



*My Love
Turtle*

By Jenny Dee

“Perseverance has the turtle
As she patiently travels along
In her slowness she missed nothing
For she hears Mother Earth’s song
Patience, old wisdom, I’ll learn from you
Deep forest secrets and Earth Magick true.” - unknown

I’ve come to learn that my spirit animal is the turtle. It all started at the beach, in California no less, on a tranquil Thanksgiving trip to San Diego to see a dear friend of mine. So peaceful and warm, I felt home with my feet at the very spot where ocean meets sand. I asked that the tide take away all that does not serve me in my life, and then wash onto me all of the possibilities for new opportunities to fill that happy, open space.

So after my little therapy session with the ocean, I went back and sat down in the sand and just started playing around. Next thing I knew, my little sandcastle attempt looked like a shell and I felt like making a turtle. I sculpted a little head, then gave him a tail and some legs, and then I thought he needed eyes and a cute smile.

I then felt the impulse to draw a heart on his back. So then I laughed and told my friend that he was my little love turtle. Slowly, but surely, love was on its way. I also stuck my finger in him and made a circle and wondered why I did that. She said it was an “easy button,” like the kind that Staples has. Later, we would come to see the meaning of the mysterious circle.

After the beach, we decided to go to a Meditation Garden. It was so serenely beautiful, overlooking the ocean. I continued my beach meditation and received some answers I was looking for before we headed to the gift shop. I always love to bring back something to remind me of where I’ve been, and usually it’s just some trinket. But this time, I asked the universe to let me find something of great value and meaning to bring back.

In less than a minute, my friend came up behind me carrying this little turtle incense holder...and there was the hole, in the same space as I drew it in the sand. I couldn't believe what I just saw. Well, you bet I bought it, and it now proudly has become the center of my altar in my bedroom.

I clearly took the turtle as a sign. My initial instinct of what the message could mean was correct: to slow down, to be patient, to allow, to not always be in a rush. With the drawing of the heart, I took it to mean to have patience about love, for it is on its way and slowly being crafted just for the both of you. But when I read up on the turtle totem, I came to realize not only how much more it meant, but how scarily accurate the message was for me now and how in tune it was with my own heart's warning.

A turtle as a land and sea animal unites "heaven and earth," thus a symbol of awakening psychic senses. It is a time for going within and listening to your own inner wisdom. A turtle lives for hundreds of years for a reason; trust your inner guidance. Check.

A turtle is the symbol of female energies and motherhood, a role I take very seriously as took on a new soul path to teach women how they can be both mothers AND individual women achieving their personal dreams at the same time. Check.

A turtle carries its home with her wherever she goes. All that you need is from you and within you; and if you get tipped over, you have the strength to flip right side up and keep on going. It is safe to retreat from the world to regain your sense of self and even protect yourself from some hurts, if only to understand why that lesson needed to be taught. It is okay to be quiet and take time for yourself. Remember that. Check.

A turtle says slow down or you will miss different opportunities or options, and end up on a windy path instead of the straight and narrow path. A slower pace gives way to balance, attention to details and careful decision making. Slow and steady wins the race! Check.

A turtle symbolizes new beginnings and endings...you must allow the change to allow the space for something new to come along. Wow, did I need that reminder. As sad as a loss can be, it is sometimes absolutely necessary to release it and move forward. Check.

Moral of my love turtle sand art message: anything that requires patience, hard work, attention to details, reassessment, a seeking of inner wisdom, a life change or a calling to connect deeper to the source within you is represented by the turtle. I keep seeing them everywhere, and I hear their message loud and clear. For at the end of this cycle of retreat is bound to be an emergence of greatness...and with my innate Chinese Zodiac Rabbit always wanting to run the show at a fast pace, I could not think of a better totem than a turtle, and to abide by this very wise message to shift my life in a profound way.

It's actually a good lesson for us all; to watch that busy lifestyle of yours. Take the time to truly enjoy each day, those little moments that make life shine. When we move too fast, we can't stop to appreciate the beauty of life. Treasure it. Be the slow moving turtle and enjoy every moment in front of us.