

THE ANDEAN MEDICINE WHEEL

THE WIND OF THE SOUTH: LETTING GO



Welcome to the perceptual level of the Serpent!

Where does your past is holding you back?

PRACTICE LETTING GO:

- **1. Write a story about yourself:**

This story is what you've been telling yourself for years.

Write it as a fairytale in a kingdom long time ago, and try to note when you assume the role of the victim, the perpetrator, the rescuer, and whom you cast as these same characters.

- **2. Write a story about yourself:**

Write a second story about yourself. This one is the one that is the 'right' story about yourself: healing stories explain why the things happened exactly as they were supposed to in order to bring valuable lessons that would take you further on your epic journey.

The best reason to shed your stories like a snake sheds its skin is because you can never heal yourself within your story. None of your stories are true; they are just scripts you have created. In retelling our stories, we uncover the positive, empowering legacy that we've been given.