

The dictionary defines empowerment as "to invest with power".

When we discuss attunements or empowerments in healing,
what we really are referring to are activations.

This is closer to what is offered, because an activation
brings to life something that is already there.

You have been born into this world, this Universe.

You carry seeds of all of it within you. Some seeds will
go un-nurtured, some underdeveloped, and some will be
cultivated by you throughout your life, bearing
fruit many times over.

An activation begins the process of you connecting
with whatever seed already lies within. You must
continue to maintain the environment so you can reap
what blooms. Let's review some methods to help you
start bearing fruit.

Observing Nature Live:

This is probably the best method, because you're seeing
the creature in person. Likely, the one that you are
observing will put on a show just for you. You don't
have to be Jane Goodall and take notes while you are live
observing, but keeping a diary of what you've noted gives
you something to reflect on later. Easy creatures to
observe live are dragonflies, butterflies, dogs, cats,
various birds and insects. You'll have climate challenges
in some areas, but weather permitting, seeing them in person
will give you many more insights than any single
empowerment

will ever deliver.

Observing Nature Memorex:

The next best thing to being there, especially

Animal Empowerments Instruction Manual

when we're dealing with animals that will look at us like we're a durned tootin' tasty snack. Panthers, lions and tigers and bears oh my are included in this list. National Geographic films do their very best to capture animals as true to life as possible. Animal Planet works on the same principle, so avail yourself of filmed recordings of the behavior of different species.

Let Nature Observe YOU:

Best place to do this: THE ZOO! (or any other live animal exhibits, like petting zoos or carnivals) You may not agree with the concept of animals in captivity, but on a personal note, I have found that visiting these creatures allows me to not only communicate with them, but to offer them healing. Recently, I've been going to a local park where they have horses that they use for rides along their trails. I don't ride, but I do go and give them Reiki and visit with them. So visit, let them look you over, and...be open to suggestions and comments you may receive from your animal helpers.

Consuming Power:

Unless you are a strict vegan, at some point you will consume an animal product. Milk, eggs, beef, etc., are all able to confer power upon you if you permit it. Native American tribes often consumed an animal to imbue themselves with its power. Nowadays, we have other problems such as additives, inhumane killing/farming methods and the like.

You can circumvent ingesting the negative by energizing the food before you eat it. Personally, I do this most often with beef.

I will Reiki the meat before I eat it, to heal the flesh of any remaining stress, but also sending it to the animal to honor its death to assist me with my life. If you are consciously ingesting something (chicken, fish, whatever), and sincerely open to a connection with the spirit of the animal, it

can offer you insight as well as a full stomach.

Totemic Connections:

This is where we find/buy/are given a physical piece of the animal. Those who have old fox stoles from bygone relatives, ivory pieces, etc., need not throw away the items. Perform a small service thanking not only your ancestor but the animal for providing you with the connection. Small items may be kept in your medicine bag, or in any receptacle of honor.

Other types of totemic connections occur via observation or meditation on the animal, or through artistic art creations. Carvings of specific animals may assist you with the connection, as can your own drawings of the animal or of any symbols they offer you. Recording your experiences can develop into a totemic connection if you allow.

Write enough down, and it comes to life in time.

A final word: have fun with this. There's no right or wrong label to how to do this. Your experience comes from within you and your connection to the Universe and all that is within it.

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There are No special requirements to receive an Animal Empowerment and you do not need anyone to do it for you, unless you want the extra help and energy.

I offer these Animal Empowerments as a Gift of Spirit, just as they were given to me. I would also ask that you do the same. If you feel like you must charge for them, you have that right, However you DO NOT have the right to use my information to do so, or any information you have received from me.

The material that you receive from me is copyrighted; I have been given permission from the author(s) to use the information for my students. That permission is not granted to you, unless you obtain specific written authorization from the author (s) to charge for it.

Within this manual you will find information on the Animal
Empowerments that I currently have available.
More editions to this manual will become available as I get the
Empowerments typed out.

