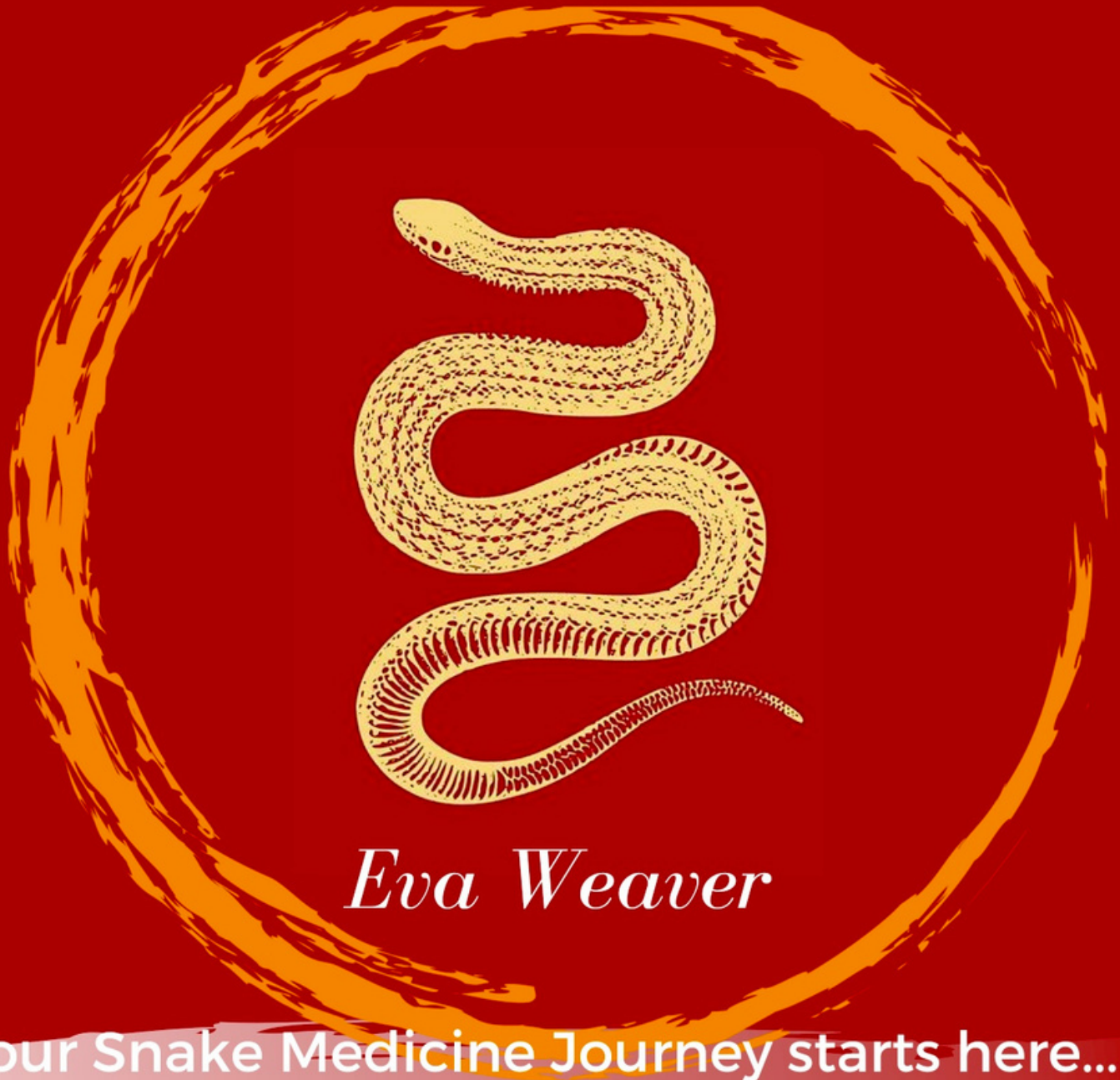


SNAKE MEDICINE FOR OUR TIMES....

An intro....



Eva Weaver

Your Snake Medicine Journey starts here...

Welcome!



I am so happy you are here!

I trust that you found your way here guided by Snake in some way....

Maybe Snake appeared in your dreams or you already have a lifelong connection with Snake. Or maybe you are simply curious or intrigued what Snake Medicine might be about....

Welcome!

