

ANIMAL EMPOWERMENTS 2006

ANIMAL EMPOWERMENTS

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PRE- EMPOWERMENT SUGGESTIONS

On the day of the initiation, it is suggested that you eat

No

meat.

Sometime, at least an hour before ... take a cleansing

bath

either a bath submerged in water or dry bathing.

Wear comfortable loose fitting clothing. You may also

choose to go sky clad, No jewelry is recommended but

not

mandatory... listen to your own inner voice.

If you have incense, it's nice to cleanse the area. Sage

releases negative energies while sweet grass brings in

positive.

Perform Smudging Ceremony

Ground and Center

Light four candles (white is fine) for the Four

Winds/Directions

Follow whatever you're normal routine is to help you

find

a relaxation state.

*Grounding is essential in all meditative work.

BAT

EMPOWERMENT

This empowerment will attune you to the energies of Bat. The Bat is a symbol of re-birth. For centuries it has been a treasured medicine of Aztec, Toltec, Tolucan and maya peoples. Hanging upside down is a symbol for learning to transform your former self into a newborn being. The Bat also symbolizes a time of letting go of old habits.



The Bat is connected to rebirth, longevity, secrecy & initiation, good listener, viewing past lives, and letting go of our fears of or misinformation that no longer serves us.

There are different species of bats, which have widely divergent characteristics. Some are small and others are large. With one or two exceptions, the large bats live on fruits and find their way visually. The small bats feed mostly on insects, catching them on the wing by a process known as echolocation in which an animal produces sounds and listens for the echoes reflected from surfaces and objects in the environment. When this medicine is fully developed in man intuitive and clairaudient abilities are accurate.

When under developed psychic perception becomes clouded by imaginings of the mind.

Studies on bats found that when they are placed in a refrigerator, they will go into an instant state of hibernation and come out unharmed when they are warmed, which is unique for a warm blooded mammal. This indicates that the life force of the bat is strong and is able to regenerate and replenish it when needed. Those with this medicine also have this ability and would benefit from all types of yogic practices especially those related to awakening the kundalini.

Bat holds the power of adaptability. Everything about them, senses, feeding, flight, mating and size is suited to their particular environment. When bat appears in your life its message may be to examine your surroundings to discern what bounty is being offered to you, and then alter your patterns so you can receive it. An out of balance bat will get scrambled and confused and will fly into things. Are you crashing into barriers as you try to get what you need and want in life? If so, bat may be trying to tell you to take a moment to get your bearings and determine the relative importance of what you are seeking.

When bat flies into your life transformation of the ego self is about to occur. The old familiar patterns and ideas that have been your truth are about to change. That which once worked for you may no longer. The process of transformation represents a death and a rebirth. The Bat offers you the wisdom necessary to make the appropriate changes for the birthing of your new identity. Because the bat is a sociable animal it can indicate a need for more sociability or increased opportunity with greater numbers of people. It has great auditory perception and can navigate through the dark easily. Their built in sonar enables them to know what lies beneath the surface. Those with this medicine have uncanny abilities to discern hidden messages both from people and the environment..

When bat appears it is asking you to surrender yourself to the process of change. Opportunities unknown to the conscious mind are about to manifest.

DRAGONFLY MEDICINE

EMPOWERMENT

Dragonfly embodies a stripping away of all the beliefs that say “we

can not do this or that”, or achieve a dream or goal, it is to remind

us that anything is possible when we really get the understanding

that we are part of spirit and as such we have the power to manifest anything that we desire. The dragonfly is the keeper of dreams, the knower within that sees all of our true potential and ability. The dragonfly strips away the illusions that say to us we can not achieve our dreams and goals, that we are not worthy or

capable when in fact it is our birth right and our true power to create anything we choose!

Dragonfly also connects us with the power of colour and the ability to work with many different colours to achieve anything we

want to experience in life. We can begin to see how the colours we

wear via our clothing, the colours that we fill our homes with, even

the colour of the car we drive is impacting us for better or worse.

Continually wearing dull drab colours while asking for more adventures or excitement in life sends the message that we do not

really want what we are asking for. The colour we surround

ourselves with does set up a vibration that attracts circumstances

and energies that reflect back to us what messages we are sending forth. If we want change we need to affirm that we are ready and willing for the changes to occur through the use of colour vibrations that match the energy we are seeking to experience. If one wants to become better recognized for the work

one loves doing then wearing shades of red or violet will help one

achieve that. For new beginnings try wearing shades of green. To

feel more empowered try wearing shades of yellow. To feel more

deeply connected with the Universe and to develop greater intuitive ability, all shades of blues and indigo are excellent!

Colour is a very valuable tool in expressing who we are, who we

desire to be and what we desire to experience in our lives. Look at

the world around you: All of nature sets forth its intent and requests through the use of a vastrange of colour. A flower will attract a pollinator through its colour. A Tree Frog may warn predators that it is not good to eat through the colour displays on

its body. A Lion can attract a mate through the colour of his mane.

Working with Dragonfly can also teach us how to use colour to attract that which we desire or at least, to understand what messages we ourselves are pulling forth through the colours we

wear!

Dragonfly also teaches us how to combine emotion with rational

thought. Dragon flies in the early stages are known as Nymphs

and spend most of their lives in the water. They are voracious predators which indicates that Dragonfly can also help one to eat

away at anything in our lives that is out of control. They are especially helpful for addictions of all sorts including the more "well known" addictions such as overeating, drinking to excess or

drug addictions. Yet procrastination, over spending or maxing credit cards to the limit, day dreaming, over work and so forth can

all be addictions that rob one of the ability to create a balanced,

fulfilling life. Most if not all addictions are due to suppressed emotional energies and traumas that are being compensated for through the addiction. Overeating for example can be a "medicine" for feeling unloved and Alcoholism "medicine" for depression. When Dragonfly appears it may indicate that there are addictions or other problems/pests that are "out of control" in your life that need to be examined and resolved. Often the main issue will not always be what it appears to be on the surface, it is important to peer beneath the emotional waters so to speak in order to understand what is really happening! Once the Dragonfly has emerged as a winged adult, it conquers the air through its swift flight. This indicates that working with Dragonfly energy may also help you come to some swift conclusions or new insights that help propel you into new ways of being and doing. Certainly it is a most important time for seeing through illusions and really hearing the messages that the Universe is sending you at this time. Beliefs that centre on powerlessness, limitation or fear are likely to be up for review and release. You always have the power to choose what you are going to believe in and focus on. You always have the power to take action of some sort that will help change your current circumstances for the better. Working with Dragonfly medicine shows that you are ready to step beyond the mass thought of blaming "something out there" for your problems and instead are now getting down to the business of accepting responsibility for what happens in your life by making the appropriate changes as you feel guided.