I do not offer certificates for these Free empowerments.
If you would like one however please read my webpage
regarding certification for them at

http://www.earthspresence.com/animal_empowerments.htm

The Following Animal Empowerments will be covered in this
edition of the manual:

Dolphin Breath Initiation
Orca (whale) Empowerment
Crow
DragonFly
Eagle
Great Horned Owl
Hawk

Wolf
Jaguar

If you have any questions at all feel free to contact me
rain@earthspresence.com

The Empowerments that you read, that have been done by me
(Sheryl Carter) the Medicine information has been adapted
from the medicine cards by Jamie Sams and/or Animal Spirits
text by John Nagiecki

I read a thought provoking statement in a book called
How to Meet and Work with Spirit Guides by Ted
Andrews;

If you talk to the animals
They will talk with you
And you will know each other,
If you do not talk to them,
You will not know them,
And what you do not know
You will fear.
What one fears, one destroys.
---Chief Dan George

Dolphin Breath/Initiation

Unconditional Love

Element: Water

Wind: South ~Recalling the Child Within~

Medicine: Universal Harmony ð Manna/Breath

Dolphin 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 æ 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

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Whale Empowerment

For some time, I have felt a call to the water, whales and dolphins have always brought to me a feeling of being connected to the beginning.

When we were still living in Florida, after the time of the vacationers.. the beach was seldom inhabited at night. I spent many of them singing and drumming my whale songs until the early morning hours.

I offer this empowerment to you as a free love offering, just as it was given to me. Whale speaks in songs to my heart.. listen, she will speak to yours as well.

As Legend goes.. Whale walked upon the earth but when the time came that mother earth began to change her shape, whale moved to the water to live. With him, taking the knowledge of earths beginnings and of universal memories. To tap into these energies, one merely calls upon the medicine/energy of the whale. With this empowerment, you will find it more easily accessed.



One of the teachings of whale is for you to become more aware of vibrational energies/tones and of remembering our sacred songs. Creativity and the importance of family are another part of Whale knowledge/medicine.

The whale teaches of the ability to quiet our bodies and move smoothly through life's waters... to bring our breath in unison with all our relations as one... this can only take place when our heartbeats begin beating as one heart.

During this empowerment, I drum for approximately 30 minutes and then place a petrified whale ear bone to each of my ears.. I have included a picture in files, that you may see what they look like. They are truly amazing, I suggest if possible to obtain a pair.

Preparation:

Find a place that you will not be disturbed, a place in nature is always nice especially if it can be by the water's edge. If you cannot be by the water, then hold a seashell in each hand.

Smudge yourself and do a grounding ceremony

Sit quietly for awhile (approximately 30 minutes) and just breathe normally, allowing yourself to feel comfortable and safe.

For each of you, when your journey begins.. just allow yourself to feel the pull of the water... for those of you that have trouble staying grounded while in the water, than stay on the beach... even those stepping into the shallows of the water..it is suggested that you do not stay for a prolonged period of time. Wiggle your toes as if you were playing in the sand... feel the joy of childhood behavior.. just frolicking.. do you remember?

When you feel that whale is calling... step from the mundane world and into the world of the water, the place of the —record keeper“, the whale.

Just allow yourself to be filled with the joy and healing that whale brings to your meeting. Listen in silence as whale speaks to you of mysteries unknown.

Even though the empowerment on my part only takes about thirty minutes, take as long as you wish to absorb what is being given. This is just a beautiful and gentle energy. You can feel yourself touch this gentle giant, its warmth. When your eyes meet, you will see into the very soul of the universe. When you are ready, take in a deep breath through the nose... and blow out the breath completely out the mouth.

And

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

Be sure to leave a gift of gratitude to the nature beings.

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Crow Empowerment

Keeper of Sacred Law

Medicine lore tells us that Crow was once so fascinated with her own shadow that she pecked at it, scratched at it and stared at it until it finally consumed her.

Crow is the left-handed guardian; If you look deeply into her eyes you will have found the gateway into the supernatural realms.

Crow knows the secret mysteries and is the keeper of sacred law.

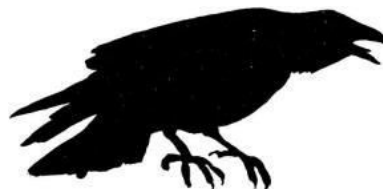
Since Crow is the keeper of Sacred Law she can bend the laws of the physical world and shape shift. This art includes consciously being in two places at one time, taking on another physical form and becoming a —fly in the way“ to observe events from far away.

Crow Medicine teaches us to be masters of elusion. There are not many adepts of Crow Medicine left in the world today. Crow medicine teaches us that the way humanity perceives physical or spiritual law is an illusion.

Crow Medicine teaches that there are a multitude of worlds and are infinite numbers of creatures within them and Great Spirits is held within all.

It is said that if one learns the medicine of crow very well, that they are awarded on the next incarnation with a clear memory of his/her past.

