Elderhood of freedom

The tree with new buds:
New life reveals itself.
Belonging through surrender. An intuitive knowing not controlled by self. Realization

Turning to the south:
The vision must be embodied

Expressed through:

Uncertainty
Relationship with mystery
Non-dualistic: (profound and profane)
Contraries
Art & creativity - blank sheet
Breaking of rigidity
Death / birth door
Vision
Intuitive knowing
Breaking of constricting structures (inner or outer)

Eldership of freedom:
The journey toward spring is the growth of the elder freedom:
The freedom that is born from letting go, of dwelling in uncertainty

- Focus on spirit-

What is my relationship with uncertainty?

Coming from the north:
The familiar discipline and structure of the north invite a fresh beginning

Turning to the south:
The vision must be embodied

Fire:
Burns away that which no longer serves, that which is no longer true - leaving ground open for fresh possibilities.

The tree with new buds:
New life reveals itself. Belonging through surrender. An intuitive knowing not controlled by self. Realization

East
CHILDHOOD OF SENSUALITY

EXPRESSION THROUGH:

RAW UNCENSORED EMOTION
INNOCENT SEXUALITY
EROTIC LOVE
PLAY
WONDER
INSTINCTUAL KNOWING
ANIMISM
SENSUAL EXPERIENCE
REACTIVE RESPONSES:
(INCLUDING GREED &
VIOLENCE)

THE JOURNEY TOWARD
SUMMER IS THE GROWTH
OF THE CHILD

INNOCENCE:
LIFE IS
EMBODIED FRESHLY AND
SPONTANEOUSLY LIKE A CHILD

- FOCUS ON BODY -

WHAT ALLOWS ME TO
PARTICIPATE
INNOCENTLY IN THE
SENSUOUS
LIFE OF THIS WORLD?

COMING FROM THE EAST:
SPIRIT IS DRAWN DOWN
INTO BODILY LIFE:
EMBODIMENT

TURNING TO THE WEST:
THE FULL EMBODIED
PARTICIPATION OF SUMMER
IN TURN INVITES
REFLECTION AND
INTROSPECTION OF
AUTUMN...

WATER:
INWARDLY THE RIVERS OF BLOOD,
OUTWARDLY THE RIVERS
OVER THE LAND: BOTH ANIMATE
AND ENLIVEN LIFE.
FROM THE PERSPECTIVE OF WATER,
THERE IS JUST ONE BODY, CEASELESSLY
POURING INTO FRESH FORMS

SOUTH

THE GROWING TREE IN
FULL LEAF:
BELONGING THROUGH
 BEING ROOTED IN THE
SENSUOUS BODY OF THE
EARTH - AS A PART OF
THE EARTH'S BODY

FROM THE PERSPECTIVE OF WATER,
THERE IS JUST ONE BODY, CEASELESSLY
POURING INTO FRESH FORMS
EXPERIENCED THROUGH:

SELF AWARENESS
ENTERING (CASTING LIGHT IN)
SHADOW
LOSS OF INNOCENCE
REVELATION OF UNIQUENESS
WOUNDED HEALER
CONSCIOUS EMOTIONAL LIFE
INTROSPECTIVE KNOWING
INITIATION
SEVERANCE
ANIMA/ANIMAS
PARENTING OURSELVES
MYTH – STORYING OURSELVES

ADOLESCENCE OF INTROSPECTION

THE JOURNEY TOWARD AUTUMN IS
THE GROWTH
OF THE ADOLESCENT

INTROSPECTION:
LOOKING INTO OUR LIFE, WE BECOME
CONSCIOUS OF SELF, OF PSYCHE -
IDENTITY IS STRENGTHENED

- FOCUS ON SELF -

WHAT IS MY CAPACITY TO
BEAR THE WHOLE OF MY
LIFE?
WHAT ARE THE GIFTS IN
MY WOUNDING?

COMING FROM THE
SOUTH:
EMBODIED EXPRESSION
INVITES REFLECTION

TURNING TO THE
NORTH:
THROUGH
INTROSPECTION &
RECOGNIZING OUR
GIFTS WE ARE
INVITED TO ENGAGE,
TO OFFER OUR LIFE

WEST

THE LEAVES FALL AND THE TREE
BEARS FRUIT:
BELONGING THROUGH FINDING OUR
IDENTITY, OUR PARTICULAR
EXPRESSING IN LIFE.
BELONGING THROUGH COMPASSION,
THE RECOGNITION OF THE
CHALLENGES OF OUR SHARED
HUMANITY

EARTH:
The solid ground that holds the
whole of our life. We become
more ‘solid’ gaining a greater
sense of self, of identity.
HUMUS – HONESTY – HUMILITY
LEAVES THAT ARE NO LONGER OF
USE FALL AWAY MAKING COMPOST
to enrich the earth, helping the
tree to bear the fruit.
ADULTHOOD OF RESPONSIBILITY

EXPRESSED THROUGH:

- Action
- Planning
- Conceptual Knowing
- Rational Thought
- Learning Skills
- Developing Tools
- Discipline
- Commitment
- Order & Structure

THE JOURNEY TOWARD WINTER IS THE GROWTH OF THE ADULT

SERVICE:

We take responsibility for, and find meaning in showing-up; in offering ourselves for the well-being of the community of life.

- Focus on Mind-

COMING FROM THE WEST:

We are now responsible for offering the gifts we harvested in the shadow.

TURNING TO THE EAST:

Structure and form must eventually give way to the new growth of spring.

TO WHAT IS MY LIFE OFFERED?
IN WHAT WAY IS THIS OFFERED?

AIR:

Ephemeral - can’t be seen or held, just like the mind, yet it is essential for survival. The mind, just like air is often overlooked, how do we train the mind? A great tool but a poor master.

THE NAKED TREE:

Belonging through participation. Actively making use and offering up our lives to support the wider community through the winter.