

GREAT BLUE HERON HAS CEREMONIAL MEDICINE



When we think about our "totems" we include the minerals, the plants and the animal kingdom. Our ancestors studied the "winged ones" as well as the "4 legged". Bird medicine includes a wide variety of birds, not the least of which is the Blue Heron.

The Blue Heron is found around water. Water, in itself is a spiritual thing and we incorporate it in our cleansing ceremonies when we "go to water". The Southeastern Cherokee Council recognizes the Great Blue Heron as a spiritual symbol for our ceremonial team who are members of the Blue Heron Medicine Lodge. This "sub-group" within the tribe are persons who are walking the "white path" of peace and ceremony who seek to build up the spirituality of the tribe through ceremony.

The Blue Heron is a quiet and patient bird, standing for hours along the shore of the lake or river waiting for a small fish or frog. Its long wings are graceful and powerful as it flies low over the surface of the water. A cautious watchful bird, it is difficult to sneak up on one without it flying off.

The dignified quietness of the Blue Heron is a fitting symbol for those who feel called to walk the "ceremonial path". One need not be a ceremonial leader to have Blue Heron medicine, as there are many aspects to being a part of the ceremonial team.

Next time you go to the waterways, keep your eye out for the majestic Blue Heron. There seems to be a mystical spirituality to this creature.

Hummingbirds Can Fly Backwards



We are all charmed by the beautiful tiny Hummingbird. A very brave bird for its size, it is thought to be the only kind of bird that can fly backwards. There is a "medicine" associated with Hummingbirds that pertains to life's lessons we learn from our past experiences. Some of us fail to learn from our past mistakes and continue to make the same mistakes over and over.

The Hummingbird's ability to fly backwards is symbolic of going backwards in time. We do this through our memory processes. The fast moving wings of the Hummingbird give it the ability to hover in one place, similar to a helicopter. As it partakes of nectar from flowers with its long beak, it can move its entire body forward and backwards with great precision.

The Hummingbird makes very intricate and beautiful little nests. Although it is a fast and skillful flier, it is never seen actually walking. If not flying, it is sitting on a limb or twig.

Those who count Hummingbird medicine as one of their totems are likely to be insightful to the wisdom that comes from their past life experiences. Such persons may be small of stature or appearance, but have a courage that mirrors that of the Hummingbird who have been seen chasing Eagles away from their nests.

Many of us enjoy putting up Hummingbird feeding devices where we can observe these beautiful winged ones more closely. As small as they are, Hummingbirds migrate thousands of miles each year.

Blue Jays Are The Guardians Of The Land



The turf is protected by a "security force" of Blue Jays. These watchful birds often are found in groups and are very assertive birds with their piercing calls as they fly here and there patrolling the land for any sign of hawks or owls. The larger predator birds are a threat to the nestlings of the Blue Jays and they will not tolerate hawks or owls anywhere near their "stomping grounds".

If a person has strong instincts to guard and protect their loved ones or their valuables, it could be they possess "Blue Jay medicine". They are fearless birds and their beautiful blue hues and impressive top notch crest, make them very imposing indeed.

The male and female Blue Jays help each other in making the nest and caring for their young. The male will often go hunting for bugs and worms while the female sits on the nest. Then the male will arrive and feed the female so she does not have to leave the nest so often.

There is much we can learn by observing Blue Jays and other kinds of "winged ones". Unequah, (The Great One) teaches us much through the observation of Nature.

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