Crow perceives as an Omer of change. The grandfathers tell us that Crow simultaneously sees the three fates- Past, Present, and Future.



Crow lives within the Great Void and has no sense of time. She merges the light and the dark; seeing both inner and outer realities.

Remember that Crow looks at the world with one eye first and then the other; cross-eyed.

Crow Medicine signifies a first hand knowledge of a higher order of right and wrong than is indicated by the laws created in the human culture.

Crow Medicine teaches us to speak in a powerful voice when addressing issues that seem out of harmony, out of balance, or unjust to you.

Working with Crow Medicine teaches us to allow our personal integrity to be our guide. Doing so allows our personal will to emerge so we may stand in our truth. Crow Medicine teaches us to be mindful of our opinions and actions; Be willing to walk your talk, speak your truth, know your life's mission and balance past, present and future in the now.

Refusing to honor the Shifts in our reality can cause emotional pain, so call on Crow to teach you to shift your creations into a new reality.

Meditation

Follow the Spiral Path down to the Sacred Tree where you will see a flock of crows. Whenever there is a flock of crows, one is The Watcher.

Speak your inner truth to The Watcher, tell him what you are struggling with and what you hope to achieve... ask if one of his brothers or sisters may be willing to share their wisdom with you.

If you are truthful and seeking powerful wisdom one of them will come forward to share with you.

Whatever you learn will be a great benefit to you now.

Be thankful and show it!

Aho Crow Family!

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Dragonfly Empowerment

[Breaks through Illusion; Brings change.](#)

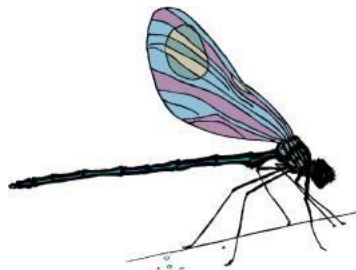
Dragonfly medicine is that of the dreamtime and of the illusionary façade we accept as physical reality. Dragonfly's shifting of color, form; energy and movement explode the seeker's mind bringing vague memories of a time and a place where magick reigned.

Legend tells us that Dragonfly was once Dragon. Dragon had scales like the Dragonfly's wings. Dragon was full of wisdom; flying through the night bringing light with its fiery breath. The breath of the Dragon brought forth the art of magick and illusions of changing form.

Dragon got caught up in Ego and Coyote tricked him into changing form. His new body became like Dragonfly's. In accepting the challenge to prove his power and magickal prowess, Dragon lost his power.

Dragonfly medicine brings the winds of change, the messages of wisdom and enlightenment and communications from the elemental world. The Elemental world is made up of tiny spirits of plants and of the elements earth, air, fire and water.

If you are seeking empowerment from Dragonfly—Go to a place that will lend you the ability to become one with the Elemental world or bring the elemental world into your home.



Call upon Dragonfly; hold her beautiful presence clearly in your vision. Ask her to share her medicine with you. Follow Dragonfly to the place inside your body where magick is still alive and drink deeply of its power. This strength belongs to you. It is the power of becoming the illusion. This ability is ever changing and contains within it the knowledge that you are creating it all.

Break through the illusions of life, ask Dragonfly to assist you in this, ask that he show you the way to changing your perceptions of those illusions.

When Dragonfly has shared his gifts with you, Thank him and the Elemental world for illuminating your path.

Don't forget to leave a gift in nature to show your appreciation.

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Eagle Empowerment

Eagle medicine is the power of Great Spirit, the connection to the Divine.

Eagle medicine shares with us the ability to live in the realms of Spirit and yet remain connected and balanced within the realm of Earth (3D).

The feathers of Eagle are considered to be the most sacred of all healing tools.

They have been used by Shamans to cleanse the auras of their patients for many centuries.

Many Native American Tribes recognize Eagle medicine as a state of grace achieved through hard work, understanding and the completing of tests and initiations that were designed to take away ones personal power. The right to use the Eagle essence is earned through the experiencing of both the highs and lows of life as well as the trial of trusting one's connection to Great Spirit.

Eagle reminds us to take heart, gather our courage and take the opportunity that the universe is offering us: the ability to soar above the mundane levels of life.

If you pay attention you will begin to recognize places within your soul, personality, emotions or psyche that need bolstering or refinements. By looking at the overall tapestry, Eagle teaches us to broaden the horizon of what is presently visible.



