

THE SOUL GUIDE TO PILLAR 2



A Spiral Path Medicine Wheel Guidebook

by Simple Earth Rebel

CHANGE IS INEVITABLE

Nothing stands still.

Even in stillness, there is movement—of breath,
of light, of time, of soul.

The cells in your body die and renew each
moment.

The stars collapse and bloom in galaxies far
beyond your knowing.

Your thoughts shift like clouds, even when you
think you're stuck.

Change is not the enemy of peace—it is the
rhythm of life.

To resist it is to suffer.

To accept it is to evolve.

To dance with it is to awaken.

This is not about giving up control—

It's about remembering that you are not a rock
in the river,

You are the water.

EMBODIED PRACTICES

“Flow Mapping” Journaling Practice

→ At the end of each day, write one thing that changed.

→ Note how it made you feel.

→ Reflect: Was it loss, growth, transformation, surprise?

Over time, this builds your emotional awareness of impermanence as sacred.

Adaptability Breathwork (4-4-8 Pattern)

→ Inhale for 4, hold for 4, exhale for 8.

→ Let the long exhale ground your nervous system.

→ Use this during emotional shifts, decision-making, or transition times.

Elemental Mirror Ritual

→ Sit with a candle, river, wind, or tree.

→ Ask it silently: How do you adapt? How do you let go?

→ Listen and write down what arises. Nature reveals how change can be graceful.

REFLECTION PROMPTS

- What changes in my life have I resisted—and what did they teach me?
- Where in my life am I clinging to what has already passed?
- What version of me am I becoming, that I haven't fully met yet?

AFFIRMATION & CLOSING WHISPER

“I welcome the tide of becoming.
I shed what no longer fits with reverence.
I am the breath between what was and
what’s coming.”

Change is not chaos.
Change is how life renews itself through
you.