

THE ANDEAN MEDICINE WHEEL

THE WIND OF THE EAST: MANIFEST YOUR DREAMS



Welcome to the perceptual level of the Eagle! What would your world be if anything were possible?

PRACTICE // AWARENESS:

- ***The Query***

Sit comfortably in a quiet place. You want to listen to the chatter of your mind. Close your eyes and begin to take deep, regular breaths...count your breaths from 1 to 10, and again from 1 to 10.

Your mind might become absorbed with what you need to do later in the day etc., or how upset you are with someone. Bring yourself back to counting your breaths.

Now ask yourself:

'Who is angry?' 'Who is breathing?' 'Who is it that is asking the question?'

Be still and observe what happens when you ask this.

Try to make this query regularly throughout the day, even if you are not sitting in meditation. This will shift you out of your serpent awareness into eagle so that you can become conscious of the great blank canvas of creation, along with your power to dream it into a world of beauty and grace.