We will begin our journey with Eagle by starting out in a small clearing located within a forest. Take notice of where you are using all of your senses. What do you see, hear, taste, smell, sense? As you are enjoying this place you begin walking, drinking in all of the energy coming from this magnificent place.

Slowly you notice a mountain begin to form in the distance.

When you reach the mountain you see that it has a stairway winding around it so you begin to climb up. Looking out from this mountain you are awe struck at the sights before you and the energy radiating out from this place. You can feel the love filling up inside yourself; and start pouring out to join in this magnificent energy field.

When you reach the top, you see Eagle perched there; waiting for you.

You say —Namaste‘ Brother Eagle, I humbly ask that you share your knowledge with me.“ Eagle replies —Within the realms of

Mother Earth and Father Sky, the dance that leads to Flight involves the conquering of fear and the willingness to join in the adventure that you are co-creating with the Divine.“ —Are you ready for this?“

Assuming you reply Yes, Brother Eagle will fill your mind with the images (or whatever is the correct way for you to perceive information) you will need to help you with this task.

If Eagle feels that you are ready and up to it, she will allow you to climb up on her back and fly with her, sharing with you even more of her essence.

When this comes to completion be sure that you thank Eagle for sharing this with you.

And don’t forget to leave a gift in Nature to show your appreciation.

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Spirit of the Great Horned Owl

Empowerment of the Great Horned Owl

One of the advantages of living and growing up in the Blue Ridge Mountains of Virginia is the wonderful experiences of being in nature. There are several species of owls here in this part of Virginia, but one that is without a doubt my favorite is the Great Horned Owl. We had for several spring seasons nesting pairs of great horned owl, in the back woods of our home. They would sing me to sleep at night with their unique calls to each other. What beautiful and magnificent creatures they are.

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.

Here are the 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 skyclad. 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 sweetgrass brings in positive.

Perform Smudging Ceremony

Ground And Center

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 Owl Amulet.

I will be drumming for approximately 30 minutes, but most likely it will continue past that time for you.

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 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 lets 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.

Yes... just relax...now taking in a deep breath to the count of
five....

Hold your breath..... 1,2,3,4 & 5

Exhale.... 1,2,3,4 & 5... blow out through your mouth... and
completely empty the lungs.

Breathe normally...

Just Relax...

You are safe; no harm will come to you. I am sitting just to the
right side of you.

Now open your heart to hear the drum... just listen for a few
moments.

The beat is a double beat... just as the heart beats...
thump thump... thump thump

Now just take a little time to allow your heart to beat in rhythm
with my drum.

Shhhhhhh... be stilled

Now open your eyes and looking at your palms, you see a
feather laying across both palms... feel the feather vibrating in
your hands, feel its warmth and softness.

Now, I want you to pull the feather to your heart place...
pressing it directly to your chest.

Holding it there for a few moments... or the length of time that
you feel appropriate.

Now, I want you to raise the feather with both hands upward...
above your head.

Lifting it skyward, towards the heavens.

Giving Thanks to Wankan Tanka for this Spirit feather.

Then bring the feather downward, towards the earth... Giving
thanks to the Great Mother.

Now move the feather upward to the mouth
Now take in a deep breath in through the nose and blow out
through the mouth gently across the feather.
Place the feather in the sacred space within you...
Over the next few weeks, spend some time giving honor to the
Great Horned Owl... collect pictures/talisments, read materials
about its habitat and where they live.
Make sure you leave a gift to the nature spirits in gratitude.
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Hawk Empowerment

Hawk medicine teaches us to heighten our awareness and receive the messages that are awaiting us. We are only as powerful as our capacity to perceive, receive and use of our abilities allows us to be. Hawk teaches that we need to develop our intuition so we may understand the messages that he carries.

Hawk medicine teaches us to notice and remember each and every detail. She reminds us of our responsibility to our brothers and sisters on this earth walk. All persons with all gifts are equal in the eyes of Great Spirit.

Perform Smudging Ceremony
Ground And Center

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 Hawk Talisman, pinned to my shirt.
If you have a Hawk feather you could use that but they are illegal in the US.
I will be drumming for approximately 30 minutes, but most likely it will continue past that time for you.

Meditation:

Hawk medicine teaches us to notice and remember each and every detail. She reminds us of our responsibility to our brothers and sisters on this earth walk. All persons with all gifts are equal in the eyes of Great Spirit.