People who carry dragonfly medicine are often quite talented in the use of colour for healing. They may see or sense the colours that an individual carries in their aura and can learn how to help the person adjust the colour rays so that one become more a part of their own healing process rather than relying on someone else to do the healing for them (which never works anyway!). For example, if someone carries a heavy, murky colour of red in their

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aura which may lead to power struggles, constant irritations from others or things always going wrong, the Dragonfly person can help that person bring in the clear reds that are more empowering in terms of living with confidence but without the chip on the shoulder that begs for someone to come along and knock it off!

Or

if someone has an aura that appears to be depleted of vital energy

and colour, the Dragonfly person can help this person learn to work with drawing in all the colours of the Universe, both seen and unseen, to repair and invigorate the aura. A simple way of doing this is to start by focusing on all the colours of the rainbow

and to visualize them entering into the aura via the Universal flow.

This can be expanded by asking that all colours including those our human eyes are not yet able to perceive also flow into the aura. This can take as little as 1 minute up to 20 or more to accomplish, normally though when one has attracted enough of this energy there is a sense of completion or "inner click" and the

person just feels done with the process. This can be done a

soften as some one feels the need and is especially helpful during times

of great stressor trauma. Colour is part of the "food" that the aura

needs to remain strong and healthy so doing this several times a

week or each day can be very uplifting and strengthening!

Dragonfly people are also very talented at helping others navigate

their own emotional waters. How often have you heard

someone

say they "felt Blue" or "tickled Pink"? Our emotions have colours

just the same as our world is filled with colour. By noting what colours one is attracted to over a cycle of time, one also can hone

in more closely on what emotions are really running the life.

Because we become so acclimated to feeling a certain way, we may not even realize that we are depressed, feeling a low level anger or hostility, or are in grief still over an event that occurred many years ago. Or we may project those emotions onto others and wonder why we are constantly attracting people that are depressed or hostile! Dragonfly energy and people can help us get

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more in touch with our felt but ignored emotions, our ways of feeling that have become so well known to us that we don't even realize those emotions are there! Our emotions also impact the colours that our aura's are displaying and having a Dragonfly person take a good close look at those colours can really help one release any energy that is not to their benefit while learning how to incorporate more of the colours that will be of better service. Once we are able to put a name to something, then we can begin the process of researching the tools that will help us to heal and move on from it. In our culture emotions are not "nice", people are not encouraged to feel the wide range of emotions we have been blessed with and so often the energy gets trapped or stuffed down, especially in the lower chakras. Working with Dragonfly energy, calling it into the lower chakras (where much of this energy is especially trapped and then manifested through the body) can help stir this energy up and get it moving again. It need not be as painful as one might fear and it is always less painful than having that energy constantly attracting more of the same to you through its vibration! To work with this if you don't know a Dragonfly person to help you through the process, simply call in the energy of Dragonfly through your mind, just thinking about it is enough and will work. Next, visualize the Dragonfly moving through your lower chakras, infusing them with clear, brilliant colours, the loveliest you can imagine. If you start to feel emotional, stick with the process! Usually it does not take so long

for this energy to clear and you need to be feeling those emotions!
Cry, yell, stomp your feet, do whatever it takes to get that energy up and out, and bear in mind that you have a powerfully working within you and for you that us helping support you during this process. If however you really do feel afraid or are concerned you might "lose it", do consult with an alternative healer or other therapist before engaging in any of this sort of healing work. It's a

great sign of true strength and power to know we all need help from time to time!

Dragonfly people often benefit from working with crystals that have "rainbows" within them or stones that are brightly colored, especially if the colors are clear and bright. Accents of color throughout one's home can really lift the spirits of a Dragonfly person, especially if they have been doing loads of healing work

on them selves and others.

When Dragonfly appears be ready for transformation! This is a long cycle that can take up to 2 years or more and yet the work and effort are well worth it in the end. At times you may feel like you are fire walking your way through life (Dragon flies are really

mini Dragons after all!)and yet what is emerging from within you is a sense of your own inner power and faith in a Higher Power that no one can ever take from you! You are in the process of coming to know and understand who you truly are, of connecting

with the vast source of power and energy that was given to you by Spirit at the time your Soul came into being. This power has grown within you as you have journeyed through space and time.

Now is the time for it to be claimed as your own so you may step

forth renewed as the powerful Soul that you came to this earth walk to express!

GREAT HORNED OWL EMPOWERMENT

Empowerment Of The Great Horned Owl

We begin the journey with Owl knowing some of its attributes;
one

is that it teaches us about utilizing our energies to its fullest. We
also learn to listen to the silence, or what is not heard with the
physical ears. Owl sees and knows the truth. Its ability to
navigate

through the darkest night and bring back nourishment for itself
and others is the foundation of this essence. When you have
lost

your way, owl essence will guide you back to your proper path
and wisdom. Death and rebirth, releasing that which has
outlived

its benefit and usefulness in your life, actual
physical death transition, can be placed in a bowl of water and
used to help earth bound Souls find their guides and loved
ones.

Clearing a home or land of negative energy. Starting over in a
new life or releasing the ties that kept you bound to the old one.
Also to enhance clairvoyance. Let's begin our journey now of
connection with this wonderful/magical creature.

MEDITATION



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Let's begin with taking in three large deep breaths taking your time. Breathing in through the nose and allowing the air to escape

through your mouth on each exhalation.

