

<u>Spring & Dawn</u>	<u>Summer & Noon</u>	<u>Autumn & Evening</u>	<u>Winter & Night</u>
New Life	Coming into strength	Twilight	Cold
Beginnings	Power	Waning	Dark
Renewal	Authority	Diminishing	Stripped bare
Hope	Leadership	Pruning	Waiting
New shoots	Using gifts	Letting go	Helplessness
Inspiration	Maturity	Gathering in	Hunger
Fresh energy	Affirmation	Harvest	Emptiness
Birth	Recognition	Burning	Exhaustion
Initiatives	Pleasure	Cleansing	Vulnerability
Resurrection	Relaxation	Discernment	Weakness
EAST	Rest	Judgement	Death
	Sabbath	Reflection	Fear
	Enjoyment	Commitment	Failure
	SOUTH	WEST	NORTH

Each of the four compass points, north, south, east and west, represent a different perspective.

My life always seems to have something in it in each of the four directions:

- There is always some part of my life that is in winter, where it is empty and dark.
- There is always some part of my life that is in spring, where there are new beginnings, and fresh hope.
- There is always some part of my life that is in summer, where I am powerful and able to relax and enjoy life.
- There is always some part of my life that is in autumn, where there are things that need to be let go of, and new commitments to be made.

One of the perspectives always seems stronger than the others, but if I search my life there are always also bits of it that are in the other directions.

So, I stand upright, with my feet a little apart, and face north. I open my arms out wide, and ask the blessing of God on all those parts of my life that feel as if they are symbolically in the north, and I name them out loud to Him. I then turn 90degrees to face east, and perform the same ritual action, only this time I ask the blessing on all those parts of my life that are symbolically in the east, and I name them out loud to God. Continuing to turn to face south and then west, I repeat the action with the South and then the West.

My experience with this prayer exercise is that it helps me in a number of ways:

- It helps me to stay in touch with all that is going on in my life, not just the dominant bits of the moment, and by naming them to own them to myself.
- It helps the whole of my life to be better integrated.
- It gives me a way of offering the whole of my life up to God.
- It seems to make it less likely that I stay stuck in any one direction. Life is circular or better spiral, not mainly linear. Things do move on, like the seasons and the daily rhythm.

Using this little ritual seems to help oil things, and keep them in movement. I can't explain why!!