

Direction

East	South	West	North
Mental	Physical	Emotional	Spiritual
Earth	Fire	Water	Air
Smudging/praying	Diet	Supports	Ceremonies
Positive thoughts	Exercise	Friends	Prayers
Educating	Walking	Relationships (Healthy)	Listening
New things	Rest	Sharing	Hope
Playing	Sweating	Forgiving	Faith
Giving mind rest	Playing	Dancing	Making love
Making love	Laughing	Hugging	Giving
Letting go	Yelling	Unconditional love	Receiving
Time for reflection	Crying	Expressing feelings	Nature walk
Belief	Singing	Making love	Visiting grandchildren
Laughing	Sounding	Playing	Feasts
Child	Dancing	Smiling	Playing
Innocence	Making love	Crying	Elder-guidance & direction
Foresight	Growth	Accepted	Life & death experiences
New life	Focus on present	Together	Buffalo
Vision	Youth	Participation	White owl
Animals	Learning	Adult	See from all perspectives
New beginnings	Warmth/Sunshine	Darkness/Nighttime	Cold/Snow
Light	Berries	Mystery	Winter
Spring	Medicines	Protection	Wisdom
Rebirth	Wood cutting	Harvest	New Sweat lodge
Sacrifice	Harvest	Bear	Backbone of Nation
Sharing	Leaves drop	Turtle	Extrovert
Affection	High noon	Healing power	Teachers
Spring	Summer	Fall	Winter
	Endurance	Mountains	Thinking/Reflecting
	Discipline	Strength	Rest
	Counsellors	Alternate reality, physical	Tree - honesty
Red	Yellow	Black	White
Redman	Asian Nations	Black Nations	White Nations, movement
Keeper of Mother Earth	Mind	Reason	Movement
	Do not suppress feelings	Hindsight	
	Introvert		
	Kindness, forgiveness		
	Openness		

