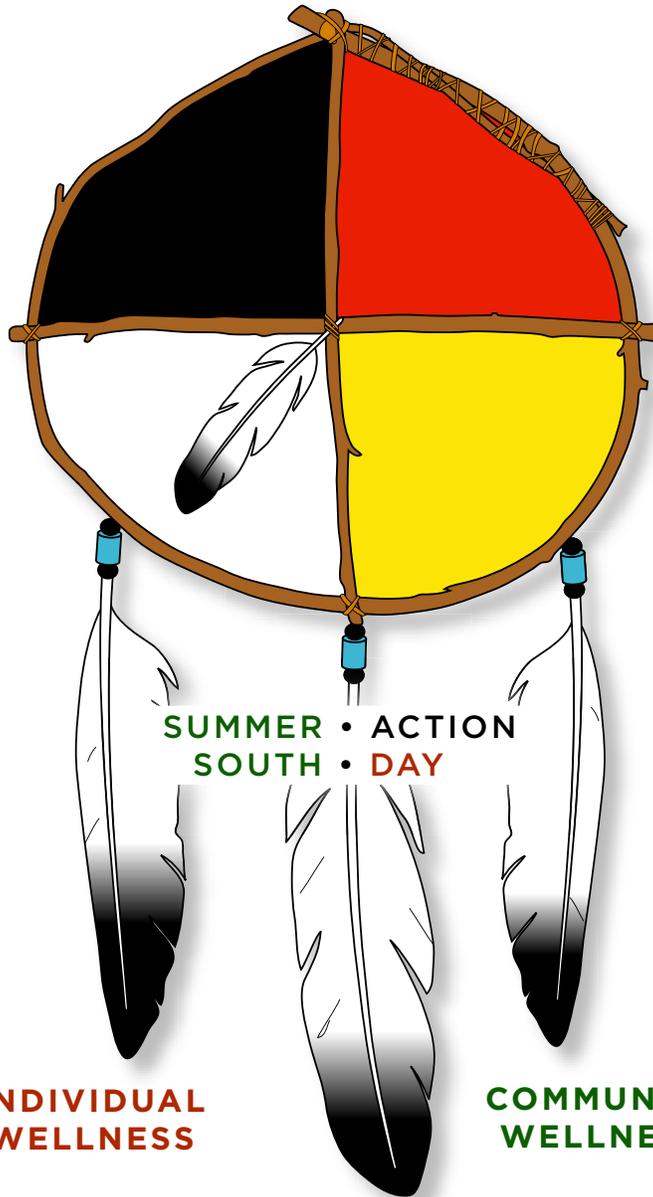


# SPIRIT IN MOTION

## Wellness Shield

WINTER • VISION  
NORTH • NIGHT

FALL  
REFLECTION  
WEST  
SUNSET



SPRING  
PLANNING  
EAST  
SUNRISE

SUMMER • ACTION  
SOUTH • DAY

INDIVIDUAL  
WELLNESS

COMMUNITY  
WELLNESS

ORGANIZATIONAL  
WELLNESS

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*“Everything exists in fours, there are four quarters of life, four cardinal directions, four seasons, the four first grandfathers: water, fire, rock, and air. These were the Creators first born and are the oldest in the world. The number four has sacred meaning for natives who see the individual standing in the center of the circle surrounded by the four directions.”*

— Dr. Martin Broken Leg (Lakota)



## Spirit in Motion: A Movement Building Circle

The Spirit in Motion program uses the four seasons and directions to honor the balance of creation and remind us of the natural flow of vision, action, reflection and rest. We offer specific workshops, tools, gatherings and ceremonies that reflect this continually flowing cycle.

### **Spring–East–Sunrise** (the East represents the start of life’s journey, a new day)

- Time to awake to a new day and greet the first sunray that hits the “mother earth”.
- Time to take that first breath of the day.
- Time to be in our bodies and feel our spirit come out of hibernation.
- Create workshops that support movement of the spirit and incorporate art, dance and music.

### **Summer–South–Day** (the South is a time of innocence, learning and growth)

- Time to feel our spirits beaming and pulsating and feel the connection to our “mother earth.”
- Develop outdoor education activities (such as rope courses) that build community trust and support.
- Support staff to take vacation to feel the sun give them energy.
- Support staff and directors to take time for reflection and health through walking and hiking.

### **Fall–West–Sunset** (the West is a time to teach, acknowledge and give thanks)

- Time to feel the change of energy as we move into self-reflection and gather our resources for hibernation.
- Support practices that reduce and prevent stress, and allow us to slow down.
- Develop workshops that reflect inwardness, such as herb workshops, and help each other envision our hibernation time.

### **Winter–North–Night** (the North is the time of cleansing and connecting to our elders)

- Create spaces that address our fear of self-reflection and support each other to look inward.
- Create circles of support for each other, such as times to write, cook, knit, have tea, fast, etc.
- Develop workshops on connecting to our dreams and ancestors.
- Support practices that allow us to keep our hearts open to hear the messages.

When we walk with the cycle of seasons we feel connected to all the elements that surround us. The time is now to support our fellow activists and organizers to do their work more effectively by taking time for self-care, reflection and rest.

*“Again did the earth shift. Again did the nights grow short, and the days long and the people of the earth were glad and celebrated each in their own ways.”*

— Diane Lee Moomey