

SPIRIT BIRDING

All bird sightings can be messages (i.e. we can find metaphor, symbolism, or meaning in them), but it's easiest to focus in on the memorable sightings...

- Surprising or startling appearance
- Tough to identify birds
- Rare for the area or rare altogether
- Certain birds for the first time
- Dead or injured
- Fascinating behavior

Determining what the message from a bird is about:

- Earmark the moment you saw the bird(s):
 - What were you JUST thinking about?
 - Were you wondering something?
 - Were you sleep walking and this woke you up?
 - What else is happening in your world?
- Allow it to inform larger questions
 - What bigger question have you been holding?
 - Are you at a crossroads in your life and trying to make a big decision?
 - Are you struggling with a certain person or project?

| If you question/issue is about: | Suggestions to look into... |
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| Career/Education | How the bird makes a living. What are their foraging habits and what do they eat? |
| Relationship | Mating habits. Do they play specific gender roles? How long do they pair for? |
| Family | Does this species flock together? What do they do together – roost, forage, breed? |
| Parenting/Mentoring | Are the chicks altricial or precocial? How long do they spend with their parents? |
| Self Growth | What kind of weather/habitat hardships does this bird handle and how? |
| Physical Health | Where does this species roost or rest? How do they stay safe? |

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| Color | Associations | Idioms |
|--------|--|--|
| Red | Love, passion, wrath, anger, stop sign | "I'm seeing red", "Red in the face" |
| Orange | Vibrancy, cheeriness, alert/warning, friendliness, fire | |
| Yellow | Courage, cowardliness, happiness, innocence, childishness, slow down | "He was all yellow" |
| Green | Nature, talent, skills, envy, earth-friendliness, | "Green with envy", "I'm going green" "You have the green light" |
| Blue | Water, spirituality, sadness, cold, knowledge | "Talk until you're blue in the face" "He's feeling blue" |
| Brown | Earth, soil, creativity, getting dirty, plain | "She's muddied the water" |
| White | Purity, sacredness, clarity, shock, cold | "He turned white like a ghost" |
| Black | Emptiness, fear, void, shadow/unconscious | "She blacked out" |

| Chakra | Associations |
|------------------------------|----------------------------------|
| 7 th CROWN | Spirituality, Guiding Principles |
| 6 th THIRD EYE | Imagination, Intuition |
| 5 th THROAT | Choice, Self-Expression |
| 4 th HEART | Love |
| 3 rd SOLAR PLEXUS | Self-Esteem |
| 2 nd SACRAL | Money, Sex, Power |
| 1 st ROOT | Tribe, Survival |

