

To become Strong

Shoalwater Bay Wellness Center Behavioral Health QPR Training offered 6-8-2022

A prayer for today, as we prepare for today's learning, for the insight and wisdom to support each other, and for growth for all beings. We thank each of you for being here, for your desire to promote change and your willingness to use the knowledge from today, to help others.

Blue Heron

Thank you Sacred Waterbird,

For sending reflections to us;

The mirrors of the quest for life,

The worlds that live inside of each of us

Show us how relationships work.

With each of our paths woven within the whole.

The lessons of kinship with all life.

Reflecting my spirit's eternal goal.

Today we also share our new program design, representing our hope, that we in Behavioral Health can work to instill Heron's traits in each who come for support or to heal when they walk through our doors. Simply stated, you ALL matter, and the importance of a healthy community cannot be promoted enough.

Heron's medicine is the power of knowing the self by discovering its gifts and facing its challenges. It is the ability to accept all feelings and opinions without denying any emotion or

thought. Heron flies over those who are unaware of who they are and where they belong in the world, gently dropping a blue feather to thank them. Heron asks that they follow their intuition and begin the empowering journey of self-realization.

If the Blue Heron has shown itself to you today, it is urging you to dive into the watery world of feelings to seek your truth. Heron teaches us how to develop self-reflective skills so that we may come to know ourselves better, more intimately. If we continue to look at ourselves through the filmy lens of self-importance, the cloudy perceptions of low self-worth, or through the distorted eyes of self-pity, then we will never begin to understand our truest potential or appreciate the opportunities life presents.

Heron suggests each of us examine ourselves with an inner eye (as shown in our design) to see what you wish to improve, or how you desire to change. If you get stuck in this process, it may be a sign you are being too hard or critical with yourself. Choosing to blame others or pointing fingers at life's situations, instead of claiming responsibility for our actions, may show a lack of courage to face the enemy within.

With Heron's medicine, we can look at ourselves and see the truth of our motives, actions, feelings, dreams, goals, inner strengths and also our weaknesses. In balancing those truths, Heron's knowledge shows us how to meet our personal challenges and how to continue to develop and seek the tools which can lead us to gain inner strength and certainty of purpose. If you are willing to dive into the watery depths of your own feelings and discover the role of who you really are or desire to become, then Heron provides strong imagery for the work which you can and will be doing in Behavioral Health. We are honored to be part of your journey, your process, which begins today.