



Course Outline



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Course Content

14 PDF modules

Attunements to the **value of \$160 / R2 762** (Attunements can be passed on and charged for once received)

Extras

Feathers & Light Cards & Booklet

Ancient Memory Carried in Feathers and Light

Journey with the Winged Ones of Spirit and Sky

There are moments in life when something soft brushes against the edge of your awareness – a feather on the path, a bird call at dusk, a sudden stillness mid-flight. These are not coincidences, but quiet invitations. Whispers from the Winged Ones – ancient allies of sky, spirit and soul – who come not to instruct, but to remind.

This course is a sacred remembering. A journey into the sky-temples of the heart. It is not about learning to identify birds or decode symbols, but about deepening your presence to the ways Spirit speaks through wing and wind, through feather and flight. You are not simply observing the birds – you are entering into relationship with them. You are listening for the soul-sound they awaken in you.

Each module in this journey offers a companion – a winged ally carrying a message from the unseen. You will explore mythologies and symbols, but more than that, you will be invited into ritual, stillness and soul-sensing. There will be breathwork, visualizations, journaling, threshold practices and sky-offerings. This is not a linear course – it is a spiral flight of remembrance.

Let your heart be the perch. Let your breath be the wind. The Winged Ones are already circling.
They remember you.

Module 1

Ancient Memory Carried in Feathers and Light

Journey with the Winged Ones of Spirit and Sky

What This Course Contains

A spiral flight through symbol, stillness and soul-sight

Introduction

Opening to the Winged Path of Presence and Remembrance

Feathers of the Soul – Listening to the Winged Whisper

Attune to the language of feathers as signs from Spirit and begin a soul-journal of encounters, synchronicities and unseen guidance

Owl – Seeing in the Dark

Enter the quiet wisdom of the night, where the owl teaches you to see beyond fear, listen in the dark and trust intuitive knowing

Egyptian Goose – Returning Home to What Matters

Explore the soul's migration and return – learning to anchor yourself in emotional sanctuary and the feeling of true belonging

Eagle – The Higher View and Sacred Authority

Soar beyond limitation and self-doubt, guided by the eagle's perspective into clarity, sovereignty and spiritual vision

Hummingbird – Joy as Medicine

Reclaim joy as sacred resilience. Let lightness, sweetness and colour nourish your spirit and lift the heaviness of the world

Dove – Peace Beyond Chaos

Learn to become a vessel of peace even in the storm – embodying stillness, trust and the calming breath of Spirit

Raven – Messenger Between Worlds

Walk between seen and unseen, guided by raven's shadow-light magic. Deepen your relationship with signs, omens and the mystery

Crane – Grace in the In-Between

Stand poised between what has ended and what is beginning. The crane teaches you to honour thresholds with grace and patience

Phoenix – Rising from the Ashes

Step into transformation. The phoenix invites you to burn away old burdens and rise luminous from the sacred ashes of your life

Swan – The Beauty of Unfolding

Come home to your beauty. The swan mirrors the quiet radiance of self-acceptance and the grace of your unfolding

Hawk – The Call to Purpose

Hear the clear cry of your soul's purpose. The hawk offers focus, clarity and alignment for the path ahead

