

## THE FOUR DIRECTIONS Plus

When the Lakota people pray or do anything sacred, they see the world as having four directions. From these four directions come the four winds. Each direction has a special meaning and color associated with it.

East (Yellow) - Direction of the Eagle representing illumination. The direction from which the sun comes. Light dawns in the morning and spreads over the earth. This is the beginning of a new day. It is also the beginning of understanding because light helps us see things the way they really are. On a deeper level, East stands for the wisdom helping people live good lives. Traditional people rise in the morning to pray facing the dawn, asking God for wisdom and understanding.

South (Red) - Direction of Bloodlines - Grandmom's Love is Unconditional. Because the southern sky is when the sun is at its highest, this direction stands for warmth and growing. The sun's rays are powerful in drawing life from the earth. It is said the life of all things comes from the south.

West (Black) - Direction of Innocence. Direction of the Bear leading to Introspection. To the west, the sun sets, and the day ends. For this reason, west signifies the end of life. As Black Elk says, "... toward the setting sun of his life." The great Thunderbird lives in the west and sends thunder and rain from its direction. For this reason, the west is also the source of water: rain, lakes, streams and rivers. Nothing can live without water, so the west is vital.

North (White) - Direction of Endurance, Leadership. North brings the cold, harsh winds of the winter season. These winds are cleansing. They cause the leaves to fall and the earth to rest under a blanket of snow. If someone has the ability to face these winds like the buffalo with its head into the storm, they have learned patience and endurance. Generally, this direction stands for hardships and discomfort to people. Therefore, north represents the trials people must endure and the cleansing they must undergo.

5th Direction: Father Sky - Offers unlimited possibilities

6th Direction: Mother Earth - Reminds us we are all a part of a greater whole and we have all we need. This direction nourishes us.

7th Direction: Our Divine - We look within to understand we are holy and deep within us is where peace lies.

These 7 Directions are the circle of the medicine wheel which helps us have perspective.

When we do anything sacred, we honor the 4 directions to bring forth wholeness.

The truth is we are all connected and never alone.

The medicine wheel teaches all life changes Life/death/loss/transition/learning ....  
Through this understanding, Harmony is Reached.

**FOUR UNIVERSAL ADDICTIONS WHICH ARE LIFE-NEGATING PATTERNS:**

From a cross-cultural perspective, there are 4 basic addictive patterns humans share:

1. The addiction to Intensity.
  - a. The unclaimed human resource if we don't work through this is the expression of love, i.e. we can't get to a deeper expression of love if we do not work through our addiction to intensity.
2. The addiction to Perfection.
  - a. The unclaimed human resources as a result are the Expression of Excellence (making progress) and the right use of Power
3. The addiction to the Need to Know
  - a. The resulting unclaimed human resource is the expression of wisdom
4. The addiction to being fixated on what's not working
  - a. So the resource of vision and looking at the whole goes unclaimed.