I believe we can learn so much from snakes for these intense and exceptional times we find ourselves in collectively and individually.

As we learn to navigate the many challenges in our own lives and the world, we can tune into the energy of snakes for guidance, deep wisdom and transformation..

By embracing Snake Medicine, we can learn to live cyclically, shed what no longer serves us and reconnect with our bodies, instincts, sensuality, and our creative life force energy.

Snakes are masters of residing in the void, shedding their skins and creating themselves anew again and again

Snake Medicine helps us to connect with our gut instincts, embody our wild, sensual and sexual nature and live more harmonically with our body's cycles and rhythms.

Snake also has a lot to teach us about embodiment: connecting with love to our bodies, inhabiting our skin, deep listening, resting & nurturing embodied intuition...



WHEN SNAKE SHOWS UP, PAY ATTENTION!

'When Snake shows up, pay attention!'

When snakes appear, whether that's a live encounter with an actual snake, or in dreams, shamanic journeys, a conversation, as a tattoo, jewellery or in other ways, I pay attention. I've learned, that whenever snake shows up, there is something important for me to learn....

Often Snake is showing me that **change is afoot...**

Snake might appear as a potent sign that something has outlived its time and needs to be shed- that an old pattern, relationship, belief is getting ready to be released, relinquished, dissolved and shed....

I have heard many stories where Snake showed up in dreams when people felt trapped in abusive or co-dependent relationships- as a wake up call to action.

'Hello! Let go! Get ready for change! '

Maybe snake is showing up to remind me to look at what is happening with my energy, my power or health. Am I giving my power away and end up drained, feeling depleted, small or and doubtful?

Snake might invite me to be discerning with my energy and time, to create better boundaries and to embody them.

'Hello! What is happening with your energy, your power? '



Maybe the invitation is to rest. To retreat and move into the hide...to soul-search, to prepare for the shed, to integrate and digest....

'Hello! Do you need rest?'

Maybe snake shows up to remind me to tune into my body, into pleasure, sensuality and sexuality. To drop more deeply into my body, to give it attention, nourishment, pleasure...

'Hello! How is it going with your body? What do you need?'

Very often Snake brings synchronicities and weaves people together.
And nearly everybody has a snake story to tell!

Whether we fear snake or are intrigued, fascinated or love them, we cannot be indifferent around snake!

I would love to hear if you have a story about snakes!

- * *Have you been touched by snake in some way?*
- * *How, if at all, have snakes appeared in your life?*
- * *Have they shown up at pivotal moments?*
- * *What do snakes mean to you?*

BUT WHAT IS SNAKE MEDICINE?

Snake Medicine it is neither a magical potion nor a physical remedy, but a deep, symbolic and embodied practice of learning from actual snakes and from the symbolism of the Great Serpent and the ancient traditions that revered the Serpent for millennia.

Snake Medicine teaches us about cycles, transformation, deep embodiment, sensuality, creativity and spiritual wisdom.

The serpent, as an often misunderstood yet powerful teacher, invites us to walk our path with courage, presence and reverence, as we embrace change and transformation.

