

Sacred Stones for the Soul

Birds, Bugs and baked Bijoux

I was sitting on my deck yesterday finally starting to relax, watching the little birds hang out at the new bird feeder my granddaughter and I put up. This has been a particularly difficult summer to unwind, so moments of pure beingness like that are like gold. The swallows were so enthralled in the moment, pecking away, totally oblivious to me or the sleeping cat beside me. Everyone once in a while, there would be an usurper in the pecking order; tweets became shrieks and the wings would flap in a tizzy. One little finch came over to the deck rail and sat and looked at me for a while up close as if to say “thank you” and then “who are you really?”.

Who am I, really?

That deck rail became the observation deck. My next visitor was a green grasshopper locust little guy. He had been pacing up and down the observation deck all afternoon. Earlier, he had been sitting on the cushion monitoring the cat's nap. Then, he did the most extraordinary thing. He marched right up to me and sat on the end of the tabletop. He looked me in the eye and raised one foot slowly, put it down, then raised the other foot in the same way. It was like he was stomping, gathering his momentum, feeling out the situation with his antennae bobbing back and forth and clearly trying to say something. I told him: “Just so you know-if you jump on me, I will scream.” Then my fear caused me to move and the magic was broken. Off he went.

I wonder who was really observing whom?

<http://info.acoustiblok.com/blog/?BBPage=1&Tag=Noise%20pollution>



Male grasshoppers have had to adjust their singing frequency due to traffic noise pollution otherwise the urban lady grasshoppers can't hear their courtship songs. Jiminy cricket!!!

Listen to them here

<https://soundcloud.com/independent2012/cbig/s-7ofCH>

- Who or what is catching your attention?
- Who is watching you?
- Who do you need to look squarely in the eye?
- Can you look yourself in the eye?
- Is your rhythm being drowned out by noise?
- Is nature calling? Can you hear it?
- What do your senses pick up?
- Pay attention. What do you attend to?
- Who attends to you?
- Have you lost your song?
- Do you need to sing?
- Listen to nature relaxation music.
- What is cramping your mojo?
- Who are you really?
- Who do others see you as?

"Grasshopper will often make its appearance when we are on the fence with a decision helping us to know which way to leap. Grasshopper is a totem that values momentum and is not happy at a stand-still."

<http://healing.about.com/od/animaltotems/iq/Animal-Totems-Photo-Gallery/Grasshopper.htm>

*Remember this? Feed the birds- Mary Poppins
Watch it here again with new eyes.*

<https://www.youtube.com/watch?v=XHrRxQVUFN4>

A tuppance to show you care.



The Vision Quest

In the First Nations tradition, a young initiate or other spiritual seeker will trek out into nature for a period of time alone. During this retreat the animal spirits that will guide and teach the seeker make themselves known. Nature has a lot to teach us once we slow down and listen.

A vision quest can be a full blown retreat from the world that involves different rituals according to the culture. Some may fast, some may meditate, some will be buried in the earth, some drum or dance into a trance and some aboriginal societies use substances to alter consciousness. In all cases, it is about leaving behind the mundane world, routines, thinking patterns and habits. It is a symbolic death of the old self and rebirth of the new self. All quests are journeys of the soul. Some are physical, some are psychological. Either way, the seeker comes out at the other end changed and more aware.

You don't have time to do 40 days in the desert? It does not require a full retreat to stop and take a break from the day to day. A few moments under a tree or sitting in the backyard can refresh. Pay attention to who shows up for you. Totem animals are symbols. The soul speaks in symbols. A totem may show up to teach in the flesh or in a painting, ad, song, or word. The question is: are you fully present and are you listening?



Ojibway Story of Turtle Island

<https://aia2009.wikispaces.com/Culture>

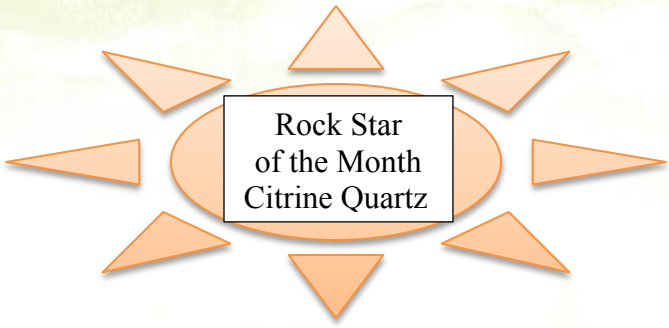
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Rock Star of the Month Citrine Quartz

In Feng Shui, Citrine is placed in the wealth area (southeast corner) of the home to attract abundance. As the name suggests, natural citrine is pale yellow like lemonade or like ginger ale or champagne. Doesn't that sound refreshing on a hot summer day? If you find a brighter or more orange toned gem, count on it having been dyed or lab created. If it is white at the base and bright yellow at the tip, it is actually a baked amethyst. There is nothing wrong with colour treated gems. Many of the most attractive ones have been treated, heated or somehow colour enhanced. They are still natural. Tanzanite is the treated form of Zoisite and Mystic/Caribbean Topaz has been treated with a titanium coating. Lab created is not the same thing as lab treated. If you want natural gems watch out for CZ label or check the processing information. Naturally grown crystals in the earth have a different feel to them than synthetic ones. There is a pulse in natural crystals. Sounds wacky, but it is true. Quartz has piezo-electric properties which is why it is used in making watches, computers etc. It regulates. When we wear quartz, our body regulates too. Our heart rate, breathing patterns etc. entrain to the pulse of the stone. This is why gems have healing properties.



Can you spot the real deal and the fake bake?

Did you know?

- *Silicon valley got its name from the silicon (quartz) chip bases used in transmitter circuits and semi-conductors*
- *Quartz is more than just a pretty face. It is the brains in digital technology.*
- *Formerly called the Valley of Hearts Delight, the valley in Santa Clara south of San Francisco had been previously been a key agricultural area known for fruit.*

Check out more uses of silicon dioxide at <http://geology.com/minerals/quartz.shtml>

"When I returned from so many journeys, I stayed suspended and green
between sun and geography –

I saw how wings worked,
how perfumes are transmitted by feathery telegraph,

and from above I saw the path, the springs and the roof tiles,
the fishermen at their trades, the trousers of the foam;

I saw it all from my green sky.

Bird

–Pablo Neruda

I had no more alphabet than the swallows in their courses,
the tiny, shining water of the small bird on fire
which dances out of the pollen."

Swallow

This totem heralds the arrival of summer
and brings warmth and protection to your home.
It also tells you to pay close attention to conversations –
are you saying more than you should?
Are you listening closely to what others have to say?
Swallow also brings a warning to not let small things get
to you – don't let the mundane activities of life take up all
your time and prevent you from moving forward.
Rise above the small stuff and you will gain a better
perspective on your life.
The key is objectivity

<http://www.linsdomain.com/totems/pages/swallow.htm>

www.dailymail.uk



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