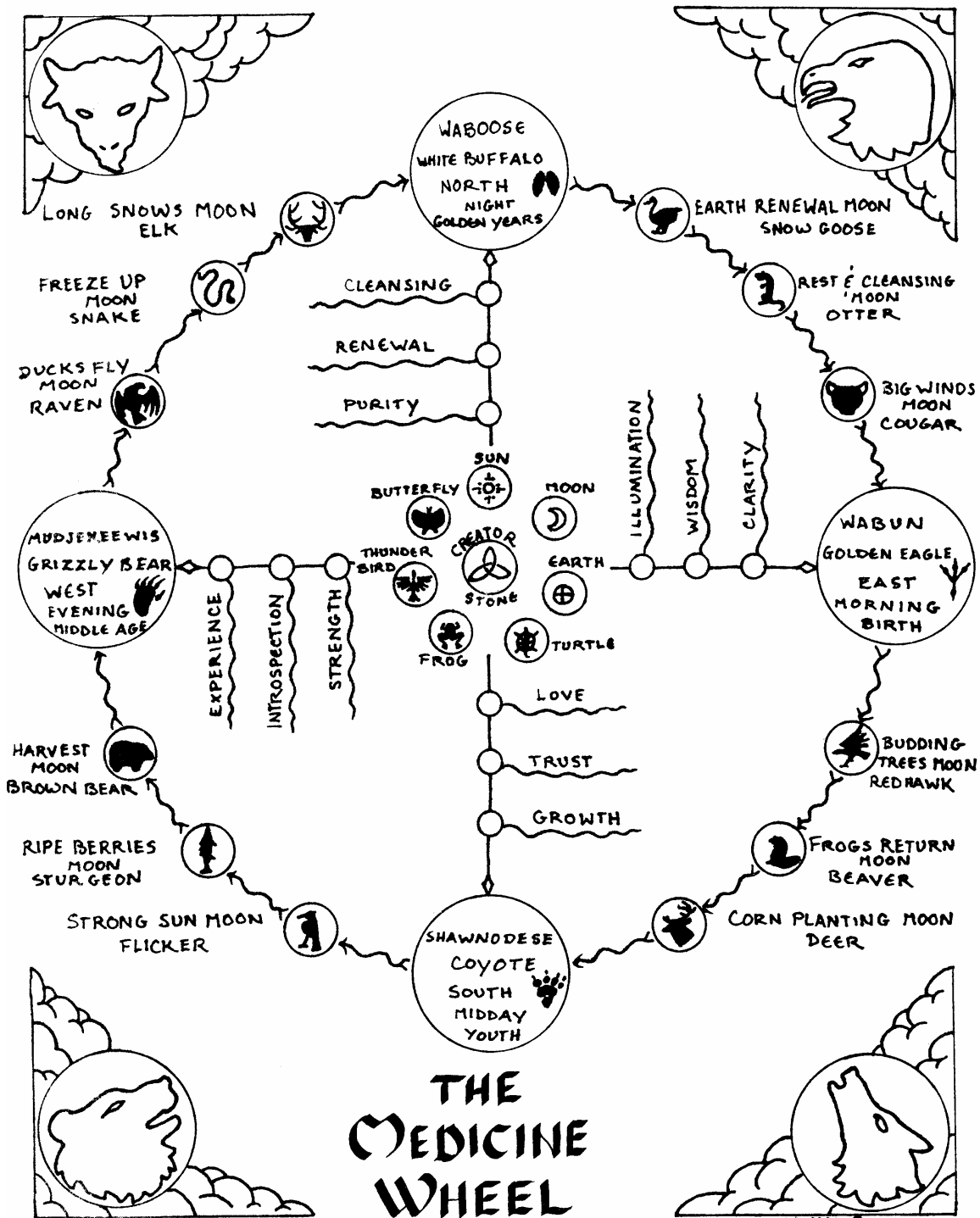
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This drawing of a medicine wheel was purchased at a metaphysical bookstore in Orlando, Florida in the 1980's. I have been unable to find the artist, but it looks very much like the medicine wheel that Sun Bear used to teach (now deceased, teacher of the medicine wheel to me). There are some slightly different philosophies, colors and animals in different cultures. So, much gratitude to the artist, wherever she or he may be.