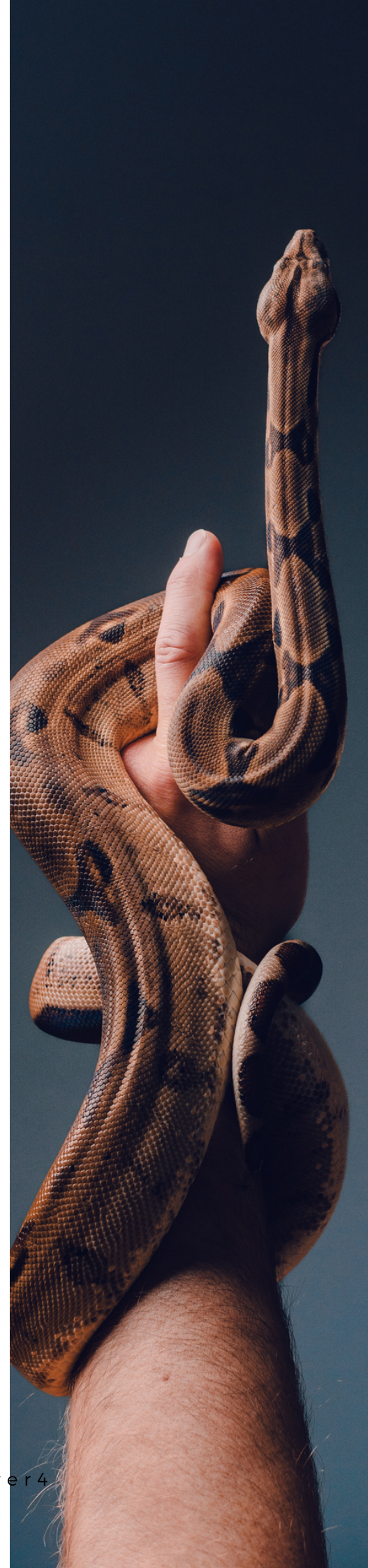
The Essence of Snake Medicine

Snake Medicine is a way of seeing and interacting with the world—an approach to life that embraces change, cycles, reciprocity, and the wisdom of the body.

Just as snakes shed their skin when they outgrow it, we too are called to release what no longer serves us—old habits, outdated beliefs, and emotional wounds. This process can be challenging, but it is vital for growth, health and renewal.

Snake Medicine also teaches us about presence. Snakes live deeply embodied, relying on their heightened senses to navigate the world. They do not rush unnecessarily, but move with precision, conserving energy until the right moment arises to act.

From snake we learn to listen deeply, to trust our instincts, and to honour our natural rhythms rather than forcing ourselves into patterns of productivity and busyness.





Snakes embody wisdom for many challenges on our life's journey. Some of the key teachings they offer are:

- Learning to set boundaries, be discerning and guard your energy.
- Shedding old habits and patterns that no longer serve you.
- Embracing the slower rhythms of life for balance and rest.
- Bridging the spiritual and practical, grounding visionary energy into real-world action.
- Digesting life's experiences and lessons through stillness and presence.
- Reclaiming sensuality and natural life force energy for vitality and joy.
- Navigating change and transformation with grace and courage.

Through Snake Medicine, we are invited to move from:

- Control to Trust—trust in life, the universe, and ourselves.
- Overworking and overriding our instincts to creating more sustainable, balanced lives.
- Numbing out to being present with our emotions and sensations.
- Hiding in false shyness to expressing our authentic selves fully.
- Appeasing, people pleasing or fawning to expressing clear boundaries
- Disconnection from sensuality to reclaiming natural sexuality and vibrant energy.
- Isolation to deep connection with others and the world around us, feeling the interconnectedness of all things.



PRACTICES & TOOLS OF SNAKE MEDICINE

Snake Medicine reminds us that transformation is always possible, whether through small daily practices or profound inner work. With the wisdom of the serpent as our guide, we are invited to shed, renew, and awaken to the vibrant, authentic lives waiting for us.

Drawing from the physical, energetic, and symbolic qualities of the serpent, Snake Medicine offers a rich array of practices for healing and growth such as:

- **Rest and Digest:** Embrace deep rest, hibernation, and recuperation.
- **Shedding and Renewal:** Visualise and enact the shedding of old skins—letting go of the past to step into a renewed self.
- **Rhythm and Cycles:** Tune into life's natural rhythms—slowing down, speeding up, or flowing with change.
- **Dreaming and Visioning:** Create space for dreams and visions, connecting to your inner wisdom.
- **Embodiment Practices:** Explore movement, dance, stretching, and energy work to awaken the body's natural vitality
- **Grounding and Presence:** Learn to ground deeply in the body, finding stillness, alertness, and connection to the present moment.
- **Sensory Awakening and trusting your instincts:** Tune into your senses, learning from the way snakes perceive the world through sight, smell, hearing, and touch.

HOW ANCIENT CULTURES REVERED THE SERPENT



The serpent has long been a potent and multifaceted symbol across cultures and traditions. Throughout history, the Serpent has represented wisdom, transformation, healing, creativity, sexuality and the cycles of life and death.

Many ancient cultures saw the serpent as a primordial being linked to creation and the mysteries of existence, such as the Australian Aboriginal Rainbow Serpent, a creator deity, embodying the flowing energy of life itself.

In Hindu tradition, the cosmic serpent Ananta-Shesha holds the universe upon its coils.

The Norse mythology speaks of Jörmungandr, the great serpent encircling the world, representing the cycles of time and eternity.