Opening Meditation – The Wings That Remember You

A sacred attunement to begin your journey with the Winged Ones

Module 2

Feathers of the Soul – Listening to the Winged Whisper

Birds as Carriers of Ancient Memory and Luminous Guidance

Reading the Language of Feathers as Signs from Spirit

Opening Inner Hearing Through Stillness and Receptive Presence

The Feather's Gift

Symbol Study – Feather Symbolism Across Cultures

The Wings of Ma'at – Ancient Egypt

Prayer Feathers – Native American Traditions

The Dove of Peace – Christian and Biblical Symbolism

The Celtic Crow and Swan

Universal Meanings and Personal Messages

Practical Application – Feather Journaling

Feathered Blessing Invocation

Calling in the Winged Ones of Spirit and Sky

Module 3

Owl – Seeing in the Dark

Navigating Life's Hidden Spaces with Courage and Trust

Honoring Intuitive Sight Beyond Logic

The inner vision that doesn't need to make sense to be true

Using Darkness as a Canvas for Clarity and Spiritual Insight

Letting the unknown become a mirror for what is waiting to be remembered

Ritual – Candle-lighting for Clarity and Inner Sight

A gentle illumination of the inner realms where truth takes form

Mythology Deep Dive – Owl as Keeper of Ancestral Memory

Athena's companion, nocturnal watchers in Celtic and Indigenous lore

The Owls of Athena and Minerva

Night Watchers in Celtic Myth

Owl as Death and Spirit Guide in Indigenous Traditions
Symbolism in Dreamtime and Oracle
Practical Application – Moonlit Shadow Work
Reflective writing beneath the quiet gaze of the moon or flame
Transmission of Remembrance – I Am Not Afraid of the Dark
Sacred Reflection – The Sight That Lives Within
Contemplative prompts for witnessing what your soul sees
Breath of Wings - Owl

Module 4

Egyptian Goose – Returning Home to What Matters
Remembering the Soul's True Nesting Ground
The Soul's Migration – A Journey of Cycles
Meditation – Coming Home to Yourself
Symbol Study – Goose Symbolism in Myth and Medicine
The Egyptian Goose and Soul Memory
Goose in Celtic and Norse Traditions
Animal Medicine – Loyalty, Devotion, and Direction
Seasonal Migration and Earth Rhythms
Practical Application – Finding Your Emotional Nest
Feathered Affirmation
Breath of Wings – Egyptian Goose

Module 5

Eagle
Practices for connecting with your higher vantage point
Claiming Your Inner Authority with Grace
Living from spiritual alignment rather than external approval
Overcoming Doubt Through a Higher Perspective
Shifting from inner noise to soul clarity – letting the wider view quiet the smaller voice
Visualization – Rising Above to See the Whole
A guided inner journey to lift beyond confusion and reconnect with soul clarity
Mythology Deep Dive – Eagle as Divine Messenger
Zeus's eagle – the Thunderbird – Garuda: a lineage of sky-sovereignty and sacred vision

Zeus and the Eagle – The Hand of Heaven
The Thunderbird – Spirit of Storm and Awakening
Garuda – The Solar Steed and Protector of Dharma
The Eagle Across Cultures – A Shared Archetype of Sovereignty
Reflection
Practical Application – Mountain Gaze Meditation
Breath of Wings - Eagle

Module 6

Hummingbird
Joy as Medicine
Reclaiming Joy as a Sacred and Vital Force
Exercise – Tiny Joys Journal
Suggestions for Deepening the Practice
Symbol Study – Hummingbird in Aztec & Mayan Cosmology
Huitzilopochtli – The Hummingbird of the South
Hummingbirds in Mayan Belief – Messengers of the Gods
The Hummingbird as Archetype – Resurrection Through Lightness
Reflection
Practical Application – Nectar Ritual
Optional Deepening
Breath of Wings - Hummingbird

Module 7

Dove – Peace Beyond Chaos
Finding inner stillness in times of upheaval
Trusting Divine Timing to Restore Balance
Embodied Awareness Practice
Soul Reminder
Ritual – Feather Offering for Peace
Mythology Deep Dive – Dove and the World Tree
Sumerian, Biblical and Celtic hope symbols – the gentle winged one as bearer of renewal across cultures
Sumerian Threads – The Dove at Inanna's Tree
Biblical Streams – The Dove and the Flood
Celtic Threads – Dove and the Tree of Souls
Symbolic Integration

Practical Application – Breath-as-Flight Exercise

Optional Integration

Breath of Wings - Dove

Module 8

Raven – Messenger Between Worlds

Living in Dialogue with the Mystery

Recognizing and Interpreting Signs from the Unseen

Attuning to symbols, synchronicities and soul-whispers that guide from beyond the veil

Walking Comfortably Between Material and Spiritual Realms

Learning to move with ease and integrity as both a grounded human and a luminous soul

