



PACHAKUTI

THE DAWN OF A NEW HUMAN

AN INVITATION TO JOURNEY WITHIN

Companion workbook to the film · The Four Winds Society



A word before you begin

Before beginning, we invite you to watch Pachakuti in its entirety, in one sitting if possible. Give yourself the time and space to experience the film free of distractions. Then return to these pages while the stories, teachings, and reflections are still alive within you.

What follows is not something to complete or get right. These reflections are an invitation to turn inward — to listen deeply, notice what has stirred within you, and explore the stories, choices, and possibilities present in your own life.

Give yourself the space to write freely and honestly, without judgment. There are no right or wrong answers. You may find that some questions speak to you more deeply than others. Allow yourself to stay with what calls to you.

As you move through these pages, you may discover that a question, a feeling, or a new possibility continues to stay with you. Let it. Sometimes it is in listening to what quietly calls us that a new path begins to reveal itself.



ALBERTO VILLOLDO

The Calling

“We all have a calling. And if you keep postponing your calling long enough, you're going to get sick.”

ALBERTO VILLOLDO

A calling does not always arrive as a great revelation. Sometimes it begins as a quiet knowing, a longing, or a sense that something in your life is asking to change.

It may be a path you have yet to explore, a part of yourself waiting to be expressed, or an invitation you have not yet been ready to answer.

Take a moment to become still and listen.

What is calling you?

The Body Speaks First



“On the surface it was a really, really great life. Wonderful holidays, big house, really good job. But I was dying inside.”

GEORGINA

What remains unseen can still have a powerful influence on how we live.



“I was so paralyzed by fear. I had not flown for 11 years, too afraid to get on a plane.”

DAN

The body holds a wisdom of its own. It remembers what the mind may have learned to overlook, carrying the imprints of our experiences, fears, and stories long after we believe we have moved on.

“What have you been ‘swallowing’ all these years?”

GEORGINA'S DOCTOR

What are you carrying?

The Crisis is a Doorway

“It's generally a personal crisis. Suddenly you realize that your life is not working the way it was supposed to. Well, it is working the way it is supposed to, because this brought you to this point of choice.”

ALBERTO VILLOLDO

A crisis can bring us to a threshold, a moment when the life we have known no longer feels possible, yet what comes next has not fully revealed itself.

In the wisdom of the shamans, a crisis is not simply viewed as punishment or misfortune. It can be understood as a threshold, a moment of choice and an invitation to step beyond the story we have known. Something may be coming to an end, while something new is waiting to emerge.

Consider a time in your life when a crisis brought you to a threshold of change.



What were you being asked to leave behind?

What new path began to reveal itself?

The Two Books

“When I first went to Peru and began working with the shamans, I learned about the two books. The Golden Book and the Silver Book. And this is what they put in the very center of their medicine offerings, of the despacho: a little piece of gold foil and a piece of silver foil.”

ALBERTO VILLOLDO



The Golden Book holds the story we inherited. It carries the beliefs, patterns, and stories passed down through our families and the experiences that have helped shape who we have become.

The Silver Book offers a blank page. It invites us to step beyond the stories we inherited and begin writing an original story of our own.

“We can't spend our entire life writing and rewriting the tragic stories that we were born into. We need to begin writing our own original story.”

ALBERTO VILLOLDO

Begin with the Golden Book, bringing awareness to the stories and patterns that have shaped your life. Then open the Silver Book and give yourself permission to imagine a new story, one that is yours to write.

THE BOOK THAT WAS ALREADY
WRITTEN

A belief I inherited without ever
choosing it.

A story I inherited about who I am.

A pattern I keep returning to.

THE BOOK THAT IS STILL
BLANK

Write the first sentence of your own
story.

“To become the author of your own story. To become the storyteller and not
the story.”

ALBERTO VILLOLDO

Keep this page. Come back to it in three months and read what you wrote on the right.

