



SNAKE MEDICINE

Snake is the medicine of Woman, of the goddess. Even Mother Mary is depicted with a snake at her feet at times. Snake gets a bad rap for being dark and slithery, sneaky and evil. I have developed a more feminized outlook of Snake. She represents the aspects of full-body contact with Mother Earth. She sheds after each transition in order to grow, digests her nourishment whole, and moves sensually through the lowlands in search of true warmth.

In what ways am I craving closer relationship?

How can nature be my teacher and facilitator?

What creatures show me more of how I'd like to be in my own skin?

What am I doing when I feel most connected?

What can I put in the calendar right now that will help me connect?

Where am I yearning to visit?

Where am I most creative?

Where do I feel most secure?

Where do I feel at home?

What experience is my body desiring?

What are my senses telling me?

Am I avoiding any truths my senses are presenting?

What helps me tune into what serves my body?

Do I feel separate from my body? Separate from my spirit?

Are the two co-existing harmoniously?

Crawl on the Earth

To know what it's like

To be at one with Her.