**Mount Shasta Vision Quest: July 24-30, 1989**

 **Surprise Lunch with Two Feathered Friends**



 Hammond’s Flycatcher eating sunflower seeds
 from Peter’s hand at Mt. Shasta camp base, 7-28-1989

*“He Ye! He Ye! He Ye! He Ye! He Ye!”*

Six students in Nina’s journal class chant
to Mt. Shasta, holding our hands in a circle
asking the Spirit to bless our vision quest.

Medicine Man Charlie Thom “Redhawk”
conducts a sweat-lodge ceremony and
tells me there’s no Indian Bible, picking
up a handful of dirt— “Our Bible is

Mother Earth and Father Sky as well as
the wind, the trees, the birds— all part
of the Great Spirit.” On the fourth day,
I walk into a forest of tall Douglas firs

and sit on a log for lunch, arranging
twelve sunflower seeds in a circle nearby.
*“Treep-treep-treep”*— two gray and white
Hammond’s flycatchers peck them away.

Now I place raisins and sunflower seeds
on my left hand— the birds take turns
flying on my palm, my fingers as their
landing strip. WOW! I feel so blessed.

One journal writer Robin on seeing this,
thought I was Saint Francis, and left her

journal on the rock, which we recovered
the next day. I don’t know if these birds

trailed me to our base camp, for one
flycatcher flies on my palm again
and Virginia snapped a photo of
the birds and me in harmony.

Peter Y. Chou

Mountain View, 9-12-2017

Recounting event of 7-27-1989



 Charlie Thom “Red Hawk”

 Mt. Shasta Medicine Man

 talking to our Journal group



 Particiated in Sweat Lodge Ceremony

 conducted by Hurak Elder “Red Hawk”

 at Mt. Shasta’s Medicine Walk (July 1989)



 Close-up of bird eating from
 Peter’s hand (July 28, 1989)



 Hammond’s Flycatcher
 flew to my hand during hike
 for raisins & sunflower seeds