

ONE TRUE SELF

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Meditation Exercise

Years ago, I was chosen by the wolf, and began my Odyssey into a world so beautiful and rich that I can only attempt to share it.

Somewhere in my voyage, I became a wolf myself. I know what it is to dream with a wolf, to run with a wolf, to be a wolf. I know the incredible psychic power and tremendous strength of the wolf.

It was the wolves who taught me to hear not only themselves but all animals — to recall what I knew vaguely as a child and could not articulate: that all of Nature speaks a single language of the heart. It is we — the humans who regard ourselves as superior — who have forgotten this most meaningful language of all.

The great wolf, Juno, told me stories in this language that became the Wolf Myths.[1] Her words ripped my life apart — and when it came back together again, I was forever changed. Wolves do that. It's wolf magic, pure and simple. You must live with them to know.

Sheba, a beautiful wolf, helped in writing this exercise, which you can use for meditation or dreaming, I hope it will help you to feel the marvelous power and magic of the wolves.

Dreaming with Wolves

Sheba the White Wolf is here helping me to describe the place I go when I dream with the wolves. She believes that you, too, can travel there if it is your desire.

You might burn a little white sage and call upon the energy of the Four Directions before you read this — or just call the Spirit of the Wolf, and ask to go there. Sheba says that is all you have to do. She says if you can't dream it, just imagine it.

