Although the quartered symbol indicates four basic directions, there are two over-riding directions of downward into the depths of the earth and upward toward the sky. One might start the journey of the medicine wheel with a meditative Yoga stance of the mountain pose. The feet are planted firmly on the ground, attention brought to the feeling of protection from the gravity that holds one steadily in place on earth. The arms are placed overhead with palms touching and fingers pointing upward to the heavens where guidance and wisdom are accessed. The eyes gaze comfortably ahead while the breath is slowed and deepened to promote relaxation. After a few moments of this stance for stabilization, one is now ready to explore the energies of the four directions.

**East**:

Facing east, one can imagine the sunrise bringing illumination to the day, marking a time of new beginnings. It is a time of intellectual preparation as one envisions what is to come. There is awareness of a new day, new light, new possibilities, a new thought, an opportunity for a new way of being. The season of spring-time and the color yellow are typically associated with Eastern energies. In terms of human life cycles, it represents birth, infancy and young childhood. Winged animals taking flight in air are associated with this direction, and one might ponder the question, "Where am I going?" from this vantage point. Illumination is brought to the distractions and dependencies that have been getting in the way of forward progress. One can say good-bye to those deterrents and commit to living a more responsible life of authenticity.

**South**:

Taking a quarter turn to the right, one now looks to the south and the bright light of daytime and action where the work of our intention is physically carried out. The season of summer and the color red are associated with the south. It represents youthful growth and development as one works to establish oneself. It represents the urge to courageously and passionately move and create. From this angle one can feel the body as it moves in perfect rhythm with laser-like focus, similar to the way an athlete feels when entranced in "the zone."

**West**:

Moving to the west, images of the setting sun, the ending of the day and a time for rest are brought to mind. It is a social time of relaxation and self-expression. The season of autumn and

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