Close your eyes and listen to the flap of her wings. Listen for her cry in the wind, her shriek into your mind. Extend your heart to her and ask hawk to share his medicine with you so you may gain the freedom to take flight. So you may understand that being a messenger is a privilege and an honor. Ask her to share with you the insight and knowledge to deliver your messages without the need to try and interpret them. Ask hawk to give you visions of how you can best uphold this responsibility to your fellow walkers on this path. Ask him what messages he would like to share with you from your Grandmothers and Grandfathers who walked before you. When you feel this is complete thank Hawk for illuminating your path. Don't forget to leave a gift in nature to forget to show your appreciation.

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Wolf Empowerment

Before beginning the Wolf empowerment, I would like to give you a little background on the medicine of Wolf.

Wolf is a territorial animal that protects its young with fierceness and have a strong family structure and ties. There is no doubt who the elders, patriarchs, and parents are, or about their roles.

According to Jamie Sams book/cards, the wolf is symbolized by the teacher that is within ourselves and is the pathfinder, the forerunner of new ideas who returns to the clan to teach and share medicine. They have keen eyesight and hearing and also share complex communication within their family or pack.

There are several books that place symbology for the wolf, and it is also different among the different tribes. For me, Wolf represents my twin side.. the wild part that is within me.. the teacher that has shown me how to run free without inhibitions or boundaries.

Here are the 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 skyclad if you would like to. 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 sweetgrass brings in positive.

Perform Smudging Ceremony

Ground And Center

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 Owl Amulet.

I will be drumming for approximately 30 minutes, but most likely it will continue past that time for

Wolf Sister,

Eyes of Yellow Flames

Dark as the night....

Teach me

Share with me

Under the Grandmother of Silver Light

That which has been hidden

Aho, I am your Sister, of Moon singers

I honor you with my words of sharing

With those that can hear the voices of our ancestors

What has she/he for you?

What lessons will come with you're blending with the Spirit of the Wolf?

Shall we begin our journey?

If you can.. its better to be in nature. If this is not possible, try to be close to a window where you can open it and let fresh air move in and around you.

Remove your shoes and get comfortable.

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 every air sac within your lungs and filling them to their fullest 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...

Allow yourself to become more and more relaxed.... Until you feel yourself almost melting into the chair or bed or the ground you are sitting on. Your eyes are so very heavy that you can hardly hold them open.. so just allow them to close. Give yourself some time in the quiet.. and just be...

Breathing in a normal rhythm...

Breath, relax and just be

Now, I want you to focus your attention to the area of the third eye... and from that space, I want you to see a pathway..... there are huge ancient trees on both sides of the pathway... its beautiful and inviting.

Get to your feet and just begin walking slowly... your feet are feeling all the prickly pine needles on the path... but it does not feel uncomfortable, it actually feels very nice.

As you continue to walk, you feel that someone has joined you.. although you can't see anything yet... you know something is following you. Don't feel afraid, you are safe.. I am to the right side of you... you begin picking up your speed a little bit.. then from the corner of your eye.. you see something .. not sure yet what it is.. but you know its large and dark. Your pace quickens again to the point that you are actually running....

Running...changing... changing... changing....

You are excited.. and can feel your body changing... you feel yourself begin to bend... and you are running touching the ground with both your hands and your feet..... changing....

Changing....

Where there were two feet and two hands... there are now four paws.....

Changing..... changing.....

Your body is changing, your skin now covered with dark fur....

Your face, mouth and ears are changing... changing....

You are running faster than you ever belief possible...then at the clearing...

stands a huge dark wolf...

You stop.....

The dark one walks up to you.. she smells you and greets you as family... then a gray male... this is the alpha female and alpha male... when they are both accepting, another joins and another and another until you are surrounded by the entire pack of wolves.

All greeting you.... Your family... they have accepted you, because you are in their memory and now they are in yours.

Spend some time running, jumping and sharing... until the night comes... the moon is high and at her fullest times... a night of family.. a night of shared memories, sacred songs and teachings. Howl at the moon wolf brother... Howl at the moon wolf sister.

When it is time to return... remember that you will always be a part of this family.. your family.. the family that lives within your very being. Your wolf brothers and sisters send you back to your world knowing... Your journey of remembering is taking place... never again will they fade from your knowing.

Aho Brother Wolf.... Aho Sister Wolf...

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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, Its nice to cleanse the area. Sage releases
negative energies while sweetgrass 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 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. its 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

Now your
calves.....squeeze.....hold.....rela

x

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.

Your eyes are still closed... and feeling very safe...
You feel a gentle breeze blowing, it touches your cheek and your
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 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...

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