The 8 Directions

A Modern Mystic Thanksgiving Address to the Eight Directions

We begin in the here and now, with a deep in-breath. We honor the eight directions for all the ways in which they show up and for all the ways in which we cannot see them at play. Extend a blanket of gratitude over every direction.

Gratitude and thanks to the east, the direction of new beginnings, openness, hope, and inspiration.

Gratitude and thanks to the south, the direction of life force, of burning bright, of passionate desire, of giving generously and receiving abundantly—not holding back.

Gratitude and thanks to the west, the direction of pause, of beauty way, and the direction of all that has gone before: our memories, our ancestors, our guides.

Gratitude and thanks to the north, the direction of "not knowing" and the unseen realm, the direction that brings us back to the journey time and time again. North is the direction of magic, of eternal mystery and truth, where past and future intersect.

Gratitude and thanks to the direction below, the earth under our feet that holds us, supports us, grounds us, and connects us to the realm of form and matter.

Gratitude and thanks to the direction above our heads, the ethers, that connect us to the light beyond the moon and the stars, the realm of all potential and possibility, the realm where miracles and magic are born, and home of the light that reminds us what we already know.

Gratitude and thanks to the inward direction, the direction where you are the vessel for this exper-ience, you are the prism, the intersection of form and light. This is the direction that connects us to our heart, our cells, ourselves, and to the deeper knowing encoded within.

Gratitude and thanks to the outward direction. This is the direction which connects us to all things. It connects us to ourselves, the earth, the ethers. It connects us to all that has been, all that is, and all that will be. This direction connects us to one another across time and space. It weaves a blanket of gratitude in all directions for things spoken and not spoken.

We give gratitude for all that is, all that has been, and for blessings already on their way.

Amen ~ Blessed Be ~ Aho ~ And so it Is...

We are all connected.

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The 8 Directions

The Directions and Your Life Wheel

Your life can be mapped to the wheel, and informed by the wisdom of the directions.

The Cardinal Directions: East—South—West—North

Just as they do on a compass, the cardinal directions orient us to our landscape, ourselves, and the world around us.

The Liminal Directions: Southeast—Northwest—Southwest—Northeast

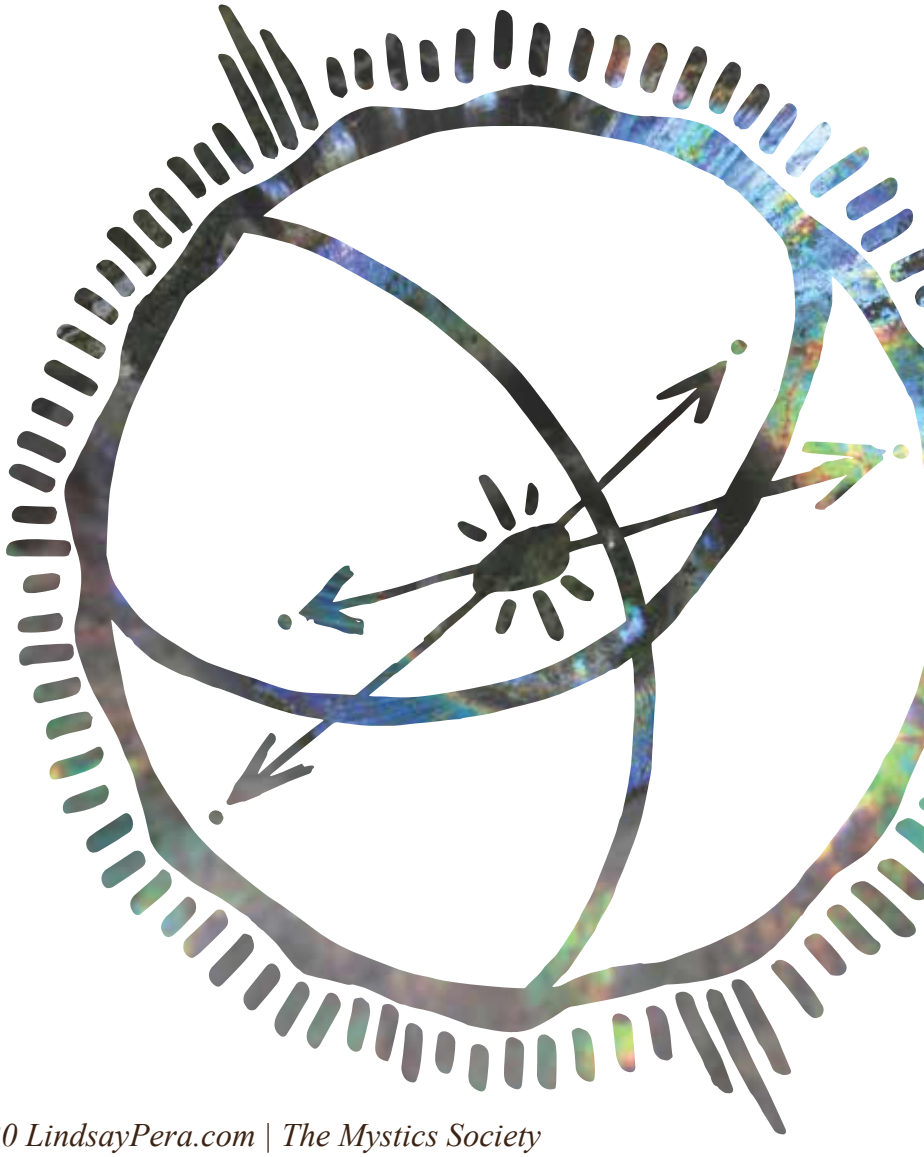
A typical compass has eight directions of its own, composed of the cardinal and the liminal. These liminal directions are sometimes called the "intuitive" axis because they exist in the realms between the cardinal points.