Breathe normally for a few minutes and again take in a deep breath, this time through the mouth. As you take the breath in its

spiraling through every air sac within your lungs and filling the lungs to capacity ... hold the breath for three to four seconds and

BLOW it out until the lung is completely empty... ... begin normal

breathing but staying aware of your breath for a short time watching the rise and fall of the abdomen.

If you are more comfortable laying down then do so, if not sit in

the lotus position or simply in a chair with feet touching the floor.

Again, this can be an individual thing. It's not so important the position as the comfort... so make sure you feel relaxed and comfortable.

Keep breathing normally....

And Relax...

The feathers of the great horned are softer than most birds. So let's

begin there... with calling a single feather to you. An Ethereal feather...

Place your hands palms up and speak your request to the wind...

sit quietly and be patient... close your eyes.

BUTTERFLY EMPOWERMENT

Metamorphosis and Transformation

Scientific research has shown that the butterfly is the only living being capable of changing entirely its genetic structure during the process of transformation: the caterpillar's DNA is totally different from the butterfly's. Thus, it is the symbol of total transformation.

Butterfly represents a need for change and greater freedom, and at the same time it represents courage: one requires courage to carry out the changes necessary in the process of growth. Its Medicine is related to the air and the mental powers. It teaches us to find clarity in the mental processes, to organize projects or to figure out the next step in our internal growth. If Butterfly is your Power Animal or if you feel in any way attracted to it, this means you are ready to undergo some kind of transformation. Examine which stage calls your attention the most: the egg is the beginning, the birth of some project or

idea. The larva is de decision to manifest something in the physical world. The cocoon has to do with "going inside", either through insight or the development of the project or idea. The breaking of the cocoon deals with sharing the splendour of your creation with the whole world. Once you understand the stage you are on, you can discover which is the next step.

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SPIRIT OF THE JAGUAR INITIATION

Here are the pre-initiation suggestions:

On the day of the initiation, eat little or no meat.

Sometime, at least an hour before...take a cleansing bath either
a

bath submerged in water or dry bathing.

Wear comfortable loose fitting clothing.

If you have incense, it's nice to cleanse the area. Sage
releases

negative energies while sweet grass brings in positive.

Perform Smudging Ceremony

Ground

Light four candles (white is fine) for the Four Winds/Directions

Follow whatever your normal routine is to help you find a
relaxation state. *Grounding is essential in all meditative work.

During this Empowerment which takes for my part
approximately

one hour of drumming, I will be wearing an amulet of the
Jaguar. I

will place a picture of the amulet in files section.

MEDITATION

Lets begin with taking in three large deep breaths..... Taking your time. Breathing in through the nose and allowing the air to escape

through your mouth on each exhalation.

Breathe normally for a few minutes and again take in a deep breath, this time through the mouth. As you take the breath in its

spiraling through ever air sac within your lungs and filling the lungs to capacity... hold the breath for three to four seconds and

BLOW it out until the lung is completely empty..... begin normal

breathing but staying aware of your breath for a short time watching the rise and fall of the abdomen.

If you are more comfortable laying down then does so, if not sit in

the lotus position or simply in a chair with feet touching the floor.

Again, this can be an individual thing. It's not so important the position as the comfort... so make sure you feel relaxed and comfortable.

Keep breathing normally....

Now, I want you to squeeze your eyes, lips/face tight... tighter.....tighter..... hold for a few seconds and now relax them...

Now, squeeze your shoulders tight.....tighter and yet tighter....hold

them for three to four seconds and release..... relax now, your hips.... Squeeze.. tight.....tighter...and yet tighter..... hold for three to four seconds and release.....relax.

Now the same with your buttocks..... squeeze..... hold..... relax

Now your
thighs.....squeeze.....hold.....rela

x
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Now your

calves.....squeeze.....hold.....relax

Now I want you to be aware of your feet.... Move the toes..

bring

the foot back and fourth.....and then circles, several

times..... now relax your feet....

At this point, your body should be more at ease.

I want you to close your eyes.... Relax and just allow the breath
to

become your normal breathing pattern....

Now, focus on your forehead. The place between your eyes to
the

area of the third eye.... Focus all of your attention there.

Looking through that third eye.... I want you to see a path.....
its

winding and filled with pine needles, wild flowers and nature
sounds. Remove your shoes... As you continue to walk, you
begin

to be more conscious of the sounds and smells around you..
perhaps a crow in the background.. the smell of wild violets,
the

residue of seasons past under the growth of the forest.

Continue walking, just enjoy being at one with nature.. don't try
to

make this experience happen.. just allow things to unfold.

You have been walking for while now and you feel like now
might

be a good time to find a spot to rest.. when you find such a
place..

just sit down.. perhaps a tree to lean your back against.. very
nice

indeed. Just close your eyes and relax...

Take some time and just be... try to empty you mind of busy
thoughts.. things that happened during your work day, or
problems with kids/work/bills.. just let it all go.. shhhhh be

stilled/silent.

Just relax.....

Ok? Now that you are in a place of being set free from all of the

days tension...focus on ... what is it that you wish to happen/find

on this journey. Ponder that thought for just a bit.. just relax...

be stilled, let what is to happen.. just be.

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Your eyes are still closed... and feeling very safe...

You feel a gentle breeze blowing, it touches your cheek and you

hair is being gently moved.. it's a beautiful feeling.. safe and welcoming.

You know why you are here, to call upon your guide, whether it be

four - legged guide or perhaps a winged one, perhaps it moves on

its belly...

You are now having the feeling that something is close to you..

your heart beat quickens in anticipation.. you feel something/someone coming closer but still you wait to open your

eyes.... Then you feel the presence.. so close to your face that you

can actually feel the air movement/breath on your face. Still you

know there is nothing to fear..... You may now open your eyes...

What do you see?

Huge eyes stare back at you, it feels like they are penetrating your

very soul.

Sit silently for a few moments.. allow your power animal to make

the first communication.

Now, your power animal moves closer to you.. now touching you

with a familiar greeting and then walks to the back of you... once again touching... You can feel the heartbeat its so close.

