



Working With Earth Wisdom

Cycles of your life

‘Living here on Earth, we breathe the rhythms of a universe that extends infinitely above us. When resonant harmonies arise between this vast outer cosmos & the inner human cosmos, poetry is born.’

~*Daisaku Ikeda*

The cycles of time have not been altered, but how we perceive it has changed considerably in modern days. We are so busy traveling through time that we often don't stop and reflect where we are in this cycle so that you can truly appreciate the time that you are in.

Stepping into your Wise Inner Shamaness, you will understand the power of honoring all the cycles in your life. As woman, we have cycles. The cycle of growing into womanhood, the cycle of fertility, the time of shift from fertility to being an elder. Too, there are many cycles within these times of our lives.

Assignment: *Draw a quick timeline of the typical journey of a woman from birth to death. Identify where you are on this journey. Take note of whether you are celebrating where you are. For a deeper dive, journal through your timeline and discover where you've honored your journey.*



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Cycle of the Seasons

Sun. It brings us light, warmth and the ability to stand in its ultimate power. Prior to this informational age we are embracing, our forefathers and ancestors lived in harmony with the cycles of the sun. Using the long and sun days for one thing and the shorter darker days for another. Their lives were dictated by the seasons.

Ours, for the most part, are not. Because we spend so much time indoors, we have lost our sense of full connection to the seasons. Yes, we may go out and enjoy one season more than another. But it's the connection to the energy of the seasons and what they represent and how we can utilize them in our lives.

The symbolic meaning of seasons are now highly overlooked and profoundly powerful. Think of the seasons for a moment. They have the vibration to change our mood, change our lives and change our perspectives.

We have the opportunity to observe seasons as deeply symbolic like our ancestor shamanesses. Doing this prompts majestic shifts for us.



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Cycles of the Season (ct.)

Spring:

Spring is the time of rebirth ~ a time of phenomenal renewal. The earth reawakens from her slumber, and explodes with new life. In our own lives, Spring is symbolic of starting new projects, & sewing new seeds. Springtime gives you energy you need to break free of old limiting beliefs. This is also a time to contemplate health and physical well-being too.

To activate this energy in your home, during ANY season, bring in flowers to your home, do a deep decluttering and cleaning. Begin to implement a project that you have been holding onto starting.

Summer:

Summer is a time for Vitality. Days are longer & the rays of the sun dissolve shadows in our lives. It's when you can deeply reveal your own truth and step into fully appreciating and understanding the power of you! Summer is a time of light, joviality, & expression. It is symbolic of the vitality inherent within every heart.

To activate this energy in your home, during ANY season, get your hands into mother earth. Repot indoor plants, create an herb wall or get outside and till Mother Earth's land.

Consider grabbing something in your wardrobe that aligns with Vitality ~ even on the most overcast and cool of days.



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Cycles of the Season (ct.)

Fall:

Fall embodies a time of culmination. It is symbolic of the activity inspired by the fire-glow radiance of foliage. This is a time to finish projects & bring things to completion. It's a time of taking stock of everything you are grateful for and to count our blessings.

To activate this energy in your home, during ANY season, clean out your food storage areas. Fix and repair little things that have been piling up. Make arrangements that have the energy of fall leaves in it.

Winter:

Winter months is a time that gives way to dormancy. Life is still. You are going inward. This is a time of contemplation. Symbolic winter invites us to quiet the mind, still the soul, and crystallize our inner workings. While during this time of introspection, one can begin planning out new projects.

To activate this energy in your home, during ANY season, re-create your home selves and altars. Build a Vision Board. Take out notebooks and begin to doodle out plans for the future.



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Cycles of the Day

Each day has a rhythm to it. Our bodies have numerous biological clocks (chronobiology). These are ingrained in repetitive cycles deep inside of us.

Our days rhythm is closely associated to light. The Sun synchronizes the rhythms of growth and dormancy, rest and activity. This continually affects our energy and it is important to be deeply aware of the effects of daily light and darkness within your body to utilize this to our best advantages.

Morning Light: Set forth intentions for the day. Visualize. Ask for support from guides and angels. Begin projects.

Midday: Be active. Move. Expand. Work

Evening: Bring things to conclusion. Completion. Socialization.

Dark of night: Rest. Renew. Rejuvenate. Dream.