What is a totem pole?

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- A totem can be the symbol of a tribe, clan, family or individual. Native American tradition provides that each individual is connected with nine different animals that will accompany each person through life, acting as guides. Different animal guides come in and out of our lives depending on the direction that we are headed and the tasks that need to be completed along our journey.

- Native beliefs further explain that a totem animal is one that is with you for life, both in the physical and spiritual world. Though people may identify with different animal guides throughout their lifetimes, it is this one totem animal that acts as the main guardian spirit.

Raven

Frog