You then feel yourself merge/melting with the jaguar... it begins at

the base of the spine (exactly at the tailbone/coccyx) it begins
with

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a slight tingle as it touches/moves up your spine...moving upward...slowly...you feel your body changing....

Changing.....

and where there were two hands and two feet.. there are now four

paws.... Your skin now covered with soft fur and your eyes becoming more keen as is your sense of smell. Everything around you has taken on a new meaning/look... never before had

you realized the true beauty of nature the way you are seeing it now. Never before have you experienced all the smells and touch

of nature..

Spend some time walking around in nature in your new skin, remembering that you will have to return to your old form soon

but for now.. just be who you really are and know that The jaguar

will always be a part of you. many other totem helpers may come

your way to teach you of their medicine and to assist you along

your journey.. they will come and go as needed but never again

will you journey without the help and guidance of the Jaguar. Roar!!!!!! Feel the vibration it creates within you. Try to imitate

the sound of the jaguar.. feel it first in your throat..it will be a strain

for you in the beginning... but you can find it... let it go!

R O A R..... take it to your deepest pitch that your vocal cords

will allow.....feel it vibrating your entire body... R O A R

!!!!!!!!!!!!!! Feel it!! Be it!!!!!!!!!!

Now begin moving around as the jaguar.. feeling the muscles
in
your body move in rhythm... begin the dance of the jaguar...
you
can feel the strength of the muscles in your legs.. as you begin
a
spiral inward.... Moving toward a place of knowing. Spiraling
until
you reach the center.

Upon reaching the center.. you are at a place of secrets
hidden..

Begin the spiral once more, taking with you knowledge of this
journey.. but also leaving behind the old self.. the one that
carried
a lot of heavy baggage on her back at the beginning of the
spiral.

Keep walking... until you have returned to the place you
began.
It is time..... you must return to your original form. Know
that
you may return when you need to, but remember..... beneath
your

skin lives the jaguar...



DOLPHIN

BREATH

INITIATION

UNCONDITION LOVE

Element:

Water

Wind: South ~Recalling the Child Within~

Medicine:

Universal Harmony – Manna/Breath

Dolphins speaks to us of the breath of life, the only thing that humans cannot go

without for more than a few minutes. We can live without water and food for days,

but oxygen is the source of our sustenance. Within the breath we encounter the

rhythm of energy that all life emits. In changing the rate or rhythmic texture of

our breath, we can tap into any other life-form or creature. This is a very easy

way to connect with divine energy coming from Great Spirit, as well as with your

own personal rhythms.

Dolphin is the keeper of the sacred breath of life, and teaches us how to release

emotions through Dolphin breath. Dolphin creates rhythm, swimming through the

water and breathing before submerging, then holding its breath for the duration of

underwater travel. As Dolphin comes above water again, it blows its breath out in

a manner resembling the popping of a cork. We can use this same technique to

pull the stopper on our tensions and create total relaxation.

This is a good

exercise to use before entering the silence.

Manna is life force. Manna is present in every atom, and is Great Spirit's

essence. Dolphin teaches us how to use life-manna through our breath. It

revitalizes each cell and organ, and breaks the limits and

**dimensions of physical
reality so that we may enter the Dreamtime.**

***Information above extracted from Jamie Sams Book (Medicine
Cards)**

Lets go on a journey...

**If possible, take yourself to the water's edge... if not go to a
familiar place in your
mind's eye.**

**Bring a gift of sacred tobacco, blue or yellow cornmeal or what
your heart speaks**

**to you. Even if you are taking this journey from home.. you can
place a gift outside
for those in nature.**

Perform a Smudging Ceremony – Ground yourself

Wear comfortable fitting clothing (light colors) Clothing is also optional.

If you are doing this in your home.. a seashell in your pocket or in your hand/s is a good suggestion.

A few years ago, I was gifted with petrified dolphin & whale ear bones. They are remarkable to work with. I am working on an ethereal alternative to having a physical one but if you can find them.. You will be very pleased. With this initiation, I begin my drumming and continue for approximately one hour..

then as with the whale initiation, I hold to each ear a dolphin inner bone. I have also placed a picture in files that you can see the differences in size and shape of the dolphin versus the whale ear bones.

Today, leave your shoes behind and walk out on the beach.... feel the sand

caressing your toes with each step. There is something very healing just in

touching another part of the Earth Mothers back, (I walk barefoot most of the time

when I go for walks.. just ask that Spirit to protect your feet).. walk slowly along

the shore line, looking down and stopping to pick up a special sea shell, feather or

piece of small drift wood brought in by the waves. Feel the coolness of the water

as it laps around your ankles. Ahhhh.. does it not feel so wonderful.. enjoy it for a

few moments... be stilled. Stand and smell the salty air.. the wind is gently blowing your hair and gently touching your cheek.. take in a deep breath, allowing it to completely fill your lung spaces and allowing it slowly to leave the lungs emptied.

Take in another.... Enjoy it... feel it... release it and begin remember...

Moving further out, now the water touches the knees and then the thighs... you are becoming more adjusted to the water by now, its not quite so cool... it actually feeling warm at this point, it feels so calming and relaxing.

Take a few minutes to again experience this space... allowing you to just be in the moment. Take in another deep breath..... and remember..... something is beginning... not quite there but its starting to feel familiar.....

Continue moving out further and further into the water... feeling it at waist level and then touching just above the breast line. Feeling perfectly safe, Take in a deep breath... allow yourself to become submerged into the waters... don't be afraid..

Just hold your breath as long as it feels comfortable and come up again for another deep breath... now begin to swim going down into the water and up again...

allow yourself to feel perfectly safe... and remember.....

You have just noticed that someone/something has joined you, its now moving up

beside you and nudges you like a familiar friend or family member... then there are

two, then three... and then more.... they are the gray ones.. The dolphin pod has

joined you in your swim. There are now a large group of them that has completely

surrounded you, from each side, in front of you, and behind you.

They nudge you

gently and you reach over and touch the one on the right and then the one on the

left... the touch is smooth and warm, it feels familiar..... Do you remember?