Indigenous traditions in the Americas saw the serpent as a guide to spiritual awakening, often depicted in sacred carvings and ceremonial rites. In Meso-American traditions, **Quetzalcoatl, the feathered serpent**, was a god of wisdom, wind, and creation, embodying the dual nature of spirit and matter.

In **Ancient Egypt**, the cobra adorned the crowns of pharaohs, representing divine authority and protection. It was also associated with the Goddess Isis.

The Celts associated the serpent with earth wisdom, transformation, and the mysteries of the underworld.

Snakes have also been revered for their connection to **healing**. In ancient Greek **healing temples known as Asklepions**, dedicated to the Semi-God Asklepius, people would sleep in sacred spaces where non-venomous snakes roamed freely, believing that the presence of the snakes would bring dreams and insights for their healing.

The **Ouroboros**, a serpent swallowing its own tail, is another powerful and ancient image found in ancient Egyptian, Greek, and Alchemical traditions, representing cycles of beginnings, destruction and re-creation, infinity and renewal- completion and evolution.



EMBODYING SNAKE- TAPPING INTO THE POWER OF SNAKE MEDICINE THROUGH THE BODY

'We can engage with Snake Medicine in many ways: through observing snake's process of shedding, the way they are built, sense and navigate their habitat or their territorial behaviour, as well as learning about how the symbolism of the Serpent and how the serpent has been honoured for thousands of years, before it became demonised.

We can also connect with Snake Medicine directly through our bodies.

Once we open ourselves to feel and think into snake, we can become aware of just how deeply we are connected with snake: we can find resonance and similarity in many areas of our bodies.

Firstly, on a deep cellular level we find snake as the double helix of the DNA in our cells.

Often called the Cosmic Serpent, two snakes coiled around each other appear as a symbol in ancient mythologies around the world, such as the Nagas, half human half snake in Indian snake worship or the Caduceus in Greek mythology. So, literally every cell holds the energy and information of snake at its core!



We also find Snake in our spine.

From the coccyx to the nape of our neck, our spine supports and holds us up, giving us flexibility and agility.

As we connect with our spine consciously, moving it for instance in gentle forward and backward bends such as in different yoga poses, or from side to side, we create more flexibility, flow and strength, both physically and mentally.

In our **digestive system**, we find our intestines winding through our lower body and coiled as one large snake-like organ.

The **Psoas**, a deep, core muscle that is closely tied to the body's fight or flight response, snakes as a pair of long deep muscles from the lumbar spine to the anterior femurs.

Skin issues such as eczema can connect us with snake and with the theme of shedding: there might be times when we might not feel comfortable in our skin metaphorically or when we are in the process of growing out of our old skin- our old life, our old skin has become too tight and restricting. We can invite the energy of snake to support the natural process of change and shedding, or we can resist it.

Many **blood vessels** are serpentine and we find snake's serpentine energy in our system, such as coiling and uncoiling, flowing, constricting and rising.

Snake can teach us so much: about movement and flow, about stillness and appropriate action, rest and digest, the importance of shedding what no longer serves and what we have outgrown.

We can learn by observing snake and we can embody their postures, mimic movements or slip in our imagination into their skin and experience the process of shedding.





THE POWER OF SHEDDING - TRANSFORMATION & RENEWAL

*'Shed what no longer serves you & receive the goodness
that is aching to find you...'*

One of the most profound teachings of Snake Medicine is the art and practice of shedding. Snakes periodically shed their skin to allow for growth, renewal, and healing. This process is not just a physical necessity but a powerful symbol of transformation. Just as a snake must release its old skin, we too must let go of what no longer serves us—old patterns, limiting beliefs, stagnant emotions, and outdated identities. Shedding is a natural and necessary part of growth, both physically and spiritually.

Snakes shed regularly to grow, release their old skin, prevent parasites from embedding, and stay healthy. This shedding process demands slowing down and a period of non-action and inward focus—a time of retreat and stillness. It is a natural cycle that cannot be rushed.

The scientific term for this process is Ecdysis, which can last from 9 to 14 days, depending on the snake species, and occurs 2 to 4 times a year.

Having lived with my Royal Python Syd for seven years, I would like to guide you through the stages of shedding, as I have observed them over the years with him.



The Shedding Process

Days 1–2: Retreat, Dulling, HidingSnake rests, hides and stops eating.

