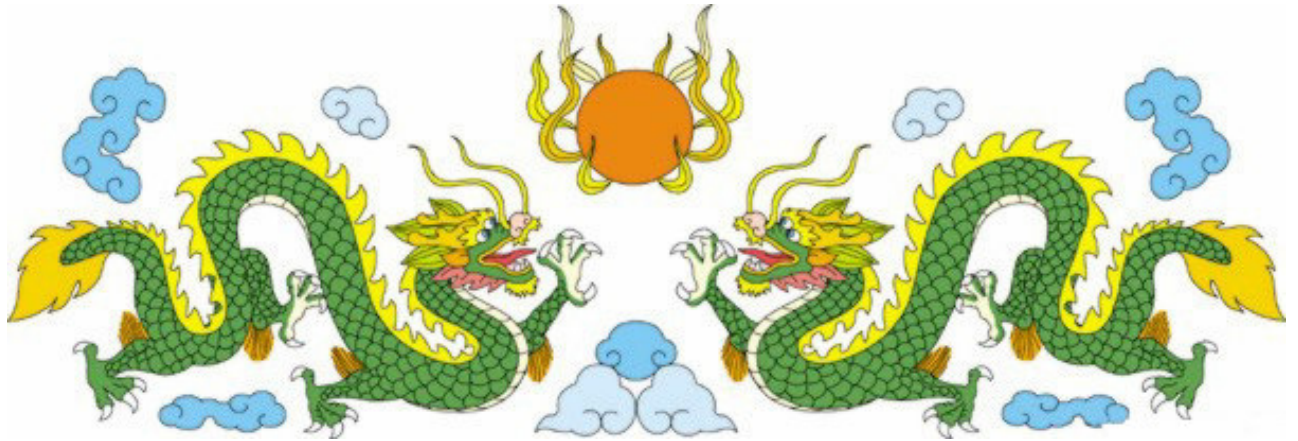


INTERNATIONAL LIGHTWORKERS



LightWorker™

Great Blue Heron Medicine Empowerment



Channeling and manual by Lisa "Ladywolf" Center
Latout by Lisa Center & Jens Sæborg

LW Great Blue Heron Medicine Empowerment

The LightWorker™ Great Blue Heron Medicine Empowerment is a part of LightWorker™ Animal Empowerments, mainly channelled and written by Lisa “Ladywolf” Center:

LightWorker™ Animal Empowerments (Lisa “Ladywolf” Center)
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You also find empowerments and healing from Lisa “Ladywolf” Center in

LightWorker™ Animal Healing Series (Lisa “Ladywolf” Center & Jens Söeborg)
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And more to come

Great Blue Heron

Spring and summer 2006, Blue Heron is a constant regular at the livestock tanks on the land where I live. Acute sense of hearing sends it into flight as soon as I approach. Often when I am working in the yard I see him flying over on his way to one of the tanks. The long flat S shaped neck and large body make him easy to identify from any distance. A collector of feathers I often look for something Heron may have left behind around the edges of the water. When I do find feathers I consider them to be a gift and offer a prayer of gratitude for that “Gift”.

Observing the tracks around your land alert you to what animals come and go and where they can usually be seen. The heron tracks are very similar to Turkey.



GB Heron



Wild Turkey

The biggest differences I have noticed are the Heron has more definition at the back of the track and a “heel” (for lack of better word) print that is elongated.

Heron is a lone hunter with long legs that enable him to wade about through the water. These long legs give people with this totem the ability to explore life on a much deeper level. Standing on your own and becoming self reliant is an important message. The earth connection may be strong but these folks are great explorers and able to delve into other dimensions. Others may see them as dabbling into everything. It may even look like there is no structure in the lives of heron people and many people could not live the way they do. This does not stop heron for he knows if one way does not work another will and he is always willing to try a different approach to anything that is done.



Wading casually through water, once prey appears, the speed which that prey is conquered and speared is often alarming. Heron people are able to seize opportunities that present themselves with that same level of aggression and determination. Others will not understand and may try to get Heron people to conform and adapt a more traditional approach to life. This would be a mistake as the gift of the Heron is the ability to stand alone, unique, and knowing the path that is correct for him.

Great Blue Heron in Celtic Tradition

Celtic tradition often refers to the heron as a Crane. It is a symbol for longevity as it is believed that on the island of Inis-Kea there is a heron that lives there alone and has been there since the beginning of the world. He will remain there until the world ends. The Celts believe the crane to be wise, greeting the sun in the mornings in the east where knowledge lies. People are often noticed and respected for having Crane knowledge. The language used by Druids was not only connected to trees but developed by watching movements of cranes as they flew.