They are exchanging sounds and each taking turns entering the water and coming

up with a burst of air being expelled from the blowhole. They are bidding you to

come and play with them.. Follow them and know that you are perfectly safe.. You

need not fear them, they are here to teach you about the breath and family.... and to remember....

You begin to swim with them, trying very hard to keep up but cannot.. they slow and allow you to catch up..

Now, you are feeling completely safe.. you begin to feel yourself changing...

changing... and now realize that instead of arms and legs, you now have flippers

enabling you to swim faster, keeping up with the pod.. you notice that your entire

body is becoming sleek and gray.. you have become one with the dolphins.. you are

a dolphin. In excitement, you swim faster and faster. Leaping up in the air,

flipping/turning... then submerging deeply into the water and looking around at the

beauty that is a part of this world.. and when the breath is at it fullest... you move

upward and blowing with force expel the breath that has grown within you. You

are part of the Sacred Breath.. Manna... Life/death/rebirth....

Stay with your new

family for awhile and soon its time to return to your place on land but know that

within the dreamlodge.. you can return again and again.

Remember the message

of the dolphin... the importance of the breath.. and the importance of sharing your

space/life with those that walk this planet with you. Do not judge one that is different because beneath the skin, we are all the same, be it color, scales, fur or feathers.. .. we are all related and a part of Great Spirits eternal love.

Remember.....Remember.....Remember

Petrified Dolphin Earbones

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SPIDER MEDICINE EMPOWERMENT

Spider medicine is the medicine of the master weaver. Spider wove the alphabet, and brought the ability for man to communicate, and record their history through language. It is through Spiders weaving that the creative forces bring forth the beautiful intricate patterns of our lives. Spider medicine reminds us that it is not ourselves, but the Universe which has the design for the fabric of our lives.



Spirit of Spider

Role: ~The Weaver~

Lesson: Balance

Element: Earth

Wind: West ~The Quest Within~

Medicine: Illusion

~Keywords~

Communication Creativity Divine Inspiration

Illusion Balance Nurturing Instinct

Mystery Wisdom

Magic

"In the beginning, there was the dark purple light at the dawn of being. Spider Woman spun a line to form the east, west, north, and south. Breath entered man at the time of the yellow light. At the time of the red light, man proudly faced his creator. "

Spider Woman used the clay of the earth, red, yellow, white, and black, to create people. To each she attached a thread of her web which came from the doorway at the top of her head. This thread was the gift of creative wisdom. Three times she sent a great flood to destroy those who had forgotten the gift of her thread. Those who remembered floated to the new world and climbed to safety through the Sipapu Pole the womb of Mother Earth."

~Navajo Creation Story~

Creativity

Many Native American tribes have Creation stories that include

Grandmother Spider as the Creator who spun the ~Web of Physical Life.~ It is upon the glistening strands of this Web that

all life is interconnected, with each creature being (two-legged,

four legged, winged or creepy-crawly), Standing Person (tree),

Stone Person, and all other forms of life, a vital and integral strand in this most beautiful and sacred Web.

To watch the Spider weave her web is to behold a beautiful artisan crafting a masterpiece of art. The intricate yet interwoven

strands are paradoxically complex yet simple, bespeaking of an innate understanding that each Individual fiber is crucial to the balance and completion of the Whole.

What is more stunning than to walk upon a Web unexpectedly as it glistens in the center of a primordial forest, or to see the threads of the same web after a spring shower, tiny raindrops of water caught in the web and glittering as though thousands of tiny diamonds have been left behind, scattered carelessly by the sun.

Such creativity is breathtaking to behold, a testament in

miniature to the Creativity of the Great Spirit and the loving guidance of the Earth Mother.

?***For the two-legged beside whom Spider crawls, there will exist a depth of creativity that may manifest in any of a myriad of ways. Perhaps the talent is in writing prose that conveys depth of feeling and spirituality, or it may be the human counterpart is particularly skilled at creating beautiful and intricate jewelry that will often have an etheric quality to them, much like glimmering strands of a spider's web.

Whatever channel this creativity flows through, it is a quality and gift that must be expressed and allowed the freedom to flow. If creativity is not acknowledged in the Spider individual, then a very necessary and integral part of their Life's Purpose is being denied.

Such creativity is divinely inspired and a Gift that is given by the Great Mystery. The paradox in this for the Spider individual may be that they will deny an awareness of their own creativity for many years in deference to other areas of their lives which seem

to call for attention. Often, the area that distracts the Spider soul most often is that of relationships as much like Grandmother Spider was forever aware of her Children, so the two-legged with this creature being as a Totem will tend to focus much of their attention on loved ones rather than nurturing and fulfilling their own needs. Yet if the Spider Soul does not give license to this creative spark, it will feel as though their life's blood is slowly ebbing away or they are being "drained" of energy.

For the parent who has a young spider, all effort must be taken to encourage the child to develop their own individuality. Whatever form the Spider exhibits their proclivity for creative genius, that creativity ought to be enthusiastically encouraged, for this will be teaching the sensitive soul the importance of self-love and self-nurturing, while simultaneously gifting the World with the

remarkable beauty these souls have come onto the Wheel to share.

As an adult, it is important that Spider Soul indulge in creativity.

If the Spider is one of your Primary Totems (Power, Theme or Mission), and you are not currently aware or recognizing of the

fact that you possess creative talent, it is crucial to discover the

buried talent and give it wings with which to fly. In so doing, the

Soul is in greater alignment to the Purpose and Beauty of the individual Life Path.***

COMMUNICATION

Another area in which Spider has been recognized as being a Creative Force, is in communication of all forms. The Senneca

People believe that Spider created the first alphabet of the Two-

Leggeds so that we could leave a written history of our travel, lessons learned and progress made on this walk around the Wheel

of Life. Following is a recounting of the story behind the creation of that alphabet.

“Spider wove the web that brought humans

the first picture of the alphabet.

The letters were part of the angles of her web.

Deer asked Spider what she was weaving
and why all the lines looked like symbols.

