



HUMMINGBIRD EMPOWERMENT

By Wren Kihara

This empowerment comes through the joy and bliss of the hummingbird that drinks of the beautiful flowers on this earth home. The flower that our hummingbird will drink from is the Flower of Life that feeds and nourishes our bodies. We also have a flower within our own hearts, it is a red rose. It is our connection to the Flower of Life- a flower within. The saying "As above so below" applies here. During this empowerment we will activate our own inherent joy and heart by focusing on the attributes of the hummingbird.

The Hummingbird Totem

Known for happiness and joy, the hummingbird represents a love for life. The feathers of a hummingbird have even been used to make love charms. The color that most attracts them is the color red which also represents the heart and love.

Hummingbirds are found only in the western hemisphere, so there is a rich supply of stories about these tiny birds in Native American mythology. One of the widespread beliefs is that hummingbirds are messengers between worlds. As such they help shamans keep nature and spirit in balance.

For the hummingbird life is a delight flitting about from one flower to another. Plants flower and continue to thrive year after year because of the hummingbirds' visitations. The Taino Indians consider the hummingbird to be a sacred pollinator that brings an abundance of new life. Its singing is considered a melody of ecstasy.

Attributes

Those with the hummingbird as a totem are a joy for others to be around. They always try to encourage and bring out the best in others. Hummingbird people disdain discord and will quickly fly away seeking more harmonious surroundings. They have the keen ability to see the essence of things.

An Ancient Story

The Chocti have a story about ancient people who lost faith in the Great Mother. In anger she deprived them of rain for four years. The people noticed that the only creature who thrived during the drought was Hummingbird. When they studied the habits, the shamans learned that Hummingbird had a secret passageway to the underworld. Periodically, he went there to gather honey as this doorway was open to the hummingbird alone as he never lost faith in the Great Mother. This inspired the tribe to regain faith and after this the Great Mother took care of them.



Flower of Life

The Great Mother is our earth home, Mother Gaia. As such she has within her a great heart as well. It is deep within her, in it resides the Flower of Life. This hummingbird empowerment is to tap into the energy stored there for mankind by the Ancients. This energy from the Flower of Life also fills and surrounds our earth home. It is all encompassing. It is programmed with the cycles needed for humankind to one day ascend beyond this physical dimension.

Ying/Yang

Among the stories in the Taino Nation there is a Romeo and Juliet legend about a young woman and a young man who were from rival tribes. They fell in love despite the intense criticism and hatred and found a way to escape both time and culture. One became a hummingbird and the other a red flower. We will also use this analogy to balance our male and female aspects within us as one cannot thrive without the other.

Sacred Wings

A hummingbird's unique flying pattern and wings mimic the flight of cherubs and swift biblical creatures seen in prophetic visions. How many wings do these creatures have? Are there two, four, or six wings? Perhaps it is that the wings move faster than the eye can see. Prophets of old could not fathom that only two wings could move these creatures in such a way as to travel up, down, forward, sideways or keep them stationary.

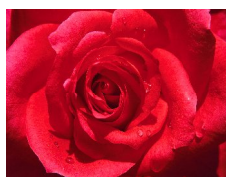
The sound of Cherub wings in Ezekiel is said to be like a roaring wind much like that of a helicopter. The distinct "hum" of hummingbirds in flight can also be heard loud and clear. This sound represents swift action in doing sacred service.

Empowerment

Picture the heart as a red rose; again the favorite color of this totem. Visualize a small joyful hummingbird in the palm of your right hand and place in the heart. See the Flower of Life as a thousand petal lotus flower. Recall that this is located at the heart of the earth. Imagine it radiant and beaming with life-force in motion. Next see the flow of holy nectar as light golden honey pouring from the center of the Flower of Life. See it come into your crown chakra and into the body filling one spiritual chakra at a time. Visualize it filling the crown chakra, next the 3rd eye, then the throat chakra, and finally into the rose heart. See the hummingbird feeding on this golden nectar coming from the rose heart.

See the wings of the hummingbird begin to vibrate faster within the rose spreading this nectar like fairy dust throughout the heart chakra and body through the blood system. Also, intend that it add the joy and bliss qualities of this totem bird. Intend that the nectar will nourish and revitalize the whole body through the blood system and that the hummingbird continue in motion for as long as needed.

Remember you can always activate the hummingbird when you need it. It is just a flower away.



May the rose bloom on the road before you.

References

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Visit

http://groups.yahoo.com/group/divine_will_reiki