Cranes are often connected with the dark energies of the Goddess and are sometimes seen depicted in threes. They are believed to be psychopomps- those who take the souls of the dead onto the otherworld. This association with death has often lent to a negative connotation. Carvings in ancient churches have been found that depict a Crane sucking the soul from the dying and carrying it away. China has souls of the dead flying away riding on the backs of the crane. Though the Great Blue is different from the crane in many ways there is a way of thinking that connects the two. This empowerment is for the Great Blue Heron and there is a difference in the medicine that each can provide.

Life cycle and facts:

The great blue heron is the largest and most common of the North American herons. It is often seen standing at the edge of a tidal pond watching for small fish, its favorite prey. It also feeds on small mammals, reptiles, and occasionally, birds.

This heron gets its name from its bluish-grey feathers and regal size. It has a huge wingspan of nearly 6 feet. When in flight, its neck folds into an S-shape, and you may hear it makes its call — a hoarse, guttural squawk.

During the mating season, two feathers on the bird's head become long and thread-like. The great blue heron's eggs are generally light blue in color.



Size: 39–52 inches (99–132 cm) with a wingspan of 70 inches (1.8 m).

Range: Alaska, Quebec, and Nova Scotia south to Mexico and West Indies.

Identification Sexes similar - Huge, long-legged, long-necked wader
Tips: Usually holds neck in an "S" curve at rest and in flight
 Long, thick, yellowish bill

Nest Type: Although great blue herons occasionally nest singly, most breed in localized colonies of up to hundreds of nesting pairs.

Clutch Size: Three to seven eggs are laid during March and April. Eggs hatch after about 28 days, and both parents care for the chicks.

Diet: The primary diet is small fish, which they swallow head first. They also eat frogs, salamanders, lizards, snakes, crawfish, small birds, rodents, and insects.

Hear GB Heron's voice at the site that provided the information above:

<http://www.ocean.udel.edu/kiosk/bheron.html>

Heron and the Hummingbird (Hitchiti Tribe)

retold by S. E. Schlosser

Heron and Hummingbird were very good friends, even though one was tall and gangly and awkward and one was small and sleek and fast. They both loved to eat fish. The Hummingbird preferred small fish like minnows and Heron liked the large ones. One day, Hummingbird said to his friend: "I am not sure there are enough fish in the world for both of our kind to eat. Why don't we have a race to see which of us should own the fish?"



Heron thought that was a very good idea. They decided that they would race for four days. The finish line was an old dead tree next to a far-away river. Whichever of them sat on top of the tree first on the fourth day of the race would own all the fish in the world.

They started out the next morning. The Hummingbird zipped along, flying around and around the Heron, who was moving steadily forward, flapping his giant wings. Then Hummingbird would be distracted by the pretty flowers along the way. He would flit from one to the other, tasting the nectar. When Hummingbird noticed that Heron was ahead of him, he hurried to catch up with him, zooming ahead as fast as he could, and leaving Heron far behind. Heron just kept flying steadily forward, flapping his giant wings. Hummingbird was tired from all his flitting. When it got dark, he decided to rest. He found a nice spot to perch and slept all night long. But Heron just kept flying steadily forward all night long, flapping his giant wings.

When Hummingbird woke in the morning, Heron was far ahead. Hummingbird had to fly as fast as he could to catch up. He zoomed past the big, awkward Heron and kept going until Heron had disappeared behind him. Then Hummingbird noticed some pretty flowers nearby. He zip-zipped over to them and tasted their nectar. He was enjoying the pretty scenery and didn't notice Heron flap-flapping passed him with his great wings.

Hummingbird finally remembered that he was racing with Heron, and flew as fast as he could to catch up with the big, awkward bird. Then he zipped along, flying around and around the Heron, who kept moving steadily forward, flapping his giant wings. For two more days, the Hummingbird and the Heron raced toward the far-distant riverbank with the dead tree that was the finish line. Hummingbird had a marvelous time sipping nectar and flitting among the flowers and resting himself at night. Heron stoically kept up a steady flap-flap-flapping of his giant wings, propelling himself forward through the air all day and all night.

Hummingbird woke from his sleep the morning of the fourth day, refreshed and invigorated. He flew zip-zip toward the riverbank with its dead tree. When it came into view, he saw Heron perched at the top of the tree! Heron had won the race by flying straight and steady through the night while Hummingbird slept.

So from that day forward, the Heron has owned all the fish in the rivers and lakes, and the Hummingbird has sipped from the nectar of the many flowers which he enjoyed so much during the race.

