

**Direction**

<b>East</b>	<b>South</b>	<b>West</b>	<b>North</b>
<b>Mental</b>	<b>Physical</b>	<b>Emotional</b>	<b>Spiritual</b>
<b>Earth</b>	<b>Fire</b>	<b>Water</b>	<b>Air</b>
<b>Smudging/praying</b>	<b>Diet</b>	<b>Supports</b>	<b>Ceremonies</b>
<b>Positive thoughts</b>	<b>Exercise</b>	<b>Friends</b>	<b>Prayers</b>
<b>Educating</b>	<b>Walking</b>	<b>Relationships (Healthy)</b>	<b>Listening</b>
<b>New things</b>	<b>Rest</b>	<b>Sharing</b>	<b>Hope</b>
<b>Playing</b>	<b>Sweating</b>	<b>Forgiving</b>	<b>Faith</b>
<b>Giving mind rest</b>	<b>Playing</b>	<b>Dancing</b>	<b>Making love</b>
<b>Making love</b>	<b>Laughing</b>	<b>Hugging</b>	<b>Giving</b>
<b>Letting go</b>	<b>Yelling</b>	<b>Unconditional love</b>	<b>Receiving</b>
<b>Time for reflection</b>	<b>Crying</b>	<b>Expressing feelings</b>	<b>Nature walk</b>
<b>Belief</b>	<b>Singing</b>	<b>Making love</b>	<b>Visiting grandchildren</b>
<b>Laughing</b>	<b>Sounding</b>	<b>Playing</b>	<b>Feasts</b>
<b>Child</b>	<b>Dancing</b>	<b>Smiling</b>	<b>Playing</b>
<b>Innocence</b>	<b>Making love</b>	<b>Crying</b>	<b>Elder-guidance &amp; direction</b>
<b>Foresight</b>	<b>Growth</b>	<b>Accepted</b>	<b>Life &amp; death experiences</b>
<b>New life</b>	<b>Focus on present</b>	<b>Together</b>	<b>Buffalo</b>
<b>Vision</b>	<b>Youth</b>	<b>Participation</b>	<b>White owl</b>
<b>Animals</b>	<b>Learning</b>	<b>Adult</b>	<b>See from all perspectives</b>
<b>New beginnings</b>	<b>Warmth/Sunshine</b>	<b>Darkness/Nighttime</b>	<b>Cold/Snow</b>
<b>Light</b>	<b>Berries</b>	<b>Mystery</b>	<b>Winter</b>
<b>Spring</b>	<b>Medicines</b>	<b>Protection</b>	<b>Wisdom</b>
<b>Rebirth</b>	<b>Wood cutting</b>	<b>Harvest</b>	<b>New Sweat lodge</b>
<b>Sacrifice</b>	<b>Harvest</b>	<b>Bear</b>	<b>Backbone of Nation</b>
<b>Sharing</b>	<b>Leaves drop</b>	<b>Turtle</b>	<b>Extrovert</b>
<b>Affection</b>	<b>High noon</b>	<b>Healing power</b>	<b>Teachers</b>
<b>Spring</b>	<b>Summer</b>	<b>Fall</b>	<b>Winter</b>
	<b>Endurance</b>	<b>Mountains</b>	<b>Thinking/Reflecting</b>
	<b>Discipline</b>	<b>Strength</b>	<b>Rest</b>
	<b>Counsellors</b>	<b>Alternate reality, physical</b>	<b>Tree - honesty</b>
<b>Red</b>	<b>Yellow</b>	<b>Black</b>	<b>White</b>
<b>Redman</b>	<b>Asian Nations</b>	<b>Black Nations</b>	<b>White Nations, movement</b>
<b>Keeper of Mother Earth</b>	<b>Mind</b>	<b>Reason</b>	<b>Movement</b>
	<b>Do not suppress feelings</b>	<b>Hindsight</b>	
	<b>Introvert</b>		
	<b>Kindness, forgiveness</b>		
	<b>Openness</b>		