As humans, there are times when we know that we need to ‘shed’ what no longer serves us, such as outdated beliefs, patterns, work, or relationships that we have outgrown. Such times of letting go require introspection and retreat—taking time to be with ourselves, reflect, and let new paths and opportunities appear.

Days 3–7: Opaque Eyes and Limited Vision- At this stage, the snake’s eyes become cloudy and bluish as fluid accumulates between the new and the old skin layer. This makes the snake feel vulnerable and irritable. Times of change can be challenging: the old is falling away, and we cannot yet see the new form. We might feel disoriented, and our vision, like that of the snake, is limited. We are ‘in the dark’ or ‘near blind.’ It is **helpful to remember the hope built into it this natural process: shedding cannot be rushed and will take its time, but it will happen, and we will gain a new, fresh skin.**

Days 7–10: Preparing to Shed

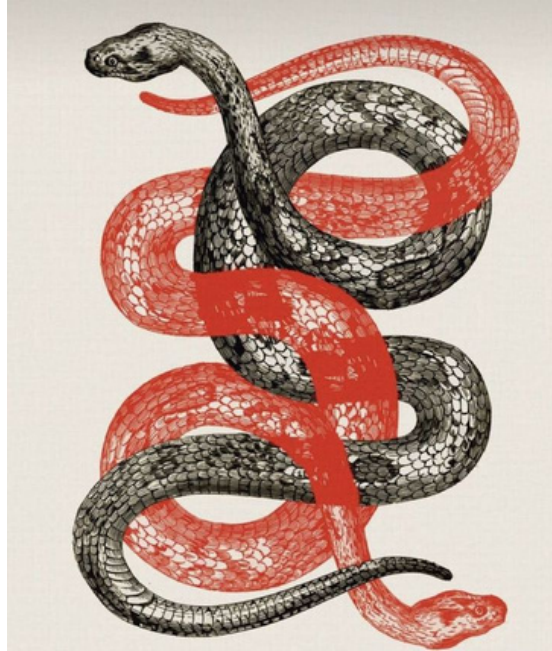
During this phase, the snake’s eyes clear up, indicating that shedding is near. During most times of transition, there is a stage when we have flashes of what the future could look like. We still haven’t ‘shed’ the old properly, but we are getting ready.

Days 10–12: The Shedding

The final stage of the process, the actual ‘sloughing’ of the skin. When the time is right, the snake rubs its head on a rough surface, like a rock, to create an opening, then slithers out of its old skin. As with the snake, the buildup to change might take much longer than the final shedding. The shedding itself is the final act and often less painful once we have created an ‘opening’ inside our psyche for this change.

The New Skin...

Each shedding brings regeneration: the skin is fresh, iridescent, and sparkly. Snake emerges from its hide, revitalised, hungry, and usually happy to be handled.



Snake Medicine teaches us that shedding is cyclical, a lifelong process of release and letting go that allows for ongoing growth and vitality.

And, although ideal conditions—solitude, the right environment, supportive humidity—can help snakes to shed in the best way, we can neither hurry the shedding along nor do it for the snake.

Similarly, as humans, we cannot do the shedding for another. How often do we think others should change? “Why don’t you leave that job? Get out of that toxic relationship! Stop this self-sabotaging self-talk,” we might urge, advise, or plead, but we cannot do the shedding for them.

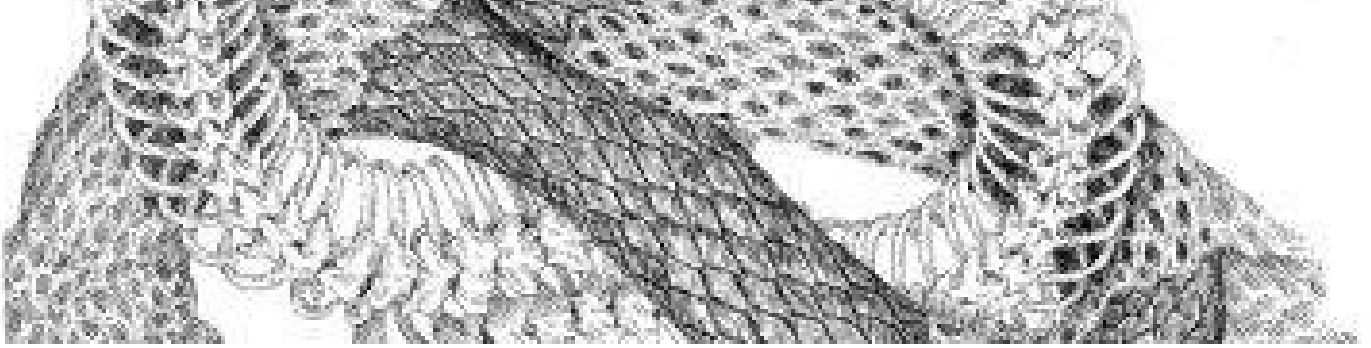
Snake reminds us that transformation cannot be hurried or forced by others: it’s an intensely personal and intimate process, happening in its own divine timing that unfolds with the right conditions.

