

The Bones of La Loba: Breaking It Down. (Think Metaphors for your mind and soul)

Where does this story take place?

What parts of our psyche would those places possibly represent?

Desert – a dry place where things still live, although oasis/small plant life exists (emotional, doubtful, shaky, gagged, muzzled, unaroused, fatigued, frail, depressed, confused, weak, without inspiration or meaning, blocked, shame-bearing, volatile, uncreative, compressed).

Freeway underpass – where those who are marginalized dwell, where we hesitate to visit.

Cave – deep inside, mother-like, surrounded, enclosed, home, underworld

River – flowing, moving, water (nourishment)

Horizon – future, ahead, above

Who are the characters in your psyche?

La Loba – The crone (old woman or mentor, grandmother) woman who is gathering information and pieces. Preserves feminine tradition.

The Wolf – the wild, undomesticated animal.

The Wolf Transformed into a Woman – Resurrection of the wild woman archetype. Possibly you, the Narrator.

What are the action parts of this story?

Searching

Collecting

Sifting

Digging

Finding

Laying out

Waiting

Chanting, singing

Growing, fleshing out

Awakening

Jumping and running

Following

Gathering vs Hunting

Sorting – different “animals”

Wolf heart beating/breathing – rhythm, connection, entrainment

How can this apply to you? How does this apply to the birth worker? How does this apply to us as a guide for a mother/family through birth? How does it discuss the overall birth culture? How do you know you've found the bones?

What are the items/other nouns in this story?

Bones

Fire

Water

Dirt – dry, rocky, hard to dig through, sifting through all of the little rocks for something that might be buried

Moon – wild feminine, nocturnal/earth rhythms

Thresholds – entering/exiting cave

Sun – opposite of what can be seen in the dark is found here.