



Sacred Encounters™



SACRED ENCOUNTER with *Hummingbirds*

A Journey of
*Presence, Joy,
and Wonder*



Invitations to slow down,
open your heart,
and rediscover the magic
in everyday moments.



THE SMALLEST
VISITORS OFTEN
BRING THE
greatest gifts.



REFLECTION • CONNECTION • WONDER

♡ A Sacred Encounters™ Journey ♡



Welcome

This journey was inspired by a neighbor who shared how much he enjoys sitting quietly on his patio each morning, drinking his coffee, and watching the hummingbirds that visit his yard.

He spoke of one tiny hummingbird that sometimes flies onto the patio and circles gently around his head before continuing on its way.

There was something deeply touching about this simple story, and it inspired the creation of this sacred encounter.

The Morning Visitors

Morning often arrives quietly.

Before the day becomes busy,
the hummingbirds appear.

They dart, hover, and pause
in ways that naturally capture
our attention.

For a few moments, we stop
what we are doing and
simply watch.

Perhaps this is one of their gifts.
They invite us to begin the day
not in a hurry, but in presence.



REFLECTION

- What changes within you
when you pause to watch them?
- How might your day feel different
if you began it with a few moments of wonder?



Tiny Wings, Great Presence

Hummingbirds are among the smallest of visitors, yet they have a remarkable way of capturing our attention.

They move quickly, but invite us to slow down.

They are tiny, yet their presence feels much larger than their size.

Perhaps this is one of their gifts. They remind us that something does not have to be big to be meaningful.

Sometimes the smallest encounters leave the greatest impressions.



REFLECTION



What small moments in your life have touched you deeply?



Where might life be inviting you to slow down and notice something you would otherwise miss?



A Place of *Nurturing*

One day, you might be blessed to discover something very special—a hummingbird nest.

Tucked in a vine or branch, so small and so well hidden.

It is a place of great care and devotion.

The mother comes and goes with such purpose, feeding and protecting her little one.

The nest reminds us that love is often found in the most delicate and beautiful places.



REFLECTION

- 🍃 What does the hummingbird nest teach you about love and care?
- 🍃 What delicate or hidden part of your life could use more gentle nurturing?



The Dance of Stillness and Motion

Hummingbirds move with remarkable speed.

Yet there are moments when they pause, suspended in midair, perfectly still.

In these tiny visitors, we are reminded that life is not only about moving and doing.

It is also about pausing, noticing, and simply being.



REFLECTION



Where in your life do you need a moment of stillness?



What might you notice if you paused for just a few moments today?



Tiny Guardians

Hummingbirds may be tiny, but they can be remarkably protective of their favorite flowers and feeders.

They return again and again to what nourishes them.

Perhaps they invite us to notice what truly feeds our own hearts.



REFLECTION

What in your life nourishes you?

How can you make more space for what truly matters?



The Joy Bringers

Hummingbirds bring a spark of joy wherever they go.

Their vibrant colors, quick movements, and playful spirit remind us to find delight in the little moments.

When we open to joy, life becomes lighter, brighter, and more beautiful.



REFLECTION

- What brings you joy and makes your heart feel light?
- How might you invite more joy into your day?



The Return

Hummingbirds often return to the same flowers and feeders.

Again and again, they seek what nourishes them.

Perhaps they remind us to return to the people, places, and moments that help us feel most alive.

REFLECTION

What do you find yourself returning to again and again?

What brings you a sense of peace, joy, or aliveness?



The Quiet *Invitation*

Hummingbirds ask
very little of us.

Simply to pause.

To notice.

To be present.

Perhaps their greatest
gift is reminding us that
wonder has been here
all along.

REFLECTION

- What have the hummingbirds
awakened within you?
- How might you carry a little more
wonder into your everyday life?



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Coffee and Hummingbirds

Sometimes all we need
is a few quiet minutes,
a cup of tea or coffee,
and the soft hum of
tiny wings.

In these simple moments,
you may feel like you've
spent time with some
magical beings.

REFLECTION



What moments in your life feel magical to you?



How can you create more space
for moments that feel magical?



SACRED ENCOUNTERS™ • JOURNEYS OF PRESENCE, CONNECTION, AND WONDER



A Message from the Hummingbirds

- ♥ We come as tiny bursts of wonder to remind you to be here now.
- ♥ Joy lives in the smallest things—a breath, a flower, a moment shared.
- ♥ Follow your heart. Trust your intuition. Choose what nourishes your soul.
- ♥ Slow down. Notice the beauty around you.
- ♥ Life is a gift.



♥ A SHARED INVITATION

- ♥ Sit outside with a friend or partner and enjoy a cup of tea or coffee.
- ♥ Read one page, several pages, or simply open to whatever page calls to you that day.
- ♥ Pause. Notice. Reflect together.





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AUTHOR

Julie Russell

Reiki Master

Integrative Medicine Practitioner

ReikiVerdeValley.com

*"May the hummingbirds remind you to pause,
notice the beauty around you, and welcome more
wonder and magic into your days."*

Sacred Encounters™ Journey Series

A Journey with the Hummingbirds



SACRED ENCOUNTERS™



JOURNEYS OF PRESENCE, CONNECTION, AND WONDER