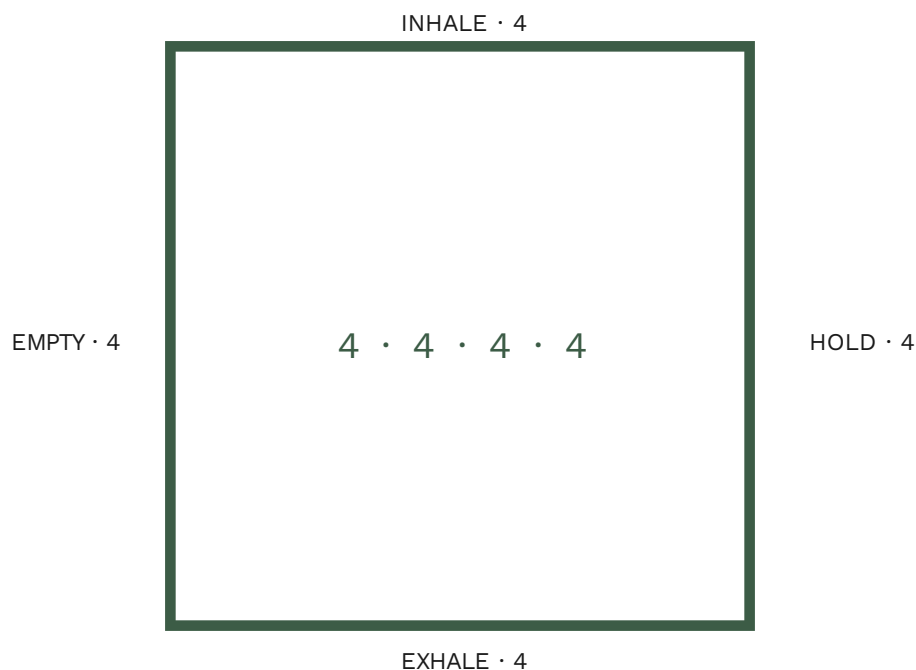
Four, Four, Four, Four

“Inhaling to the count of four. Holding to the count of four. Exhaling to the count of four, and empty to four.”

ALBERTO VILLOLDO

“This is the rate of breathing in which you can access the invisible world. You cannot enter deep meditation, stillness, the quantum field, until you bring your breath down to four, four, four, four.”

ALBERTO VILLOLDO



Inhale to a count of four. Hold for four. Exhale for four. Remain empty for four. Allow the rhythm of your breath to bring you into greater stillness and awareness.

Begin with six rounds. If a count of four feels too long, begin with three and gently work your way toward four.

Use this practice to create a moment of stillness and open yourself to what becomes available when the mind grows quiet.

Your Own Medicine

“Everybody has their own medicine. And I think the joy is the meter. If it brings me joy, then I'm on the right path.”

DEVA PREMAL

Each of us carries a medicine that is uniquely our own. Joy can help us recognize when we are in alignment with it, inviting us to pay attention to what brings us alive and gives meaning to the path we walk.

What makes you forget the time? What brings you joy and feels true to who you are?

When did you last allow yourself to experience it?

What may be keeping you from making space for it?

How might you invite more of this into your life?

That last question is the only one on this page that changes anything.

The Courage to Say Yes

“Know that you are not prepared for it. You can be ready for it. Don't confuse your readiness with your preparation. Preparation is all you need to go on a journey. Readiness is your ability to say yes to a sacred invitation.”

ALBERTO VILLOLDO

The people you met in this film did not have every step of the journey mapped out. Each reached a moment when they were called to step beyond what was familiar.

We may not always feel prepared for what lies ahead. Readiness asks something different of us. It is the willingness to listen to what is calling us forward and find the courage to say yes, even when the path has yet to fully reveal itself.



What do I need to feel prepared?

What would help me say YES?

You may find that one side comes more easily than the other. Take your time with what arises and notice what becomes clear when you reflect on the difference between being prepared and being ready.

If you Want to Keep Walking

“And without any logic, I signed up.”

MARCELA LOBOS

Marcela's journey began with a yes, long before she knew where it would lead. Alberto's began with his own decision to step away from the familiar and follow what was calling him. Neither needed to see the entire path before taking the first step.

If something within you is asking for your own yes, we invite you to explore it. A complimentary conversation with one of our advisors is a space to share what has stirred within you, ask questions, and discover whether the Path of Energy Medicine may be part of your journey forward.



Book a complimentary conversation

Scan the QR code or visit thefourwinds.com/poem to speak with an academic advisor.

BOOK A CONVERSATION

Bring these pages with you.

Your advisor will not ask to read what you have written. These reflections are for you. Keep them close as you continue the conversation, allowing them to help you remember what stirred within you and what may be calling you forward.

What the Medicine Wheel is

The Path of Energy Medicine is a ten-month training in the Medicine Wheel and shamanic energy medicine, built on the four directions. There are two doors: you can walk it for your own healing, or you can walk it in order to work with others as an Energy Medicine Practitioner. Many people begin through the first door and find themselves at the second.

“From the sacred teachings and wisdom of shamans from around the world, but also specifically from the coast, the jungles and the mountains of Peru.”

MARCELA LOBOS

Since its founding by Alberto Villoldo, The Four Winds Society has trained more than 20,000 students, including physicians, psychologists, therapists, teachers, and many others who found themselves at a turning point and felt called to a new path.

“It requires zero belief for these techniques to work.”

ALBERTO VILLOLDO

EXPLORE THE PATH OF ENERGY MEDICINE

thefourwinds.com/poem

