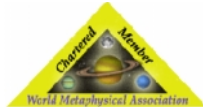


# CRITTER'S SOURCE

PRESENTS



## PUFFIN EMPOWERMENT



BY

LESLIE WILSON (RM,WMA)

## THE PUFFIN



PUFFINS ARE BRILLIANTLY COLORED AND HAVE BEAUTIFULLY COLORED BEAKS. THEIR BODIES ARE BLACK AND WHITE AND THEIR ORANGE LEGS GIVE THEM A STRIKING APPEARANCE. THEIR CALL IS A GROWL, BECAUSE OF THEIR COLORFUL BODY COSTUMES AND THEIR GROWLING CALL MANY CULTURES STILL REFER TO THEM AS SEA PARROTS OR CLOWN BIRDS.

THE PUFFINS ARE EXCELLENT SWIMMERS AND DIVERS. THEY USE THEIR WINGS TO PUSH THEMSELVES ALONG UNDER WATER WHILE USING THEIR FEET AS RUDDERS. WHEN THEY ARE ON LAND OR IN FLIGHT THEY ARE EXTREMELY CLUMSY. THE PEOPLE WITH THIS MEDICINE WOULD BENEFIT BY LIVING NEAR LARGE BODIES OF WATER, PARTICULARLY THE OCEAN. WITHOUT WATER IN THEIR IMMEDIATE ENVIRONMENT THEY COULD HAVE DIFFICULTY FINDING THEIR EQUILIBRIUM IN LIFE. WATER IS ASSOCIATED WITH THE INTUITION AND ALL THINGS HIDDEN, HENCE, THOSE WITH PUFFIN MEDICINE MAKE EXCELLENT PSYCHICS AND THERAPISTS.

## FOLKLORE



SEVERAL LEGENDS ARE CONNECTED TO THE PUFFIN. WHEN THE PUFFIN BEGINS TO TAKE OFF IN FLIGHT IT HOLDS ITS FEET TOGETHER SUGGESTIVE OF HANDS CLASPED TOGETHER IN PRAYER.

ITS BLACK AND WHITE BODY HAS BEEN ASSOCIATED WITH THE BLACK AND WHITE ROBES OF CATHOLIC NUNS.

SOME PEOPLE BELIEVE THAT A PUFFIN IS ACTUALLY A CROSS BETWEEN A BIRD AND A FISH BECAUSE OF ITS SUPERB ABILITY TO SWIM UNDERWATER.

IN MANY CULTURES THIS BELIEF HAS JUSTIFIED THE RIGHT TO EAT PUFFIN MEAT ON LENT AND FRIDAYS. THE RELIGIOUS CONNOTATIONS SURROUNDING THE PUFFIN ARE NUMEROUS.

## TOTEM



PEOPLE WITH THIS TOTEM HOLD PAST LIFE CONNECTIONS RELATING TO SOME FORM OF RELIGIOUS DEVOTION. MAINTAINING A PRAYERFUL CONNECTION IN THIS LIFE CAN BE HELPFUL.

PUFFINS RELY ON BODY LANGUAGE TO CONVEY MESSAGES TO OTHER PUFFINS. THEY WILL LOWER THEIR HEAD AND WALK RAPIDLY THROUGH A COLONY INDICATING THAT THEY ARE JUST PASSING THROUGH. THIS IS USEFUL BECAUSE



THE COLONY IS VERY CROWDED AND A PUFFIN OFTEN CROSSES ANOTHER PUFFIN'S TERRITORY AS IT WALKS. PUFFINS ARE USUALLY NON AGGRESSIVE EXCEPT WHEN MATING OR DEFENDING THEIR BURROWS AND THE OWNERSHIP OF THEM. THESE COURAGEOUS LITTLE BIRDS WILL STAND STIFFLY ERECT WITH THEIR BEAK NEXT TO THEIR BODY AND USE SLOW EXAGGERATED FOOT MOVEMENTS. WHEN STANDING IN A CROWD OF OTHER BIRDS PUFFIN WILL STOMP ITS FOOT IN PLACE IF IT IS UPSET ABOUT SOMETHING. WHEN THE PUFFIN FEELS THREATENED, IT WILL PUFF UP ITS BODY AND OPEN ITS WINGS TO LOOK BIGGER. PUFFINS ARE MASTERS OF DISGUISE AND TEACH THOSE WITH THIS **TOTEM** HOW TO DISGUISE THEIR TRUE FEELINGS AND USE BODY LANGUAGE TO THEIR ADVANTAGE. AFTER ALL ACTIONS CAN SPEAK LOUDER THAN WORDS!