Spider replied, "Why Deer, it is time for Earth's children
to learn to make records of their progress in their Earthwalk."

Deer answered Spider, "But they already have pictures
that show through symbols the stories of their experiences."

"Yes" Spider said, "But Earth's children are growing more
complex,

and their future generations will need to know more.

The ones to come won't remember how
to read the petroglyphs."

***When Spider is present as a Primary Totem, she will bring with her a gift of communication. Most often, this skill is conveyed via the written word, rather than orally delivered, as Spider Souls can be quite shy, though they are capable of weaving beautiful words in the form of poetry or fiction (think of a Spider spinning its web), that can leave the reader spellbound and enraptured.

If this talent is not obviously present, it has likely been repressed during early childhood. If this is the case, concentrated effort will need to be taken in resurrecting this suppressed talent, as part of what any Spider Soul is here to do, is to convey profound insight and wisdom via the written word. Again, this can be paradoxical, as often times the one beside whom Spider walks will be rather oblivious as to the true power of his/her words and ability to elicit strong emotions.

Parents and loved ones of Spider Souls should take great pains

to
encourage their child, spouse, or loved one, to explore writing.
As
sensual beings, the Spider individual will enjoy being given a
special journal or book with textured paper, or a special pen
with
which they can jot down their thoughts, dreams, poetry and
vivid
plot scenarios.

Dreams are also an important area of the Spider's life and they
should pay special attention to their dreams. The
Dreamweaver
is a spider, and often it is through the slumbering hours and
astral voyages that the Spider Soul will receive

his/her greatest messages and insights. Keeping a special
dream
journal beside the bed to quickly scribble details of especially
vivid dreams prior to having them fade in the morning light, is
supremely beneficial to both the spirit and creative spark of
the

one beside whom Spider crawls. If not a journal kept beside the bed,

then a tape recorder in which the dream can be quickly related as a recording, to be transcribed via handwritten or typed format later.***

ILLUSION

As the ~Master Weaver,~ Spider spins a web of stunning intricacy and profound beauty. Such artistry is at the very core of many myths and legends that wind their way across every time and throughout nearly every culture, much like the glimmering strands of Spider's Web. In Native American tradition, the Dream Catcher is a representation of Spider's Web. Upon the arrival of a new infant, a Dream Catcher is placed above the sleeping child, the threads of which are formed from sinew and fashioned in a beautiful flowering that can contain anywhere from

five to ten individual “petals” with a small hole at its center. It is believed that the intricate pattern of the strands, attract bad dreams and energies to fall upon them. Once the negative dreams are upon the “web,” they struggle to break free and only further entangle themselves

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where they will be held until morning when the Sun's rays will dissolve them. Good dreams and energy meanwhile, are allowed to slip through the center where they will travel along the beads and feathers to fall gently upon the slumbering baby below.

***The two-legged beside whom Spider journeys, will possess a certain illusive and mysterious quality that is almost magical in its glamor. Indeed, Illusion in all its forms will be a key theme in the life of the Spider Soul. Often, some of the most dazzling magicians share the Earthwalk with Spider as a Primary Totem with Spider assisting them in weaving a magic spell that enraptures a

willing audience. Likewise, Spider is frequently evident as

a Totem in the lives of actors and actresses, poets, basket

and blanket weavers and artists of many kinds whose glamor is part illusion, part reality.

When operating from its Lower Vibration, the two-legged

is caught in the strands of the personality center wherein unresolved issues that have not been acknowledged and addressed will manifest in a variety of ways. For some Spider individuals operating from this tangled center,

lies,
omissions and untruths will be spoken and woven with
a
complexity that is stunning to behold. Not only are
these
Spider types able to spin lies and half-truths, but they do
so
in such a skillful manner that others believe them. Only
once this tendency to weave tall tales is acknowledged
in
blatant self-honesty and addressed, may the Higher
Vibrations be given life and the Spider individual steps
free
of the deceitful past into a new light of Conscious
Awareness.

Yet for those Spider Souls operating from the higher vibration, the result is watching a master artisan at work.

These are the sensitive and nurturing souls that create a beautiful expression and vision that entices Others to reach

for the best within themselves. In this way, Spider and Two-legged merge in a mission of bringing beauty and enlightenment to the All.***

DRAGON EMPOWERMENT

Dragons are referred to as divine , mythical creatures that bring with them ultimate abundance, prosperity and good fortune.

The Dragon symbolises power and excellence, heroism and perseverance. A Dragon overcomes obstacles until success is his. He is energetic, decisive, optimistic, intelligent and ambitious.

On the spiritual path, the Dragon energy symbolised the power to fight against evil and the will to protect people. Dragons bring physical and spiritual strength. So, these are the attributes that you are receiving when you are empowered with the energy of the Dragon.



CROW

EMPOWERMENT

Crow is the medicine of the "Universal Law." If you are blessed with the medicine of Crow you are so in tune with the law of the universe you are able to bend the law of the physical universe. Those who possess Crow medicine are given the duty of protecting the sacred universal law.

CROW WISDOM INCLUDES:

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Guardian of the place before existence
Ability to move in space and time
Honoring ancestors
Carrier of souls from darkness into light
Working without fear in darkness
Guidance while working in shadow
Moves freely in the void
Understands all things related to ethics
Shapeshifter

CROW

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Keeper of the Sacred Law
Crows are the keepers of the Sacred
Law

and to have a Crow totem is very
powerful.

Personal Integrity are your
watchwords
and your guide in Life.

If you have a Crow totem, your prime
path
is to be mindful of your opinions and
actions.

You must be willing to walk your talk,
to speak your truth and to know your
life's mission.

Crow is a omen of Change.

Crow lives in the void and has no sense of time,
therefore, it sees past, present and future simultaneously.

Crow merges both light and dark, both inner and outer.

It is the totem of the Great Spirit
and must be respected as such.

They are symbols of creation and spiritual strength.
Look for opportunities to create and manifest the magic of
life.

Crows are messengers calling to us
about the creation and magic that is alive in the world today
and available to us.