Cultivating Awareness of Synchronicity as Guidance

Opening to the language of the unseen through felt moments of alignment

Meditation – The Black Feather Path

Symbol Study – Raven in Norse, Celtic, Indigenous Traditions

Odin's scouts, Morrigan's wings – and the ancient intelligence that moves through shadow

Norse Tradition – Odin's Two Ravens: Huginn and Muninn

Celtic Tradition – Morrigan's Shape and Shadow

Indigenous Traditions – Creator, Trickster, Transformer

A Living Thread Across the Skies

Practical Application – Synchronicity Log

Tracking omens and meaningful coincidences as whispers from the mystery

Closing Reflection

Breath of Wings – Raven

Module 9

Crane – Grace in the In-Between

Trusting the unknown between endings and beginnings

The sacred art of yielding to life's unfolding rhythm

Crane teaches a different rhythm

Holding Grace During Life's Threshold Moments

Practice – Stillness Walking with Crane Energy

Mythology Deep Dive – Cranes in Japanese & Greek Lore
Japanese Lore – Carriers of prayers and long life
The ritual of folding 1,000 paper cranes
Greek Lore – Guardians of fidelity and sacred transition
Practical Application – Threshold Marking
Reflection
Breath of Wings - Crane

Module 10

Phoenix
Rising from the Ashes
Transforming loss into a source of power
Reflection Invitation
Embracing the Cycle of Symbolic Death and Renewal
The soul's rebirth through surrender
Sacred Inquiry
Reclaiming Strength After Emotional or Spiritual Collapse
Ritual – Fire and Feather Release
Optional Integration
A Blessing for the Fire and Feather
Symbol Study – Phoenix Variations: Bennu, Fenghuang, Slavic Firebird
Cross-cultural expressions of rebirth, sovereignty, and soul flame
Bennu – The Egyptian Soul of the Sun
Fenghuang – The Chinese Phoenix of Balance and Grace
Slavic Firebird – The Enchanted Flame of Destiny
Reflection
Practical Application – Ash-to-Light Ritual
Integration Suggestion
Breath of Wings - Phoenix

Module 11

Hawk
The Call to Purpose
Aligning daily actions with soul purpose
Overcoming hesitation and mental clutter
Exercise – Purpose Mapping with SkyLines

Symbol Study – Hawk as Solar Emissary
Horus and the radiant clarity of high flight
Practical Application – Sunrise Clarity Writing
Integration Tip
Breath of Wings - Hawk

Module 12

Swan
The Beauty of Becoming
Recognizing and valuing your innate beauty and worth
Releasing self-criticism and comparison
Visualization – Entering the Swan Lake Within
Integration Suggestion
Mythology Deep Dive – Swan Maidens: shapeshifting and sacred transformation
Legends of grace, mystery, and the reclaiming of inner power
Practical Application – Mirror Work with Swan Energy
Ongoing Practice
Breath of Wings – Swan

Module 13

Becoming Feathered Light
Walking the Earth with Winged Presence
Becoming the Message
You are not what you have learned - you are what you live
To become feathered light is to live as the message
Creating Personal Rituals That Honour the Feather and the Sky
Bringing flight and stillness into your sacred rhythm
Living as a Bridge Between Earth and Spirit
Rooted in presence - lifted by light
Walking the Path of Feather and Flame
A ritual of embodiment, remembrance, and quiet commitment
Feather Sigil Creation
Sky Letter Offered to the Elements
Final Reflection

Module 14

Winged Immersions

Sacred Encounters with the Birds of Spirit and Sky

What Are Winged Immersions?

Deepening your relationship through devotional presence

How to Use These Immersions

Repetition as reverence - letting the wings carry you deeper each time

Immersion 1 – Morning with the Birds

Immersion 2 – Feather Walk

Immersion 3 – Winged Ones at the Altar

Immersion 4 – Breath of Sky, Breath of Spirit

Immersion 5 – Twilight Listening

Immersion 6 – The Sky Letter

Immersion 7 – The Feather Offering

Final Whisper