WHEN AN AGGRESSIVE ENCOUNTER DOES OCCUR BETWEEN TWO PUFFINS THEY LOCK BEAKS AND ATTEMPT TO TOPPLE EACH OTHER IN A WRESTLING MATCH BY USING THEIR FEET AND WINGS IN A FLURRY OF ACTION. USUALLY THIS GATHERS A CROWD OF PUFFIN SPECTATORS. THE COMBATANTS CAN BECOME SO INVOLVED IN THE FIGHT THEY END UP ROLLING OFF THEIR ROCKY PERCH WHICH ENDS THE FIGHT ON AN EMBARRASSING NOTE. THOSE WITH THIS TOTEM HAVE A TENDENCY TO GET CAUGHT UP IN HOPELESS SITUATIONS WHERE THERE ARE NO WINNERS. BY LOOKING BEFORE YOU LEAP YOU CAN AVOID UNECESSARY STRUGGLES AND EMBARRASING MOMENTS.

## PUFFIN SYMBOLISM

**PUFFIN:** KNOWN AS THE "SEA-PARROT", THE PUFFIN IS A SYMBOL OF FAMILY AND IS THE CONSUMMATE PROVIDER. HE IS THE EMBLEM OF NORWAY, AND IS USED BY SEVERAL COUNTRIES AS A CIVIC AMULET.



PUFFINS. . . . .

"PUFFINS ARE ANY OF THREE AUK SPECIES (OR ALCIDS) IN THE BIRD GENUS *FRATERCULA* WITH A BRIGHTLY COLOURED BEAK IN THE BREEDING SEASON. THESE ARE PELAGIC SEABIRDS THAT FEED PRIMARILY BY DIVING IN THE WATER.

THEY BREED IN LARGE COLONIES ON COASTAL CLIFFS OR OFFSHORE ISLANDS, NESTING IN CREVICES AMONG ROCKS OR IN BURROWS IN THE SOIL. THE TUFTED PUFFIN WAS FORMERLY PLACED IN THE GENUS LUNDA.

ALL PUFFIN SPECIES HAVE LARGE BEAKS. THEY WILL SHED THE COLOURFUL OUTER PARTS OF THEIR BILLS AFTER THE BREEDING SEASON, LEAVING A SMALLER AND DULLER BEAK. THEIR SHORT WINGS ARE ADAPTED FOR SWIMMING WITH A FLYING TECHNIQUE UNDER WATER. IN THE AIR, THEY BEAT THEIR WINGS RAPIDLY (UP TO 400 TIMES PER MINUTE IN SWIFT FLIGHT, OFTEN FLYING LOW OVER THE OCEAN'S SURFACE." (WIKIPEDIA)





## **ATTUNEMENT**

**THERE ARE NO PRE-REQUISITES FOR THIS ATTUNEMENT. THIS IS BASED ON INTENT AND MAY BE SENT AS INTENT OR CHI BALL. ALWAYS ASK YOUR HIGHER SOURCE TO BE WITH YOU AND ALWAYS THANK THEM FOR BEING THERE WITH YOU. WHATEVER PROCEDURE THAT YOU DO FOR YOURSELF TO ALIGN WITH RECEIVING ATTUNEMENTS, PLEASE DO THEM.**

**THIS EMPOWERMENT AND MANUAL IS FREE OF CHARGE AND MAY BE USED BY ANYONE.**

**THE ENTIRE MANUAL CANNOT BE CHANGED IN ANY WAY.**



