

For happiness, consider the hummingbird

"The goodness of a thing lies in its awareness and realization of its specific nature." — Aristotle

About the time I find the lengthy winters in Colorado intolerable, summer boldly announces itself. And to me, the hummingbird, appropriately named for its captivating hum, is the official ambassador of the season. Hummingbirds have a magical way of ushering in the warm, sunny days, and bear a stunning resemblance to Peter Pan's playful Tinkerbell.

But what gives them the skill and momentum to suspend themselves in mid-air, fluttering their wings up to 200 times a second? What is the origin of their ability to perform these acrobatics? What is the innate wisdom that guides them? To me, the answer is obvious — Mother Nature.

Doesn't every living creature come from the same magnificent Mother Nature that created the hummingbird? And if so, don't we humans, being part of that divine life stream, have a shot at developing our own version of magnificence? What then interrupts us from being able to awaken this brilliance of ours? Why does it appear that we can often find it so challenging to be fully engaged in whatever we are doing? Are we sometimes (or often) pestered by the inconvenient interruptions of our insidious beliefs and a menacing mind that never stops?



Journeys into Health

By Dr. Luann Robinson Hull,
MSW, LSCSW, D. Min



They just go along offering their magic, doing what they do, being who they are, accepting and expanding their territory from a bird's point of view.

I have serious doubts that hummingbirds suffer. They might incur injuries or physical impediments that cause them pain, but it is unlikely that they ever sit around and wonder about their usefulness in the world, their personal feelings of worth, how they have been rejected or betrayed by other hummingbirds, or whether or not they are loved and cared for. They just go along offering their magic, doing what they do, being who they are, accepting and expanding their territory from a bird's point of view.

So what about human suffering? Is it possible that it could sometimes be self-inflicted because of how we buy into our beliefs and perceptions of what is so? And due to our conditioning over time, isn't it often difficult, if not impossible to budge these beliefs and perceptions into a more positive way of framing things, thereby making us more available for each of the precious moments of our existence?

If you can become consciously aware of when you are being triggered by an event or a person (either yourself or another), you will automatically be focusing your momentum in an entirely different way. Rather than going into a fizz or trying to fix things by plotting what to do from a reactive stance, instead, you will be stepping back, even if only for a nanosecond, and aligning with the more peaceful you, that is ever present to guide, witness and protect. This unmoved mover will systematically calm the spin you are in — every single time. You just have to let yourself be aware of whatever is going on in that mind of yours without needing to do anything. It is in that momentary awareness that you will be quietly informed by your wise internal counsel on how to respond to the situation, if at all. Hummingbirds know this. They just continue practicing who they are, making their exquisite contributions to the world and then receiving back in kind. When you think about it, isn't their way of operating a pretty simple formula for happiness?

For two decades, Dr. Luann Robinson Hull has practiced, researched and taught cutting edge techniques on how to strengthen happiness and stop suffering altogether. Her work includes strategies for strong, successful relationships and facilitates growth, empowerment, and healing.

DON'T TEACH BEARS NEW TRICKS

Bears have been seen in and around Carbondale

Early Prevention

Early prevention keeps bears from making a habit of visiting neighborhoods.

We CAN prevent repeat visits!

REMOVE ITEMS THAT ATTRACT BEARS:



- Garbage
- Bird Feeders
- Pet Food
- Barbeque Grills
- Fruit
- Compost

TOWN CODE:

No Garbage Before 6AM on Collection Day

The Town of Carbondale passed an ordinance prohibiting placement of trash for pickup before 6:00 AM on collection day, and empty containers must be brought in no later than 8:00 PM the same day.

The smell of any food may attract bears. Keep garbage indoors until the morning of trash pick-up and keep outdoor barbeque grills clean and odorless. It is best to keep windows and doors securely locked, especially at night. If a bear enters your home, open doors and leave the bear an escape route.

GARBAGE KILLS BEARS

Bears that make repeat visits to neighborhoods may need to be moved or euthanized. To keep your family and the bears safe, please remove any attractants, and follow these guidelines until the bears hibernate in winter.

Bears are 90% vegetarian and rarely hunt or kill animals, however they are wild animals and can be unpredictable. Do not approach any bear, especially cubs.

For additional information, call the Division of Wildlife 947-2920. Call the Carbondale Police Department if you see a bear anywhere in town 963-2662.