



MEXICAN TALE OF LA LOBA - THE WOLF WOMAN

Élményakadémia



individual
(group)
N° of pax
1-50



30 mins



storytelling



indoors | outdoors



mental
well being



PURPOSE

- to awaken the inner power
- to sort out things we need and don't need
- to see our life from a different perspective

PREPARATION

- collect the materials needed - decide whether you would like to listen to the story or read it.
- prepare a comfortable place/spot indoor or outdoors - make sure you have mats or chairs to sit on or blankets to lie down.

INTRO

This story is about the journey of one re-connecting to the life force, the wildness, the freedom and what it means to be a (wo)man connected to the wholeness and true nature.

La Loba sings over the bones she has gathered. "To sing means to use the soul-voice. It means to say on the breath the truth of one's power and one's need, to breathe soul over the thing that is ailing or in need of restoration...That is singing over the bones."

When we 'sing over the bones', we invite the wild part into our lives which so often remains hidden or suppressed.

MATERIALS

- headphones + mobile phone or laptop if you want to listen the audio file
- audio file available: <https://bit.ly/3Hz3tjj>
- Vimeo: La Loba The mystical Mexican tale of La Loba, the Wolf Woman, as told by Clarissa Pinkola Estés in Women Who Run With the Wolves.





STEPS

1. Find a comfortable indoor or outdoor space where you can sit or lie in comfort - take care that you prepare a spot where you can listen (12 mins) or read the story in peace and undisturbed.
2. After sitting/lying comfortably, make sure that your body parts are relaxed (not crossing each other) and take 3 big breaths - inhale and exhale loudly. Use your nose to inhale and mouth to exhale. Make sure your thought process has quieted so you can be absorbed into the story for the coming moments.
3. Listen to the story! or Read the story!
4. Take some minutes to finish the process, again take 3 big breaths - use your nose to inhale and your mouth to exhale. Once you have thus completed the circle, you can go for your personal reflection.

REFLECTION

- What kind of feelings does the story evoke in you?
- What is the moral of the story for you?
- How is the archetype of La Loba connected to you?



COMMENTS

The activity can be enriched with a drawing which is added to the story. Once the participant has listened to the story, he/she can create a drawing which represents his/her impressions, imprints, aca harvesting of the fairy tale. The drawing is not about being an item of beauty but more a processing of the exercise, to highlight and evaluate the essence for the listener.

The drawing can take another 20 minutes in time. The reflection questions can follow after.