You can read more Georgia folktales in Spooky South by S.E. Schlosser.

Spirit of Blue Heron - with Wolfs Moon

Role: ~Peace Maker~

Lesson: Balance between relating and standing alone

Element: Air/Water

Wind: East ~Peace and Illumination~

Medicine: Uniqueness

~Keywords~

- Ability to Stand Alone
- Uniqueness
- Independence
- Call to Balance
- Self-Esteem
- Boundaries
- Dignity
- Exploration
- Peace
- Fluidity



Peace

As with all of the Creature Beings of the Earth Mother, the coloring of the Great Blue Heron's feathers is significant, as each color carries with it special attributes unique to that Creature. Blue in nature is connection to Father Sky and also represents Peace and Tranquility. In Esoteric thought, deep blue is also the color of the sixth chakra which corresponds to the third eye. Hence, insight and psychic vision are also emphasized here.

Although the Great Blue Heron is by nature a predominantly solitary bird, during mating season, Herons will gather in clusters to nest and raise young in what are called ~colonies.~ It is quite remarkable to witness the peace and harmony that abounds in these colonies, and is a testimony to the ability of a highly independent creature to adapt to ~communal life.~

***Just as the Blue Heron must find within him/herself the ability to live in cooperative peace with other members of the colony, so does the two-legged beside whom Heron fly enter the Earthwalk with the theme of Peace. This may either be a natural state of ~Being~ for one with this bird as a Primary Totem, or in the instance where Great Blue Heron has surfaced as either a Messenger or Lesson Totem, the Lesson then becomes finding Inner Peace and Tranquility.

If Great Blue Heron is one of the Primary Totems, throughout life much interest will be focused in establishing and maintaining Peace. Initially however, this quest for harmony may manifest as the Blue Heron Soul attempting to direct Others to such a state, preliminarily failing to recognize that Peace must first come from ~Within.~ Consider the following quote by the renowned Sioux Holy Man, Black Elk:

"The first peace, which is the most important, is that which comes within the souls of the people when they realize their relationship, their oneness with the Universe and all its powers, and when they realize that at the center of the universe dwells the Great Spirit, and that this center is really everywhere, it is within each of us."

When Blue Heron soul finds that Peace within the ~Self,~ the lesson gained in the journey there will be shared as a means of guiding ~Others~ to finding that same Peace within. Yet when in

peaceful attunement and harmony with Self, the two-legged beside whom Blue Heron flies will also emit a powerful and profound tranquil vibration that will effect all around them and inspire the burgeoning soul to become in balance and harmony with All, a priceless Gift to give indeed!***

Uniqueness

As a member of the Stork family, these large birds are distinctive in appearance in part due to their blue feathers which can range in color from a dusky slate-grey to a deep blue. Their long legs, which serve them well as they wade through the shallows of swamps and wetlands, and elongated neck are also distinguishing characteristics of these splendid birds.



When wading through water in search of prey or standing and observing their surroundings, these birds are the picture of grace and stateliness, yet when in flight their appearance is a bit gangly as they fly with their heads supported between their shoulders, rather than stretched out before them as is typical of their White Crane cousins. Their blue feathers are also a feature that distinguishes them from other members of the Crane family. These separating characteristics suggest that those beside whom Great Blue Heron flies will also be individualists who will utilize their own differences to elicit change in the world around them.

***For the two-legged with Blue Heron as a Totem, there will be a desire to establish themselves as a unique and independent Being, often making these souls the revolutionaries that disrupt the status quo of society in order to elicit change and evolution. Although this is a trait with many challenges, when operating from its Highest Vibration, Blue Heron souls teach the rest of us the value and importance of each individual contribution to the Whole.

When young, the Blue Heron individual will be quite unusual in either appearance or mannerisms in ways that they may often find themselves ostracized by peer members. In extreme circumstances, even their own family members will tend to distance themselves, forcing the Blue Heron individual to establish separate and independent lives at an early age.

The teen-age years which are often met with a sense of awkwardness for any human maturing and evolving, are particularly painful for the one beside whom Blue Heron flies, as their appearance and/or behavior will tend to set them apart at a time in their growth when they seek the most to integrate and ~blend-in.~ Often, there will be long limbs, above average height and a uncoordinated gait that may be the object of ridicule during the angst of their emerging from childhood toward adulthood.