The Relational Directions:
Below—Above—Inner—Outer

The relational directions orient an individual to their surroundings. Standing at the center of our wheel or
rings or compass, a body can turn to the four cardinal directions. All that is required to be in connection with the relational directions is to stand in the center, to bring our awareness to that which is below us, above us, within us, and outside of us.

The Mystics Path is deeply informed by the eight directions, a combination of cardinal and relational directions. Though the directions are consistent with a compass, they should not be confused.

You can map these directions to the compass or on a life wheel. You can also look at them in a table (such as the one on the next page) to see the directions (and what they represent) in relationship to one another.



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The 8 Directions

Direction Relationships

DIRECTION	SUN'S JOURNEY	MOON'S JOURNEY	SEASON	HUMAN JOURNEY	ATTRIBUTES
East	Sunrise	Waxing	Spring	Newborn	Hope Inspiration
South East	Morning Sun			Toddler	Play
South	Noon Sun	Full	Summer	Child	Momentum Action Growth
South West	Afternoon Sun			Teen	Rest Reflection Sovereignty
West	Sunset	Waning	Autumn	Adult	Gratitude Beauty Way
North West	Bedtime			Elder	Rest Restore
North	Midnight	New	Winter	Wisdom Keeper	Mystery Inquiry
North East	Deepnight Pre-Dawn			Whispers	Dreaming Magic Wonder

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The 8 Directions

Getting to Know the Mystic 8 Directions

1. East ∞

The east is the direction of the rising sun.

The east is the direction of new beginnings, and of hope and inspiration. In the east, you find your prayers are answered as you receive the gift of the new day dawning, the return of the light, and the thawing of the winter frost. The spring is upon you with all the light, magic, and warmth of a new day. A new season opens itself before you—new beginnings, new opportunities, new perspectives. When the east presents itself, it's a good time to welcome the new, to give thanks for answered prayers. In the east, you will find the first baby green shoots of the seeds of your hopes and dreams, planted many months ago. Soak up the light and prepare for the growth ahead. With the return of the light, you release the darkness.

2. South ∞

The south is the direction of the summer sun.

The south is life force energy, passion, and play. In the south, find the energy and inspiration to do the good work, to "chop wood and carry water." South is also the direction of manifesting in form and of the divine goddess herself. Allow the divine feminine to take the wheel.

