

HUMMINGBIRD

Flexibility, Endurance, Lightheartedness, Lighten up, Experience Joy, Sweetness of Life, Emotional Sweetness, Big Hearted, Intelligent, Quick, Mindful Breath, Meditation, Protect Your Boundaries



What teachings does Hummingbird have for us? How can Hummingbird help us to open our hearts, see things in a different way, and release the past in a lighthearted compassionate way?

Hummingbirds are migrating birds that travel long distances. Can fly 18-20 hours straight to cross the Gulf of Mexico. They can travel at speeds of 30 mph with their wings flapping up to 200 times per second and are considered the fastest of all birds.

Their wings move in a figure 8 pattern. The figure 8 pattern also makes an infinity symbol. Donna Eden energy medicine figure 8 = in aura moves into your DNA. It helps the energy cross over from the left hemisphere of the brain to the right side of the body and from the right hemisphere of the brain to the left side of the body. Figure 8's protects personal space which is important if you are a sensitive person. Helps you to articulate words, increases alertness, and helps learning. Infuses aura with joyful energy. Said to replenish the immune system, creates more vibrant and balanced energy, and connects all layers of our body's energy systems (chakras, meridians, etc.)

When hummingbirds pull up from dives they experience 10 times force of gravity or 10 g's.

They are very territorial which reminds us to protect our boundaries.

They can see ultra violet light, while we cannot. This reminds us that there is much that exists outside of our limited human perception.

They have a third set of eyelids to protect their eyes when flying at high speeds.

Largest heart per body size than all other animals. (carry big-hearted energy)

They also have the largest brain per body size of all birds. This is useful for them because they remember the location of every flower in their territory and how long it takes for the nectar to refill again. They can also recognize the humans that fill their feeders.

What can Hummingbird help us with?

Heart Opening Experiences while also opening our hearts.

It offers us protection from negativity and harshness.

Helps us to be more present in the moment.

Combats feeling fragmented and distracted.

It gives us the ability to clear past experiences and the lingering feelings associated with the past.

Blessing the past and where we came from as we move forward into the future. Blessing our future not yet known, preparing the way ahead of us.

Letting go in a gentle, compassionate, lighthearted way.

Letting go of what is weighing you down.

It helps to give us a positive outlook on life and to welcome in positive thoughts and vibrations as well as put positive vibrations out into the world.

It's ok to be sensitive. May be drawn to others who are also sensitive while shying away from people and situations that may have harsh or negative energies.

Ability to gain a different perspective about current or past events.

To see what is hidden or commonly unseen. To see things differently.

Ability to look at situations in a lighthearted way.

Rest is important even when busy.

Ability to navigate situations. (No constraints in movement.)

Ability to process several different viewpoints or perspectives.

Knowledgeable and connected with surroundings and resources of nourishment.

No matter how gifted we are or how magickal we may appear to others, we still may have limitations and need to learn how to maneuver in the world despite these limitations. Limitations do not make us less of who we are. They are a part of who we are. We can learn to navigate them in a way that they no longer hold us back, even seeming to no longer be a limitation. Through learning how to go with the flow of limitations we learn how we can become limitless.

Connect with Hummingbird and ask what message it has for you at this time. This may come as a word, feeling, a flash of an image, or inner knowing.

Letting go does not need to be hard, stressful, overwhelming, or agonizing. Neither does moving forward.

Journal Prompts

How can Hummingbird help you specifically with your situation?

How can you joyfully let go of that which is weighing you down?

How can you move forward in a lighthearted way?

Where do you need more lightheartedness and joy in your life?

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