



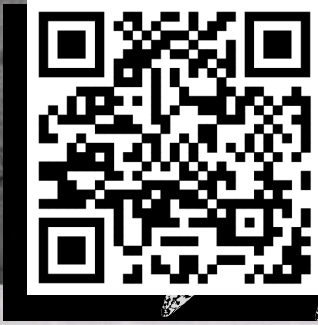
ORNITHOMANCY


vol. 1

an ecotherapeutic application

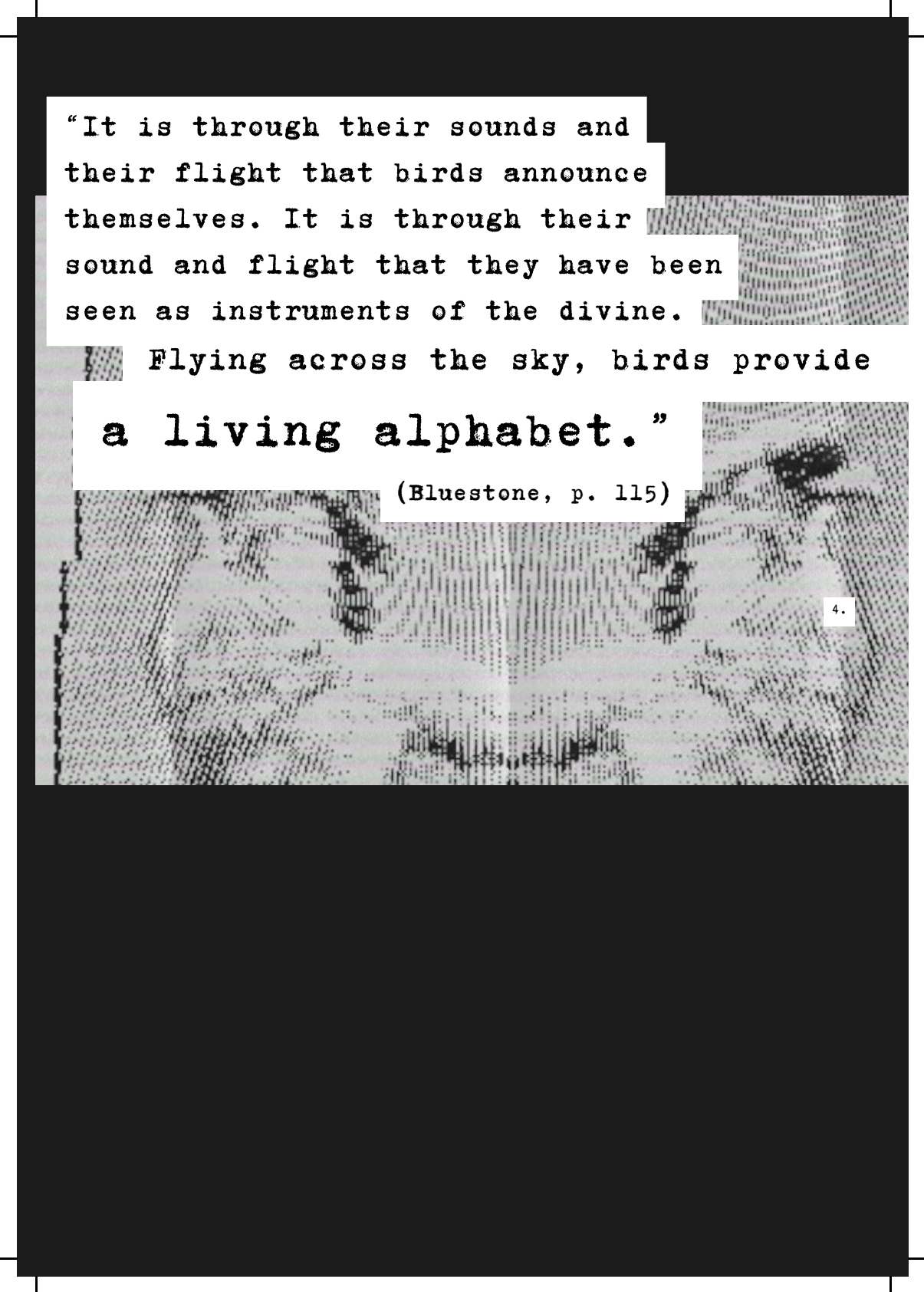
1.

for step-by-step guidance through an oracular
practice, more about lore & legend surrounding
birds, ecohealing workshops, and
references/resources:





Ornithomany comes from the
Greek oionistes meaning,
“versed in omens drawn from
birds,” and oionos, meaning,
“bird of prey, bird of omen.”



“It is through their sounds and their flight that birds announce themselves. It is through their sound and flight that they have been seen as instruments of the divine.

Flying across the sky, birds provide a living alphabet.”

(Bluestone, p. 115)

Reading the Alphabet

An ecotherapeutic practice
derived from Dr. Bluestone

Eligibility criteria:

- Must be outside or have a view of the sky from inside
- Must see more than (>) 2 birds, preferably in flight

Protocol:

1. Cultivate an oracular state of being. ^{1.}
2. Gently bring your attention to the visible birds.
3. Witness the shape of their flock.

Recommendation: Begin with larger or slower moving birds if possible, such as geese or vultures.

Possible flock shapes:



Protocol (cont'd):

4. Assign meaning.^{2.}

a. Tap into your thinking mind. What associations do you immediately create with the shape you see?

(e.g., what comes to mind when you see an arrow? What comes to mind if you see the arrow as a "V" or an "L"?)

b. Return to your breath.

Protocol (cont'd):

c. Witness the direction the shape is moving toward or away from.

d. Sense into your body and notice how your body might feel when facing that direction.

(e.g., facing west at sunset might feel relaxing; if your family of origin lives 300 miles north, facing that way might feel constricting)

e. Thank the birds and yourself for the practice.

Appendix

1. Cultivating an oracular state of being

a process that can result in shifting typical neural states into limbic, preverbal states, similar to brief states of trance. For more information, see "Neurophysiology of Shamanism" by Winkelman (2020).

a. Recommended behavioral intervention

i. Begin by taking three breaths at your own level of comfort.

ii. Briefly bring your thoughts to the past or future hour, day, week, or whatever timeline feels most accessible to you.

iii. Let an intention, wish, fear, or inquiry arise in your mind.

iv. Return to your breath.

Appendix (cont'd)

2. Assigning meaning

a crucial life practice. See Viktor Frankl for more information.

Remember, ornithomantic practices are
"more of an affirmation than a discovery."

& "THE GREATEST TRUTHS ARE THOSE
THAT WE ALREADY KNOW."

(Bluestone, p. xvii)

references:

- Autenrieth, G. (1976). A Homeric dictionary for schools and colleges (R. P. Keep, Trans.; I. Flagg, Rev.). University of Oklahoma Press. (Original work published 1873).
- Bluestone, S. (2001). How to read signs and omens in everyday life. Llewellyn Publications.
- Frankl, V. (1978). The unheard cry for meaning. Simon & Schuster.
- Winkelman, M. (2020). "Neurophysiology of shamanism." In Shamanism: An encyclopedia of world beliefs, practices, and culture, Walter, M.N. and Neumann Fridman, E.J. (Eds.). Bloomsbury Academic, 187-195.