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# RED WOLF LEAFLET



## HUMMINGBIRD FLUTTERS

by Diana Raab

Hummingbird flutters  
Will he visit with answers  
I will sit and wait.

Diana Raab, MFA, PhD, is a memoirist, poet, workshop leader, thought-leader and award-winning author of fourteen books. Her work has been widely published and anthologized. She frequently speaks and writes on writing for healing and transformation. Her latest memoir is *Hummingbird: Messages from My Ancestors*, A memoir with reflection and writing prompts (Modern History Press, 2024).

Raab blogs for Psychology Today, The Wisdom Daily, The Good Men Project, Thrive Global, and is a guest blogger for many others. Visit her at: <https://www.dianaraab.com>.