

## Bird Spirit Medicine - Dowsing Homework



- Set aside a morning or afternoon to receive and connect with Bird Medicine.
- Before setting out on your walk dowse to see where you will receive the wisdom/teachings of a particular Bird Spirit today.
- Set a clear intention - 'What is the Bird Spirit Medicine/teaching I need today?' Say this to yourself several times before leaving the house. Once you are ready to leave you no longer need to say the intention any

more...it is already in the ether waiting for you to pick it up. Switch your phone off and take a journal with you; there's going to be a lot of questions needing answers!

- On your walk be aware of any birds, bird song, or places that you feel you need to sit and be still.
- When you have a visit from a Bird Spirit messenger, use your dowsing and ask the bird do you have medicine for me today? If you can identify it then great, if not don't worry...just keep asking questions. Now without dowsing use your felt sense and see where the medicine is going into your body. Sometimes you get an emotion coming up or something from several days ago might rear up into your thoughts...stay with this and ask how the medicine can be used.
- Sit and soak up the medicine of the bird.
- Again if you want to dowse, you could ask if its medicine is for a particular chakra in the body...go through the chakras. Its medicine might be to awaken the Inner Child within you, ask.
- Whilst you are in the presence of this medicine you must ask as many questions as possible. Now is the time to ask, not when you are at home.
- Always ask the Bird Spirit Messenger 'what can I do for you?'.....follow this through. The Bird Spirit Messenger has gifted you its medicine in the spirit of sacred exchange, we must honour and respect that teaching by doing something for that bird.
- Thank the Bird Messenger for its wisdom and teachings today.
- On the way back home be aware of how you feel after meeting the Bird Spirit Messenger, any new thoughts coming into your mind, or perhaps no thoughts - a feeling of bliss.
- Once at home write up your notes...don't dwell too much on messages that can't be deciphered. The Spirit World does not give you easy answers, you in time have to work them out! Spiritual journeys are all about experiences.
- During the next 2 weeks be aware of any confirmations from the Bird Spirit Messenger. Do you notice that particular bird more? Does it appear in books or magazines you are

reading? Does a neighbour mention the bird to you? These are all signs that the wisdom/teachings you received were meant for you.

- Let's have a catch up on your findings in two weeks!