

The Way of the Crow, the Hawk and the Owl

By Azurae Windwalker

As I have been shown, there are two types of intuitive powers that you may possess. One, the way of the Crow, is what some call gut instinct or empathic knowing based out of the solar plexus. The other, the way of the Owl, is based out of the third eye and is deep inner knowing. All of us possess both but most individuals favor one or the other as the favorite mode of operation. Like any gift – the respect, love and care you send it causes it to increase exponentially.

First, let us examine the way of the Crow. Crow beings are very feeling people. The way empaths learn about the world is to build their inner energy and then extend it like a pseudopodia around the person or situation they are sensing. The energy retrieved from the person or situation is then brought back into the body at the solar plexus where the frequency is processed and read as words, feelings, words, symbols and pictures. In the last few years scientists have actually proved that there are brain cells in the gut! Thus the term gut instinct is really a valid one. Probably $\frac{3}{4}$ of the population function dominant in this way.

The way of the Owl is an equally valid way to intuit the world. A fourth of the population is dominant in this way. Clairvoyance and clairaudient skills usually involve pictures and sounds rather than feelings. The energy of an impending situation or person is sensed and processed in the pineal gland. Owls lock into the energy in the consciousness of people and situations. Owls usually know the truth of a situation or person making those who are hiding something very uncomfortable.

Trusting your Gifts

One reason people are slow to trust their gifts is the negative conditioning they receive from parents and teachers in early childhood. Children who are trained and praised at a young age to use their gifts grow them and are comfortable in their intuitive skin.

I was very lucky to have Mom Powers as a nanny as I grew up. She was renowned in her circle of friend and family for her intuitive gifts. Once she had a vision at church (Baptist) and saw her son who was in the Navy walking up the hall of the church with a bright light at his back. A few weeks later he surprised his Mom in exactly that way. When anyone in the family was sick they received a phone call from her asking what was wrong. She heard angels singing and described this in a wonderful way as a true Tennessee storyteller. Thus her family and friends put her up on a pedestal a gifted visionary. And I had a strong role model who inspired me to grow my gifts.

Another reason people are slow to trust their gifts are their lack of respect and thankfulness for them. As souls we are born into bodies to express our love for one another in service as a healer or helper. Your intuitive gifts help you to achieve this goal.

Recognizing and Giving Thanks for Your Gifts

Now as an exercise, list 12 incidents where you used your intuitive skills of reading the energy of a situation or person that kept you out of harm's way.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

Now go down the list and determine if the reading was the way of the owl or the crow. You can muscle test to verify your intuition.

Now write a thank you note beside each of your Crow or Owl Gifts. Giving thanks opens the way for stronger relations with them and helps your gifts grow.

Neurolinguistic Programming as it Affects your Intuitive Style

One reason people deny their gifts and do not realize their full potential is that they compare their gifts with the intuitive gifts of their friends or associates and feel envy, jealousy or low self esteem. These negative emotions stunt your growth. Use your gifts as you are guided. Through past lives, cellular memory

and DNA memory you have already mastered many of your gifts. The trick is to **Remember** them. As I have seen in the Soul Portraits of hundreds of people and from what we learned from White Buffalo Calf Woman, each soul has its own dance of evolution. We can never be like so and so. Thank you Spirit for diversity!

The greatest frustration of many people is that they don't receive great visions. Not everyone is a visionary. Some people receive messages in sound and others in feelings. Our brain programs and retains information in three languages - visual, auditory and kinesthetic (feeling). Most people are very dominant in one and lesser in the others. That's just the way we are wired! However we can grow them all with practice. Visual is the dominant programming for white males and is the dominant way our schools are programmed. Unfortunately, most women, blacks, Hispanics, Asians, and American Indians are kinesthetic dominant. This negates the gifts of the kinesthetic intuitive from an early age and makes them feel less than others. It also sets up blocks for learning in our antiquated school system. Kinesthetic intuitives are just as effective as visual visionaries, they just process the information differently.

The auditory or clairaudient intuitive is found the least frequently in the population. These messages are usually paired with another sense. Auditory folks are drawn to professions like broadcasting, public speaking, songwriters, authors, the recording business and the like. Nashville was full of these communication savvy intuitives. So I was able to grow this sense there easily.

Only a few times have I heard a loud voice of warning whispering in my ear. Once I heard the words, "Get out of town fast!" I was staying with a friend who was an alien abductee helping her to ground and protect herself and her family. The weather was nasty with winter storm warnings. I chose not to leave town. There was a terrible ice storm a few days later that cut off our electricity for days. A nearby county was out of electricity for a month! We had to go stay with another gal from the XAT Medicine Society. I found out later that our shelterer from the storm was practitioner of black magic, jealous of me and was working with her boyfriend to cause trouble in the Medicine society. I wish I had jumped in the car and headed for the hills!