Crows & Ravens As Totems

Crows and Ravens are from the same family and the only real physical difference between the two is their size. Ravens tend to be

much larger and are found mainly in wilderness areas although I

have seen several near my home. Ravens also carry medicine that is

slightly different than that of Crows, which I will cover in another

article. The following though will relate to both.

Both Ravens and Crows associate with Wolves as well so those who

have these birds as Totems are also likely to have Wolf as a Totem

as well.

Crows and Ravens are extremely intelligent. They can learn to use

tools, develop complex communication with humans and other

species. They are wonderful for psychic protection and will literally

mob together to drive off negative energy from those they care for.

They are also called thieves in that they will nick jewelry, coins,

watches, anything shiny that catches their attention. One friend of

mine living in a flat in LA said that for several months people had

been complaining that someone was nicking their valuables.

All

kinds of jewelry, pens, coins, anything left outside on a table or near

an open window was disappearing right and left. A

maintenance

worker was clearing off some old growth from one of the palm trees

when he discovered a nest filled with everything people had been

missing! Months later on someone saw a Crow making off with a

gold chain, back up to the top of the palm tree.

Those who carry Crow/Raven medicine once they become attuned to

it, can begin drawing what they need and value into their own lives.

They also have the ability to teach others how to learn to value

themselves and others, to go for the gold, the best in one's life and to

be open to receive from the Universe.

Crows/Ravens are also well known for their curiosity and intense

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exploration of anything that catches their attention. So when Crows/Ravens or people who carry their medicine show up in your life it can indicate that now is the time to explore those things that have recently caught your eye or that something new is about to enter your life that is beneficial for you so pay attention! Crows/Ravens are always on the lookout as part of their survival mechanisms and it behooves us to also pay attention when they appear as the Universe is trying to tell us something. Crows are very social and band together for the good of the group so this is an indication that we need to work with and cooperate with others of like mind in order to bring about blessings for all beings. Crows and Ravens look out for one another and they also warn other animals when danger is near. Frequently they drive hunters mad because they are always warning Deer and Elk that the hunters are near! When a Crow or Raven is shrieking loudly near you, check around to see if someone or something that could be "harmful" is in the area. Of course when they call like that it can mean many things yet over time once you work with them frequently

you will begin to understand what their messages mean to you specifically.

Many times when I am outside I will be thinking about something to

do with my work or a friend and if the Crows start calling to me, I

know it's a heads up that something needs to be attended to in that

area of my life. They even make comments when I am situating new

plants in the garden. If I place it one area and they are quiet, I know

it's not the right place so I keep moving the plant until they start

shrieking at me. The plants always do well when I follow their advice!

This is some of the behavior I have noticed with my own Crows.

Some of it has taken me a while to decipher and I am sure I have

only scratched the surface as it is! I know that when they are speaking among themselves the conversation probably starts off

something like "That silly woman! The Grandfathers keep insisting

she's a shaman, yet look at all the messes we have to pull her out of!

Almost got myself run over on the street today trying to get her attention!"

Many has been the time I have been walking along only to have a

Crow fly down into the middle of a street, in the path of oncoming

traffic, banging it's beak on the ground, with me dancing around on

the pavement, waving my arms and yelling at it to get out of the

street! At first I really did think that perhaps they found great amusement in making me look a fool, yet then I realized that every

time it happened, there was an important message that the Universe

was trying to get through to me. One instance that really sticks in

my mind was when they were trying to warn me of serious physical

danger. The poor Crow was almost hit by a car, barely managing to

get out of the way in time. I was very shaken, especially as he then

followed me down the street cawing rather frantically at me. Had I

heeded the warning I could have saved myself not only a great deal

of heartache but avoided a very threatening situation coming

from
someone I thought I could trust. I had just left a the flat of a
friend I
was visiting when this happened and I even heard the Crow
saying
"Go Back! Go Back!" Well, silly me I thought the Crow
meant to
go back to the flat. In a way he did, go back, grab your stuff
and get
the hell outta there! The Grandfathers had tried to warn me,
even in
dreams I had, yet I ignored the messages. Finally as a last
resort a
Crow literally almost gave up his life to get my attention. This
speaks of the amazingly strong bond and love our Totems
have for
us and why we should honor them in any way that is
appropriate for
them and us.
What else was interesting about this was normally when they
do
what I call their "dance" there is another Crow perched
overhead
on a wire or tree branch. This time there was only the one.
When
there are two or more I have found for me it is a good time to
take
some kind of risk or action as there is support and a focus
being
held for me to follow through and to insure a good outcome.
The

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more Crows in the area the more support that is being offered. I have also found that when a Crow is cawing and then turns say to the south, then I know there is an important message coming to me from someone south of me. If they tap on the phone wires then I know it is coming via email or phone. Usually if it's by phone, they tap only once or twice. Email, it's usually a head bangers ball going on up there, LOL! Many people have mentioned to me that they know something is wrong with me if the Crows in their area are very quiet or especially noisy! Those are the times when I start getting numerous emails or phone calls asking me "what's wrong, the Crows are acting oddly so I know something is wrong with you!" And they are right! I have some very dear friends, Ted and Annie. If the Crows get too noisy over at Ted and Annie's, Ted will ask Annie to ring me so I can tell them to be quiet! If you hear a Crow calling at night, that is a MAJOR heads up as night time is Owl time and Owls are enemies of the Crow. Owls prey

on Crows at night when they are in their nests and so Crows are

especially careful to be quiet when night time falls. This is a good

message for those who carry Crow/Raven medicine: if you sense a

predator might be near, be silent and still and wait for the situation

to pass. Taking no action at those times is the best course of action.

Some people who carry Crow/Raven medicine also carry Owl medicine as well. In fact, if you have one bird as a totem in actuality

you may have a whole flock of birds as totems!

Another way I work with my Crows is to ask them questions about

anything and everything. I phrase it so it can be answered yes or no.

If it 's yes, I get a frantic cawing even before I complete the question. If it's no, dead silence even if they had been very noisy

moments before. They even help me situate new plants in the garden, if I set one down somewhere and they start cawing I know

that's the right place. Silence means to try a different area.