Snake as a guide and ally in times of change:

During major life transitions, such as the start of a relationship, bereavement, childbirth, new work, illness, or menopause, we may need a space for retreat. Many traditional communities honour these times of change and transition with Rites of Passage rituals or ceremonies, creating a safe space for individuals to retreat and undergo initiation.

Snakes show us a way to honour these important times of our lives. Whatever the ‘old skin’ we have outgrown and are struggling to shed, we can always call on snake as our ally.

I want to share with you a poem I wrote a while ago on the theme of **Shedding**....



Shedding - a poem by Eva Weaver

*Do you hear it?
This soft rustle as I slide and slither
out of my old skin?
Do you hear it?
This sweet sound of my shedding?
It's the skin of victimhood
peeling, shedding
and me
noticed by no one but myself
slithering
out.
There is still pain, oh yes
there is still grief and a cracked, broken- open
heart
but that old victim skin
is dead.
And as I wake in the darkest hour of the night
my heart pounding
I sob and moan
but still
I cannot slip back
into the old crumpled skin.

Instead
I run my fingers tenderly over my new home:
skin so raw and alive
and so unknown.*



*I marvel over its glistening beauty
that feels everything so acutely
and lying awake
I touch myself in all my places
hello new skin
hello new colour
hello new texture
hello new smell.*

*And when I finally find my heart
I hold its exquisite beauty
in my hands all night long
and one at a time
I fill
its cracks
with
gold.*



SERPENT RISING - TAPPING INTO NATURAL SEXUAL ENERGY & THROUGH SNAKE MEDICINE

The serpent has been a symbol of sexuality, life force- and ecstatic energy for millennia. Across cultures, the coiling, spiralling motion of the snake has represented the primal creative force—the energy of creation, desire, and deep embodied pleasure. This connection between the serpent and Eros is not just metaphorical but deeply physiological. When we attune to Snake Medicine, we reconnect with our natural sexual energy, awakening our vitality, passion, and creative essence.

If you've ever handled a snake, had it slither or slide slowly over a limb, curl up on your lap or belly or grip and squeeze an arm or midriff gently, you might have experienced their deeply sensual energy.

Engaging with snakes brings us fully into the here and now, helps us connect us with our bodies our skin, our breath, waking our sensual nature. And through this, I believe, an opening to our erotic energy and sexuality can happens. Something starts to move inside us...

Maybe we feel called to move in a certain sensual ways, letting our hips move like the snake dancers, or maybe it's a more internal experience...



My dear friend and guest on my 'Embodying the Snake' 8-week programme, Bayari, shared this about handling snakes and sensuality...

'I feel that the snakes help us to not be afraid of the potency of life force energy. Snakes are so sensual to be with....they're just a really good way to receiving touch, to enlivening our bodies, to exploring sensuality. Snakes love to explore the whole of the body and just drawing these amazing shapes on us where I feel all is included in the body again. And there's that kind of wholeness and return to our nature as sexual beings. The snakes just naturally open us to that.'

'It was like a warmth that really lit me up from the inside out and expanded the energy. It helped me feel more than the ordinary...So it was transformative and helped me step into that kind of goddess and priestess energy- a sense that the snake can help me be more of that archetype.

I remember being really lit up after that and feeling more sensual and that I wanted to dance more and that I was more expressive ...there was more of me there, really.'



Reclaiming the Sacredness of Sexuality

For much of human history, sexuality was revered as sacred- and so was snake- such as in connection with Lilith, the Goddess Isis or the snake priestesses of Crete.

