

Story of The Eagle



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The eagle has the longest life-span
of its' species



It can live up to **70 years**

But to reach this age,
the eagle must make a hard decision.



In its' 40's



Its' long and flexible talons can no longer grab prey which serves as food



Its' long and sharp beak becomes bent



Its' old-aged and heavy wings,
due to their thick feathers,
become stuck to its' chest and
make it difficult to fly.





Then, the eagle is left with only two options: **die** or go through a painful process of change which lasts **150 days**.





The process requires that the eagle fly to a mountain top and sit on its' nest.






There the eagle knocks its' beak against a rock until it plucks it out.





After plucking it out, the eagle will wait for a new beak to grow back and then it will pluck out its' talons.



A photograph of a brown eagle perched on a gnarled tree branch. The eagle is facing left and appears to be plucking its feathers. The background is a clear blue sky. A semi-transparent grey box with white text is overlaid on the bottom left of the image. A red arrow points to the right in the bottom right corner.

When its' new talons grow back, the eagle starts plucking its' old-aged feathers.



And after **five months**, the eagle takes its' famous flight of rebirth and lives for



30 more years



Why is change needed?

A bald eagle is shown in flight, soaring over a body of water. The eagle's wings are spread wide, and its head is turned to the left. The background is a clear blue sky and water.

Many times, in order to survive we have to start a change process.

We sometimes need to get rid of old memories, habits and other past traditions.

Only freed from past burdens, can we take advantage of the present.



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