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

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.

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.

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.

La Loba



There is an old woman who lives in a hidden place that everyone knows but few have ever seen. As in the fairy tales of Eastern Europe, she seems to wait for lost or wandering people and seekers to come to her place.

She is circumspect, often hairy, always fat, and especially wishes to evade most company. She is both a crower and a cackler, generally having more animal sounds than human ones.

They say she lives among the rotten granite slopes in Tarahumara Indian territory. They say she is buried outside Phoenix near a well. She is said to have been seen traveling south to Monte Alban in a burnt-out car with the back window shot out. She is said to stand by the highway near El Paso, or ride shotgun with truckers to Morelia, Mexico, or that she has been sighted walking to market above Oaxaca with strangely formed boughs of firewood on her back. She is called by many names: La Huesera, Bone Woman; La Trapera, The Gatherer; and La Loba, Wolf Woman.

The sole work of La Loba is the collecting of bones. She is known to collect and preserve especially that which is in danger of being lost to the world. Her cave is filled with the bones of all manner of desert creatures: the deer, the rattlesnake, the crow. But her speciality is said to be wolves.

She creeps and crawls and sifts through the montanas, mountains, and arroyos, dry river beds, looking for wolf bones, and when she has assembled an entire skeleton, when the last bone is in place and the beautiful white sculpture of the creature is laid out before her, she sits by the fire and thinks about what song she will sing.



And when she is sure, she stands over the criatura, raises her arms over it, and sings out. That is when the rib bones and leg bones of the wolf begin to flesh out and the creature becomes furred. La Loba sings some more, and more of the creature comes into being; its tail curls upward, shaggy and strong. And La Loba sings more and the wolf creature begins to breathe. And still La Loba sings so deeply that the floor of the desert shakes, and as she sings, the wolf opens its eyes, leaps up, and runs away down the canyon.

Somewhere in its running, whether by the speed of its running, or by splashing its way into a river, or by way of a ray of sunlight or moonlight hitting it right in the side, the wolf is suddenly transformed into a laughing woman who runs free toward the horizon.
So it is said that if you wander the desert, and it is near sundown, and you are perhaps a little bit lost, and certainly tired, that you are lucky, for La Loba may take a liking to you and show you something - something of the Soul.