Yet with sufficient maturation (and as these individuals grow into their height and distinguishing characteristics), these very souls that were once considered "odd looking" suddenly blossom into stunning adults that may quickly find themselves thrust into the attention and admiration of many suitors. More than a few fashion models and actors/actresses have Blue Heron predominately placed amongst their Primary Totems, as the very characteristics that once set them painfully apart, becomes an attracting force of beauty and grace that pulls others toward them. Even in those instances when there is not great "physical beauty," there will be a special spark to these individuals that will later draw positive attention with a great deal of magnetic force.

On a spiritual level, there will also be a phase of awkwardness and groping for identity. Many revolutionary ideas are first conceptualized by the Blue Heron individual, as they will not be content with watching society operate in the same mode it has done for generations. As a child this independent thought will be a great consternation to parents and guardians, yet as the body, mind and soul of Blue Heron grows and develops, this same ability to think independently may serve them in professions such as exploration and research, politics and scientific discovery and invention as these souls once more learn to transform what was once viewed as a ~liability~ into an asset.*** wetlands, and elongated neck are also distinguishing characteristics of these splendid birds.



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Ability to Stand Alone

One of the dominant physical characteristics of the Great Blue Heron are its long, spindly legs. Like all members of the Stork family, Blue Heron utilizes these elongated limbs to wade through the marshes and swamplands that constitute their natural environment, in search of the food that swims in the water or crawls along the spongy banks.

It is not uncommon to see a Great Blue Heron standing with one leg drawn up in a resting position, and balancing like a seasoned acrobat on the other leg. Herons are often spied dozing while standing thus on one foot as well (like their White Stork cousins) and as discussed earlier, tend to prefer solitude and their own company (when not in mating season and living in communal colonies).

***This particular set of keywords indicates a powerful Lesson for those who share this Earthwalk with Blue Heron Totem, as there will be many experiences in learning to operate independently and to trust and rely heavily on the ~Self.~ This can be a dual-edged sword however, as much like the Heron must find the proper equilibrium to balance on one leg, the two-legged beside whom Heron flies must also learn the delicate balance and counter-balance between independence and cooperative loving and living with ~Others~



Often times there are likely two distinctive scenarios which contribute to the development of the Blue Heron individual. The first such set of circumstances is where the human counterpart enters along the Sacred Hoop of Life as a very peaceful and sensitive person that seeks out the company of Others, yet is often rejected by the very souls he/she loves and trusts the most. This may establish a fear of rejection, and often effects their later interactions in adult relationships, as there is often the inherent fear or expectation that as soon as a bond of love or trust is formed, they will be rejected or betrayed. Until the Blue Heron individual can heal from these painful episodes, examine the lessons that they have been present to teach, and integrate the experience to find a better center of balance, they will often either shut themselves off emotionally to avoid future ~hurts,~ or they may become lost in a repetitive pattern of choosing partners that will ultimately fulfill their expectations of abandonment.

The second ~grouping~ of Blue Heron individuals are often highly independent (seemingly from the moment of birth), and tend to prefer the solitude and comfort of their own company over interacting with family members and friends. There is the sense about these souls that they are capable of handling any task so long as they are left alone to their own devices to accomplish it. The difficulty surfaces when they ignore the interactions with their fellow human that is a vital and integral part of our life in flesh. Until these individuals are fully able to embrace the understanding that we are all here to interconnect with our fellow two-leggeds and the animals of the Ina Maka (Earth Mother), there will be an underlying restlessness and general dissatisfaction with life. Their challenge thus becomes learning to find the harmony between time spent alone, and time spent with their fellow Earth inhabitants.

In both instances, the primary focus is upon gaining enough self-confidence that they are well capable of relying upon their own highly developed sense of timing and action, and tempering it with embracing loving relationships that operate within healthy parameters and involve requisite sharing and co-nurturing with the respect of individual freedom and independence. Yet when this fine balance is struck, the end result is a beauty to behold and often leads these

souls down the pathway as impartial judges, counselors and artists who convey through their choice of medium a world in which all live in true Harmony.***

I found this information to be so beautifully stated that I copied it here for this empowerment. It can be viewed in original format at the site listed below.

http://wolfs_moon.tripod.com/BlueHeronTotem.html



If Blue heron has dropped his feathers into your life it may be time for you to return to self. Remember your self reliance and independence and incorporate it into the journey that lies before you at this time. He will show you your path...may your journey be grand!

If you do not have Blue Herons in your area, their voice can be heard on one of the sites listed in this work. During or before your meditation you may want to hear his voice again and keep it in your mind. This call could lead you to the heron realm. Prepare for meditation the way you normally would and state aloud your intent to empower yourself with the medicine of the Great Blue.

Ladywolf