They are

always right as every plant I have situated following their advice has

thrived where the ones that were placed according to my judgement

either died or had to be moved. Usually to where the crows thought

best in the first place, very sheepish grin!

My Crows also love the rain here. It can be pouring buckets outside

and they are all out there splashing in the puddles, chasing each

other down the pavement and spreading their wings and feathers to

catch more of the rain then shaking it off again. People who carry

Crow/Raven medicine often greatly benefit from washing their

hands and faces frequently as water is a wonderful cleanser of negative energy. Since often Crow/Raven people are also navigators

of the darkness or the underworld, it is important that these people

clear their energy fields frequently so as not to take on any energy

that is not their own. It also helps if you are trying to clear issues or

problems in your life to add a few drops of a Crow or Raven essence

to a salt water bath or even setting some Crow feathers near

the tub
will also do the trick. For nightmares a Crow fetish, feathers
or
essence even pictures of Crows or Ravens can help drive the
nightmares away. It is important though to examine why you
may
be having nightmares and ask for guidance as how to resolve
the
issue.

I also place Crow feathers around the yard and garden as we
live in
a rather "colorful" area of Portland. As a result Ken's car and
our
home has not been broken into or vandalized the way our
neighbors
have. I have mentioned this to neighbors I thought would be
receptive to the idea of asking the Crows for help and things
have
settled down somewhat so perhaps they have followed
through.

Annie and I started what we are calling the Wayward Crow
Society
in honour of the Crows who look in my windows and when I
catch
them at it, they act very nonchalant, walking away like " oh
no, we
would NEVER be looking in on you!" Right mates, VBG!
This is an
indication that sometimes it is best to keep what you are doing
under

wraps until the time is right to let others see what you are up to. All

of the metaphysical traditions I am aware of say that it is important

to allow energy and power to build inside of you when you are in the

process of manifesting something important to you. Talking about it

can dissipate the energy which is why it helps to talk about one's

problems! Of course talking about problems too much can actually

help to recreate them over and over in your life as you are putting

emphasis and awareness on them. What I have found for myself

and many of the people I work with is when an issue first comes up

it is helpful to allow it to "churn" in your mind over a period of

time, not resisting it, but journaling or talking to someone you can

trust about it until you begin to sense completion around it.

Sometimes what may also happen is that the conscious mind becomes so exhausted by it that it is turned over to the

subconscious

mind for resolution and release. Since the subconscious is where

our intuition lives, we may find answers or healing in dreams or a

sudden breakthrough by following a "hunch" or inner

prompting.

Over time you can learn what the right balance is for you to help

clear the issue without recreating it so trust what you feel is right

and best for you!

Crows are also associated with magic and mysticism as Ted Andrews covers very well in his book "Animal -Speak" and the

"Animal Wise Tarot".

EMPOWERMENT/INITIATION PROCEDURE

To send an animal empowerment to someone first you find a place

where you will be undisturbed for a 15-20 minutes.

Sit or lay down and make yourself as comfortable as you can.

Close your eyes and meditate for 5-10 minutes to gain a energetic

connection with the student.

Visualise a Blue Orb of protection surrounding you and the person

receiving the attunement.

EMPOWERMENT SUGGESTIONS

The great horned owl empowerment can be done while drumming, and wearing an Owl Amulet.

One will be drumming for approximately 30 minutes, but it may continue past that time for you. Although you do not need to drum for the empowerment to take effect, this is purely a suggestion.

EMPOWERMENT PROCEDURE

The following procedure is to be done separately for each Animal Empowerment.

Say the following either a loud or silently to yourself:

I Call upon the (energies/spirit of the animal) and ask this animal spirit/energy to be present so that (Students Name) may receive the (name of empowerment).

Ask your Higher Self in a prayer and with intention that the student will be

Empowered to the Energy of that Animal.

Visualise the energies/spirit of the animal entering the student energy field

becoming one with them.

Ask the (Name of the Animal) to be there for the Student to guide and help

them whenever the student calls upon them.

Thank the energies/spirit of the animal

That's all! The attunement is complete.

YOUR LINEAGES

Dragons Empowerment

Elisabeth Hibell-Michael Maxroad -José Marinho-Catherine Hand

Spider Medicine

Elisabeth Hibell-Michael Maxroad-José Marinho-Catherine Hand

Crow Empowerment

Elisabeth Hibell-Michael Roxroad-José Marinho-Catherine Hand

Great Horned Owl

Wanda Roufner-Elisabeth Hibell -Michael Maxroad-José Marinho-Catherine Hand

Bat Empowerment

Elisabeth Hibell -Michael Roxroad- José Marinho -Catherine Hand

Dolphin Empowerment

Wanda Roufner-José Marinho-Catherine Hand

Butterfly

Wanda Roufner - Elisabeth Hibell - José Marinho - Catherine Hand

Jaguar Empowerment

Wanda Roufner-José Marinho-Catherine Hand

Dragonfly Medicine

Wanda Roufner -Elisabeth Hibell-Lisa Ladywolf- José Marinho-Catherine Hand



ANIMAL EMPOWERMENTS 2006

The short manuals for each Animal Empowerment were put together into one manual and designed in March, 2006 by
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SENDING MUCH LOVE TO ALL WHO READ THIS
MANUAL AND WISHING YOU ALL SUCCESS ON
YOUR REIKI/SPIRITUAL JOURNEY!

DISCLAIMER

As with all complimentary and alternative therapies, none of the treatments listed in this manual are meant to be a substitute for proper medical diagnosis, treatment or care from your GP. I do not diagnose conditions, prescribe medication or interfere with a GP's treatment. If you are currently taking medication prescribed by your GP, do not stop taking it without his/her's advice. If you have any concerns regarding your medical condition please speak with your GP first. I do not accept responsibility if you choose to treat yourself using any information from this manual. I accept no responsibility for any loss or damages caused as a direct or indirect result of the use or misuse of any information contained on in this manual or through attunements. Attunements will only be given to persons aged over 18 years.