

AN AUSTRALIAN WHEEL OF LIFE

The four seasons govern much of our life – symbolically, spiritually, physically, and even emotionally. They are nature's timepiece. They mark the moment we enter the world, and will again when we shed our robes and leave. They represent every aspect of our journey through the great Wheel of Life, while also governing the four directions, the elements, and even the guardian spirits that protect them.

Ancient earth wisdom demonstrates the understanding of how we relate to all things. Their teachings depict all things as living, deserving equal respect, even those things we might see as inanimate or invisible, due to the belief that everything was ultimately created from the one source. The sacred understanding that Spirit lives within all things of nature is at the core of ancient belief, with life viewed as a great wheel, developed around the ancient symbol of the circle with the cross in the middle forming the spokes that divide our lives into four main growth stages.

The paths within represent our life on earth and the paths of our ancestors. Each of the four directions, starting with the east, represents a season, and with each comes the teachings of the corresponding minerals, plants and animals, as well as the elemental creatures and spirit beings that govern them. Beginning with new life in the spring, to the height of fullness and energy in summer, from the inward contemplative energy of autumn, winter's wisdom of old age, and finally to the passing over to begin a new life once again in the east, it can be said that the seasons aim to remind us of our mortality and our

Get in phase with the cycles of the year as Scott King reveals the unique nature of the seasons down under. Australia's Wheel of the Year is as dynamic and vital as our country, so read on to find out how each season affects your life.

immortality, while instilling within each and every one of us a greater understanding of Mother Earth and the forces of nature that surround us every day.

SPRING: East

Each morning the sun rises in the east – the direction of the greatest light, and the light of wisdom and consciousness. As the kookaburra chuckles, heralding a new day, the promise of a new beginning is realised by all. As the morning sun banishes the dark mysteries of night, birthing the new day, potential is ripe and opportunity is there for the taking.

The east symbolically represents the energies generated by spring – the season of new growth and fertility. In the spring the countryside is dotted with baby animals, the air is warm and the fields are being sown. It is a time of balance and harmony, when light and dark stand equal. It is a time to celebrate life and what it means to be alive by playing musical instruments, such as the didgeridoo, the flute, the panpipes and other wind instruments. The male in all things is recognised and the Goddess is in her Maiden stage.

The energies of spring and the east, in the form of Eurus, the East Wind, bring with them the projective energies of change by invoking a desire to seek knowledge regarding abstract learning, breath work, inspirational arts, clear

hearing and inner harmony through activities such as Zen meditation and brainstorming. It encourages us to travel; to find inner peace and outer freedom (prompting us to reveal hidden truths); to find lost things; to study herbalism; to develop psychic abilities; to undertake instruction of any kind; to enhance memory and to find personal illumination by remembering long lost dreams and acting upon them.

In accordance with the teachings of the Wheel of Life, during spring we find ourselves symbolically back in infancy, ready to start life over again with the innocence of childhood. The gifts of illumination and intuition are ours for the taking, and our path toward the north is governed by the spirits of the Air – the sylphs, zephyrs and faeries who inhabit the world of trees, flowers, winds, breezes and the mountains, the Goddess Aradia and the God Thoth.

SUMMER: North

At approximately 12pm each day, the sun is directly overhead and the plans for the day's events are usually fairly well established. The afternoon still holds untold mysteries, but with the strength and warmth of the sun streaming down, life's possibilities feel limitless and we are confident in our abilities to face everything with a degree of success.

When the sun is at its peak, as it is at