About the Medicine Wheel

History of the Medicine Wheel:

A wheel, or circle, has been a sacred symbol to many cultures over time. It can be found in the ancient temples of Egypt, in the land of the Incas, represented in Celtic rites as in Stonehenge, and in countless other ways. Even the forefathers of modern Native Americans use this symbol in their daily lives. The Anasazi of the SW United States built their temple, or kivas, in circular form. Early Native Americans also used the circle for their teepees, their camps, sweat lodges, etc.

The importance is not the circle, but what it represented – CHANGE. The circle shown in the medicine wheel for the readings represents the seasons. This can be the weather, the seasons of life (birth, middle age, death) or the changes surrounding the development of projects.

The medicine wheel presented in the picture of your medicine wheel is fairly generic to many tribes. This means that there are variations between different tribes, so use it as a general overview of the medicine wheel.

When and Why does a person use a Medicine Wheel:

A person can do a medicine wheel reading at any time of their life. Many people have an affinity for Native America philosophy due to a belief that Mother Earth needs to be brought back into balance. Other people have a special affinity for animals. Spiritual leaders of tribes have long looked to the animal kingdom to receive help and messages to help them walk a good path, known as 'the good red road.' There was great respect for the tribal members who had the talent and responsibility to interpret these messages.

A basic reason for calling in your medicine wheel is to know what energies represented by specific animal totems are here to help them. Many people believe that they have one totem animal here to help them throughout their life, others believe that animals come along to help at specific times and needs in their life. The animals help you on your path, but you must take responsibility for using your free will to use that energy with the highest integrity.

Other people do a medicine wheel for a specific purpose, such as to help them with a particular project, life experience or phase in their life.

It should be noted that the word 'medicine' is not to be interpreted in normal white man terms of allopathic medicine. Medicine is a path, a path that can help you walk in integrity through your life. The medicine wheel and the totem animals that come to help you are here to help you take responsibility for living a life of integrity.

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How is a Medicine Wheel Created:

A wheel is created in a respectful fashion. I normally use seven directions, but twelve or more can be used. I like to burn sage to purify the environment as I call in the directions and animals to help. You can create a medicine wheel out in the woods by collecting rocks that are willing to come and help represent particular directions. For more practical reasons associated with providing this service, I use a medicine wheel diagram and animal medicine cards.

I was trained in this work by a Cherokee medicine man named Sun Bear. His vision was to share the information about the medicine wheel with white people in order to help them come into balance with Mother Earth, and to allow for more people to help her return to balance.

This was controversial with the feelings of other Native Americans who did not want to share the information with white people. Because of this controversy, I prefer to stay low key in bringing this work to the world. (I am a white man). I want to be respectful to those who disagree with bringing this information out, but also want to be respectful to the vision of Sun Bear who wanted to bring it out to help the modern world return to a state of balance.

Prayers and thanks:

It is good to appreciate those totem animals that come to serve you. Many people offer tobacco or corn, others burn a purifying sage to smudge the environment, thus cleansing the energy. Regardless of your method, it is always good to say thanks.

Please maintain your own level of respect with this work. The animals have volunteered to come help you. Welcome and thank them. If you see them cross your path, be it on the road or when you flip on the television, know that they come to honor you.

Blessings to you as you walk your good path.

“Mitakuye Oyasin”

This is a blessing on all who have ever crossed our path. We are all related, whether we cross paths in life, in the grocery store line, in happiness or anger. This phrase recognizes that we are all each other's teachers, that we are all connected at Source.



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There are many ways to work with the totem animals that come to help you. The main thing is to be respectful and of open heart. The words you use are secondary.

To begin with, I like to call in the four directions— east, south, west and north is the order I generally use. Oftentimes, I like to sit in the direction where I most need to receive help. East=new starts; South= growth, need for sense of humor, need to mature; West=go within, seek the unknown; North= Purification and healing.

I ask for their help then ask for the help of totem animals that are here to help. Sometimes I ask for help on a specific issue in my life. Other times I ask for general information, or for a specific time period (like the next three months).

I like to smudge my space using sage, sweetgrass or other herbs. This is a process of calling in cleansing of my heart, mind and physical space. Sometimes I like to drum and chant for a while, and singing in the sound of the animals that have come to me.



You can get a picture of the animal for your wall or just tear a photo of them out of a magazine or create one from clip art. Then, post it on your bulletin board or tape it near the phone if you talk to people where you want your heart to be open and intent clear.

As always, remember to say thank you.



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