In ancient cultures, serpents were often linked to fertility, the feminine mysteries, and divine erotic and sexual energy. The Kundalini serpent of Eastern traditions, for example, represents the coiled life force energy that resides at the base of the spine, ready to rise and awaken higher states of consciousness.

Yet, with the rise of patriarchal, monotheistic religions, sexuality became demonised, often through the very image of the serpent. The biblical story of the Fall, in which Eve is tempted by the snake, has been used for centuries to suppress and shame feminine sexuality, painting desire as sinful and dangerous.

Similarly, St. Patrick's legendary banishment of snakes from Ireland symbolised the suppression of pre-Christian, earth-centered spiritual traditions in which the serpent was honoured. Snakes can connect us with our sensual energy and nature.

Snake Medicine offers a path to reclaiming the sacredness of sexuality. By learning from the serpent, we can release shame and conditioning around desire and sensuality, view sexuality as a natural, vital, and powerful aspect of our being and cultivate a deeper, more embodied connection to pleasure and creative energy.

Learn more about how Serpent can support us as space holders and facilitators to reclaim pleasure as leadership medicine in the SERPENT PATH OF PLEASURE- our 3-month immersion. Find out more [HERE](#)



ABOUT ME... EVA WEAVER

I am a queer author, coach and Snake Medicine guide with over thirty years' experience facilitating workshops, retreats & rites of passage in the UK and internationally- and more than a decade working in conscious sexuality, including kink, pleasure and embodied erotic leadership.

My work weaves together creativity, embodiment and the erotic, threads drawn from my background as an art psychotherapist, breathworker, shamanic practitioner, firewalk instructor, and sexological bodyworker.

Through my work as a sex coach with Back to Sex, I supported women, non-binary and genderqueer folks to reconnect with pleasure & erotic aliveness through trauma-aware, consent-led practice.

My great passion is to support women* facilitators & space holders to deepen their erotic sovereignty, embodied authority and pleasure-centred leadership through Snake Medicine: a living, embodied lineage that teaches through cycles of shedding, renewal, pleasure and power.

Alongside my beloved royal python, Syd, and supported by the spirit of my late snake, Myst, I continue to explore the ancient serpent lineages of Greece and Egypt and the wisdom they hold for our times.

I bring warmth, depth, humour, permission, fierce compassion and my colourful life experience to every circle I hold, creating spaces where people can inhabit their bodies more fully and lead from pleasure rather than pressure.

www.serpentmysteryschool.com

Insta: @snakemedicine_evaweaver



HOW WE CAN WORK TOGETHER

If *SNAKE MEDICINE* speaks to you and you feel called by snake, let's connect!
I'd love to circle back to the beginning of this little book and our journey with these
question:

- * Have you been touched by snake in some way?
- * How, if at all, have snakes appeared in your life?
- * Have they shown up at pivotal moments?
- * What do snakes mean to you?

Maybe something in here touched you, inspired you....

I would love to hear from your experiences with snake- in dreams, encounters,
conversations, stories....

You can email me at info@evaweaver.com

Or on Insta: @snakemedicine_evaweaver

or find me on Whatsapp or signal: +447757747027

There are many ways you can dive into Snake Medicine and learn more about how the
snakes can support you in your life and in any transitions you are going through.

Building on this intro you might want to continue with

****SERPENT BLESSINGS-****

a powerful self-study programme to connect you
with the wisdom of the Snakes

a beautiful course that you can dive in at your own pace.

You can check it out [HERE](#)



And..... on 17th of September 2026 the doors are open for the

SERPENT PATH OF PLEASURE-

a 3-month initiation for women, NB & genderqueer facilitators & space holders who want to reclaim erotic aliveness & sovereign, embodied leadership - supported by the ancient wisdom of the Serpent.

Check it out HERE

We begin on 17th of September 2026.

This is the doorway to the

HOUSE OF THE LIVING SERPENT MYSTERY SCHOOL and the
SERPENT TEMPLE- our 12- months initiation for facilitators who are ready to live their medicine, not only teach it and want to deepen their embodied leadership guided by the ancient wisdom of Snake Medicine & the mystery teachings of Bee & Rose.

Find out more HERE

I would love you to join me to dive deeper into the world of
Snake Medicine!

I look forward to connecting with you!
email me info@evaweaver.com

With much love and serpentine blessings

Eva xoxox

I hope to see you in the HOUSE OF THE LIVING SERPENT MYSTERY SCHOOL!