

Rain Hummingbird

Understanding your animal companion Connecting to love



Winds Of Change

Dear Friends,

Happy Autumn!

This Fall season has blown the winds of change into my life in a refreshing way. It's been a time for deep clearing and cleaning; physically and energetically. Scrubbing walls, windows, cleaning out every cupboard, cabinet and closet. I've literally gone through every thing I have and made a conscious choice to keep it or pass it on. I've reorganized, redecorated, made some wardrobe changes and cut my hair. Phew!

In the past, I probably would have plowed through this enthusiastic project and it would have felt like a chore. Instead, I chose to proceed gently and mindfully. I asked for help, paced myself and let it be okay that it took longer than I had anticipated. What a difference that approach made. And I'm thrilled with the results; there's more room to move, breathe and be.

A Native American elder once said to me (okay, he said it twice... well, maybe three times): "Don't be in such a hurry, Rain." What a wise old man. I guess that teaching finally sank in.

Whatever is happening in your life at this time, I hope that the winds of change will blow through easily and gently for you.

Wishing you many blessings and love,
Rain

Being In The Flow

Abe Lincoln said:
"People are as happy as



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Help Animals In Need

The Animal Rescue Site provides money to rescued animals. The sponsors of the website pay for food and care and 100% goes to charity. You can help by visiting their site. It's FREE and it only takes 5 seconds. Please consider clicking on this link to help animals in need. Thank you.

www.theanimalrescuesite.com



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they make up their minds to be."

Happiness is a choice. Regardless of the situation or circumstance before us, we have the opportunity to choose whether or not we will be in the flow of life.

Accepting what is, trusting, and being receptive to the unlimited gifts that are available to us, is what this means to me.

How we perceive a situation makes all the difference in the world. Is the glass half empty or half full? What is in our life right now that we can be grateful for? What is the teaching, the life lesson, of this situation? How will this help me grow? A wise old woman I knew used to ask: What is the next small step?

The answers are always within us. We need only to be quiet and listen.

Photo credit: Joe Gemignani



Pearls of Wisdom

I love inspirational quotes, what I call pearls of wisdom. Here are a few that I hope inspire you.

"And the day came when the risk to remain tight in the bud was more painful than the risk it takes to blossom."

"As the mind clears, the eyes see more."

"It's not how much you do. It's how much love you put into what you're doing that matters most."

Photo credit: Emily Smith, budding photographer and my niece



Animal Communication:

Have you ever wondered what your animal companion was trying to tell you? A consultation can help you understand your animal and enhance your relationship.

Soul Journey: Receive insights, guidance and healing directly from your Spiritual Guides in a Soul Journey....like a bridge that connects you more deeply with your Divine Essence.

Reiki: Experience the powerful and gentle healing energy of Reiki for yourself or your animal companion.

For more information, please go to my website: www.RainHummingbird.com, call me at (828)337-4684, or send an email to Rain@RainHummingbird.com



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If you find this quarterly newsletter helpful, please feel free to pass it along. Just click on "Send to a Friend".

Please let me know what you think. I welcome your comments and suggestions. Rain@RainHummingbird.com

Holiday Gift Certificates & Change in Rates

My rates for services will be changing in November.



I am offering Gift Certificates, at the current rates, through the end of the year. This applies to all services: distance Reiki sessions, Soul Journey or Animal Communication consultations. Gift certificates are valid for one year.

May this upcoming season of Thanksgiving, holidays, and every day be filled with joy for you.