Allow yourself to be journeyed toward your destiny as you take the aligned action steps that resonate with your heart. Find ways to play and delight yourself and others along the way. When you feel distant from your heart, your desires, and your innate wellspring of energy, channel the light of the summer sun, the warmth, the fire, the light. The south will anchor your dreams in powerful and potent ways. Let the sunshine in.

3. West ∞

The west is the direction of our ancestors.

The west is the bridge to all that has gone before, and the bridge back to where we came from. West is the direction of beauty way, and of grace. Picture in your mind's eye the beauty of a sunset with hues of orange, purple, and blue. The west and the setting sun beckon you to pause, soak in the moment, and enjoy the now. In the west you are greeted by gratitude, one of the most potent teachers and healers of this human journey. You are being called upon to draw on the magic of the west. Give thanks for all who have gone before. Give thanks for what is real and true in your life. Give thanks for blessings already on their way. Your ancestors are cheering you on and trying to remind you to seek the beauty all around. Good things come to those who pause to give thanks.

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4. North ∞

The north is the direction of the "not knowing" and the unseen realms.

You may feel as though you cannot see the path ahead and are afraid of what is to come. What would it be to trust in the unfolding? What would it be to allow yourself to be journeyed into the "not knowing," while trusting that the path before you will rise to meet your feet? In the north, you feel the spacious potential of the midnight sky or the deep winter's night. In the north, open up space for the dreaming and visioning of all that wants to be. When north shows itself, it is a potent time to "let go" and "let God": to let your path be illuminated by the lantern of trust and believing. You have powerful guides and allies by your side to help lead the way.

5. Below ∞

As above, so below.

What is below is far more than the earth beneath your feet. It is your roots, your connection to all that is and has been and will be, your path to Source. Below is also the direction of the underworld, the realm of deep tracking, thus healing. When you call forth the medicine of below, you are willing to do your work, look yourself in the mirror, and trust that in facing the shadow, you are working with the light. Do not be tempted to see below as dark, evil, or ominous. Like the seed nestled into the rich soil of winter, gathering itself to burst forth in the spring, below is the direction of potential, possibility, and potent manifestation. Honor below and it will return rewards beyond your wildest dreams.

6. Above ∞

Turn your attention to the ethers and the heavens above.

The realm above takes us beyond our earthly landscape, beyond our atmosphere, beyond the cosmos and the constellations, far beyond our grandmother moon and brother sun, beyond even our own human capacity to comprehend, and out into the distant etheric realms. Above, you can access the realm of all potential and possibility. This is the realm of oneness, unity, truth, and potential. This is the timeless, eternal realm where miracles are born. Not only is there tremendous comfort and uplift when you connect to the realm above, there is also potential for powerful transformation, change, and manifestation.
So, keep those roots down, but put those wings up. Soar. Dream. Believe.

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7. Inner ∞

You are the vessel for this experience.

You have access to a powerful and infinite realm of potential and possibility within your own body. Going within allows you to tap into the spacious and expansive universe that is your own body. You are the vessel for this experience in form. You are the prism. You are the intersection of form and light. When the inner direction shows itself, youare being called to turn your awareness within. Clear out the cobwebs and remember that you are an infinite vessel of light. Where there may seem to be overwhelm, stress, or anxiety, seek instead the inner calm, quiet, and peace. Deep within the reaches of the inner realm, you are reminded that you are a window for the great expansive cosmos above. As above, so below. You are wise, powerful, and luminous without bounds. You are capable without measure, blessed beyond comprehension. Trust in the unfolding of your journey. You are the vessel for this experience, and you hold the wand.

8. Outer ∞

We are all connected.

Outer is the direction of connection. The outer brings you into connection with all things: a closer connection to the earth, to yourself, your higher self, to each other, to Spirit and beyond. The outer connects you to all that has been, all that is, and all that will be. When you invite the medicine of the eighth direction, outer, into your life, you find a resonance and synchronicity you can experience as true ease and grace. When things are feeling hard, or useless, or impossible, call upon the outer to reconnect you to the incredible web and matrix of this existence. It holds the infinite abundance you seek. In times of growth and prosperity, the outer calls upon you to shine your light for those who may not yet see, and to share your gifts so that others may find their way to deeper connection and meaning as well.



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