

Name \_\_\_\_\_ Date \_\_\_\_\_

The Road of Trials in the Way of the Coyote involves learning a new way of being in the world. It is a journey into the unknown, and a setting aside of old patterns of thought and behavior. It involves an element of trial and error as we learn to do things in new ways without falling back into old habits. As you contemplate your own Road of Trials, meditate on your answers to the questions below.

What rules did you follow in your life before and after your Belly of the Whale experience?

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Who do you follow in your life now? Who did you follow prior to your time in the ashes?

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What things that you have followed in the past might be hindering your walk on the Way of the Coyote? What is the key to letting them go and leaving them behind?

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Name \_\_\_\_\_ Date \_\_\_\_\_

What things that you plan to follow in the future might be helping you to walk on the Way of the Coyote?

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In what ways can you follow a healing path rather than a path of harm?

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In what ways may you use the wisdom of the Coyote to heal others? If you need a refresher on Coyote medicine, return to section 1.2 of this workbook.

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In what ways may you use the wisdom of the Coyote to heal yourself? If you need a refresher on Coyote medicine, return to section 1.2 of this workbook.

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As you meditate on your answers to these questions, call upon your own inner healer so that you may heal yourself by healing others. If it helps, you may draw on the archetypal energy of your totem animal's supernatural aid. You may also wish to burn a bit of healing herb or incense in thanks for the healing you have received while completing this exercise. Conclude this worksheet with a spirit of health and wholeness, knowing that you have already received the healing you need to live in the Way of the Coyote.