

Native American Spirituality

Native Americans find spiritual and life wisdom in the cardinal directions, and the colors and animals of creation. When we open ourselves to the essence of the direction, color, animal, and attributes, they speak to us and we receive sacred direction, spiritual inspiration, and guidance.

Here is the general information on directions, colors, animals, and attributes, along with a sample affirmation or prayer:

EAST: The color is yellow; the animal is the Eagle; and the attributes are new dawn, birth, beginnings, RENEWAL. The season is Spring. Also this is Morning Star direction. The Morning Star is the Christ. An empowering statement representing the EAST consciousness might be:

In the new sun of each dawn I am renewed in power and strength to renew the earth.

SOUTH: The color is red; the animal is the deer, the cougar, or the coyote (the deer is the soft one, the cougar is the watcher, and the coyote is the hero/trickster); and the attributes are the time of parenting, the time of fertility, the time of growth and fruiting, LOVE. The season is Summer time.

An empowering statement representing the SOUTH consciousness might be:

The red of my life blood is the fruit of my earthly journey.

WEST: The color is black, the animal is the bear; and the attributes are harvesting, time to be a teacher, midlife even to metapause, inner focus, HEALING. It often involves a return to the symbolic womb to then enter as a person with spiritual rather than physical focus. It is a time to become the healer with a long-story focus of our work. The season is Autumn.

An empowering statement representing the WEST consciousness might be:

I turn within and pause for the Christ to do its healing work.

NORTH: The color is white; the animal is the white buffalo; and attributes are eldership, passing on the eternal wisdoms, preparation of passage from life, teaching the grandchildren by example, stating the world wisdom in purity, WISDOM. The season is Winter.

An empowering statement representing the NORTH consciousness might be:

I share my eldership by expressing the wisdoms of my life journey.

SKY: The color is blue. It represents inspiration and intuition.

An empowering statement representing the SKY consciousness might be:

The blue vault of the sky inspires me to be wide open to God's guidance.

EARTH: The color is green. It represents healthy growth, grounding.

An empowering statement representing the EARTH consciousness might be:

Grounded in the Earth, I am nurtured and grow healthy and strong in body, mind, and spirit.

CENTER: We stand in the center, with the sky above, Earth below, and look to the four directions. We see others living their time of life, and we see our place in time on the wheel of life. Standing in the center, we are balanced by the four directions horizontally and Heaven and Earth vertically. We find ourselves in the center of consciousness.

Wherever we are on the wheel of life, we have others to be models to and to receive modeling from. We see that each direction looks across the wheel to the complementary direction. New birth of the east is tempered and balanced by the presence of the spiritually reborn. The spiritually reborn looks at the forces of newness and innocence in the east. Love alone in the south can be too unbounded, wisdom alone in the north can be too frigid and brittle. Each needs the other to stay in balance.

We are in harmony and in balance when we honor and embody the spiritual grace of all the parts of Creation that make up the whole.