



# WHY THE SEA TURTLE IS THE PERFECT SYMBOL FOR YOUR PROFOUND JOURNEY



## *Sea turtles are* **WISE**

In Chinese and Japanese mythologies, sea turtles are thought to possess an ancient wisdom.

They live 70-80 years or more.

The oldest fossils of sea turtles date back 150 million years. Dinosaurs, in contrast, have been extinct for 65 million years.

## *Sea turtles are* **GROUNDING**

Sea turtles stay calm, even during a disturbance.

It is said that a green sea turtle guided the first Polynesian settlers to Hawaii. Since then, sea turtles have been symbols of a guided path to safety for those on a journey.



## *Sea turtles are* **DETERMINED**

Sea turtles take vast journeys in the ocean, always returning to the nesting ground where they were hatched.

For Leatherback turtles that can mean a journey of more than 10,000 miles each year.

## *Sea turtles are* **BALANCED**

In Hindu, Chinese and North American creation myths, the sea turtle carries Mother Earth on its' back and holds the world in balance.

## *Sea turtles are* **EMOTIONALLY STRONG**

Emotions are fluid and therefore often thought to be a characteristic of water-based animals. In case you were wondering, it is a myth that sea turtles cry. But they do excrete saltwater from their bodies through their eyes.



## *Sea turtles are* **PEACEFUL**

Sea turtles are considered peace-makers in Native North American traditions. They live in harmony with others.