



Amy Starr Allen recently shared these very “powerful” words on her Facebook Page (which I copied onto this PDF, to share with you):

“My friend Kristian was talking about how he had had a **HAWK** hanging around yesterday - so I looked up the “**hawk**” in my Animal Speak book (one of my favorite books about the spiritual and magical powers of creatures great and small - I highly recommend it if you don't have it).

I always like to see the significance of different animal totems ... but this story I found was actually right in the beginning of the book ... it wasn't even in the specific hawk chapter. It's in chapter 3, which is entitled, *The Mystery and Magic of Predator and Prey*.

It was a story about a hawk - who was injured - and who had been brought into a Nature Center for rehabilitation. It talked about how, although he was injured - it did not change who he was at his core. He never showed fear.

It talked about how the hawk is always true to itself. It's true to it's natural behavior, and instincts. It doesn't try to pass itself off as something it's not.

These qualities are what will enable it to survive in the wild, and also, what will make it a magnificent creature.

I believe these are the qualities that make US beautiful creatures as well ... and that the more we are true to ourselves, the more magnificent and beautiful WE are.

The author, Ted Andrews, states ...

"When you begin to behave in the manner most natural to you, and use your innate abilities, your life begins to work. Instead of working from the outside in, work from the inside out. Be, and do, what is most natural for you, and then the world does not need to be manipulated."

I love this so much. It is such a great reminder that what matters most is ... not how we behave, or what we know. What matters is ... what we embody. And embodiment is not just about what we DO ... it's about how we BE.

It is about what we do naturally - without trying - just like the hawk. It is what we create with our presence, and our energy, and our way of being.”

