

# THE ANDEAN MEDICINE WHEEL

## THE WIND OF THE NORTH: SPARK YOUR JOY



*Welcome to the perceptual level of the Hummingbird!*

*What is the life you truly desire?*

### EXERCISE // WHAT ARE YOU HERE FOR?

- **Ask yourself questions about your past, present, future:**

#### **Past:**

- What was a major moment of joy in your past? Who were you with?  
What were you doing? Where were you?

#### **Present:**

Notice what thoughts/memories/wishes pop up during your everyday activities: those are clues.

#### **Future:**

- What are you putting off for the future? What's on your "someday" list?  
What do you dream about?

After you've identified what your delayed intentions are telling you, create an action plan to live NOW, not 'someday.' Once you've hit on a deep interest, surround yourself with people who love it, too.