Another example is a voice I heard years ago warned me to take Iodine. I didn't know why I was to take it. Mama was on thyroid medication and I supposed that the iodine would help me with a similar problem. So I went to the health food store and found kelp, which I have been taking for many years. I found out last year that many of my high school mates had cancer.

This cancer epidemic is attributed to radiation in the water from a Univac and/or Sperry toxic waste dump in Bristol, TN where I grew up. The toxic site has been shut down for 20 years. Luckily for me the iodine or kelp I have been taking binds to radiation so I can eliminate it out of my system. An Apache shaman friend, Tom Pisuit, was the only survivor of an army experiment on Indians and Blacks of an atomic bomb blast in the U.S desert. He is one of two survivors out of sixty who avoided cancer when he took kelp religiously. I'm sure glad I listened that time! What was that voice? My guardian angel, I think.

**Think about the times you have heard voices of warning, advice or praise.
Now list a few and thank them!**

- 1.
- 2.
- 3.
- 4.
- 5.

Building a Language Adaptor for Kinesthetic and Auditory Intuitives – Movies in Your Mind

Since the visual language (and white males) still dominate our society, it's a good idea to adapt your language programming. This way you can communicate more effectively with the dominant culture and translate your feelings into more readable symbols. It was very frustrating to me to have this huge gut instinct that something was going to happen and not be able to tell what it was. The worst incident of this kind happened when a whole block of downtown Bristol burned down. I felt impending doom for weeks and told everyone at high school that something was up. This incident was a personal loss because the bus station (where we rendezvous with our cross town boyfriends), the TV station where we had a lot of family friends and the dry cleaners where my best friend's boyfriend had his clothes stored was involved. Very frustrating!

Finally, after yelling at my guides they turned me on to the idea of building an adaptor to run my feelings from my solar plexus to my head. On the inside of my skull we placed a screen. The empathic frequencies from my gut instincts ran into the adaptor, which hooked into a projector that showed images and also ran sounds and language. Thus I have a lot of intuitive clarity where I once had frustration.

Now let us test your brain language so that you may learn to dance your intuitive dance more effectively. On a scale of 1 – 10 with 10 being highest you are:

Visual - Describe your home. Visuals describe them in colors, sizes, locations and other visual terms. When thinking about the answer they look up to the top of the head (to activate the pineal)

Kinesthetic - Describe your home. The feelers describe how the home feels as good, comfortable, the couch is soft, the place is roomy, they feel safe and secure there. It is peaceful etc. They will look at their heart when thinking.

Auditory – Describe your home. Hearers describe birds singing, the sound of the wind, the lack of highway noise, the sound of the nearby stream or insects, or how good their stereo sounds. When thinking of the answer they look ear to ear.

After the interview process muscle test to see the number scale you are and record this. As we work on your intuitive processes we can come back and retest to see how you have improved your less dominant brain languages.

If you are a kinesthetic intuitive, and feel moved to do so, build an adaptor for yourself. Muscle test to see if this is a good idea for you. Here are the steps:

1. Smudge your environment, yourself, power up and put up your protective field.
2. Circular earth/sky breathing. As you breathe start shooting energy out of your solar plexus in front of you and make an energy ball. As you grow it condense the energy in your hands like making a snowball.
3. Call on the Spirit in Nature, the Healing Master, your personal White Brotherhood healing team, your intuitive guides and your soul to help you. Ask them, “Please help me fashion an adaptor for my highest good out of this energy ball that will project on to the movie in my mind.” See and feel it take shape.
4. When you feel at peace with the process and muscle test that the work on the adaptor is done continue.
5. Push the adaptor energy matrix into your forehead and let it take root. Remember form follows thought energy.
6. See and feel the screen and the energy lines that carry your feelings to the adaptor, the projector and the screen as reality.
7. Thank your guides for helping you. And so it is. Ah ho!
8. Claim it with this declaration: “I claim my intuitive gifts and I know that I can translate the signs and signals I receive effectively! “

The Way of the Hawk

The Hawk is the messenger who brings messages from Great Spirit back to man/womankind. When you have a dream or vision from god it is very sparkly, often the colors are white or crystalline and you can definitely feel the high sacred energy. These angelic occurrences don't happen often but are well worth the wait. Often we act as hawk messengers to others when we channel messages from the Divine for others. As wayshowers, visionaries, earthkeepers and healers we are commissioned the join the way of the hawk.