

# THE ANDEAN MEDICINE WHEEL

## THE WIND OF THE WEST: OVERCOME YOUR FEAR



*Welcome to the perceptual level of the Jaguar!*

*Where does your fear hold you back?*

### PRACTICE // STEPPING BEYOND PATTERNS:

- ***How I wish to be remembered?***

Write your own eulogy, featuring rich detail about how you lived, how you loved, what adventures you went on, how you were of service, and how you wish to be remembered.

- How did you touch other people?
- What did you learn?
- What did you overcome?
- What meant the most to you?

When you finish to write this eulogy, you might want to share it with those you love, as it is a road map for the life you are called to live but may not be living. Think about whether you are actually on the road to living this life that you've described; if not, ask yourself what needs to change today.