

# Honoring The Four Sacred Directions Within Us



**Jesus Solorio, LMFT**

# Honoring The Four Sacred Directions Within Us

- Pause to create
- Grab whatever art materials you have access to
- Listen with your heart
- Write, draw, paint, doodle from your heart and spirit



Image: Wikimedia Commons









Image: Pexel



Image: Pexel

A vibrant sunset sky with a gradient from deep red at the bottom to a pale yellow at the top. The sun is a bright orange glow on the horizon, partially obscured by clouds. Numerous birds are silhouetted against the sky, flying in various directions. The overall mood is energetic and expansive.

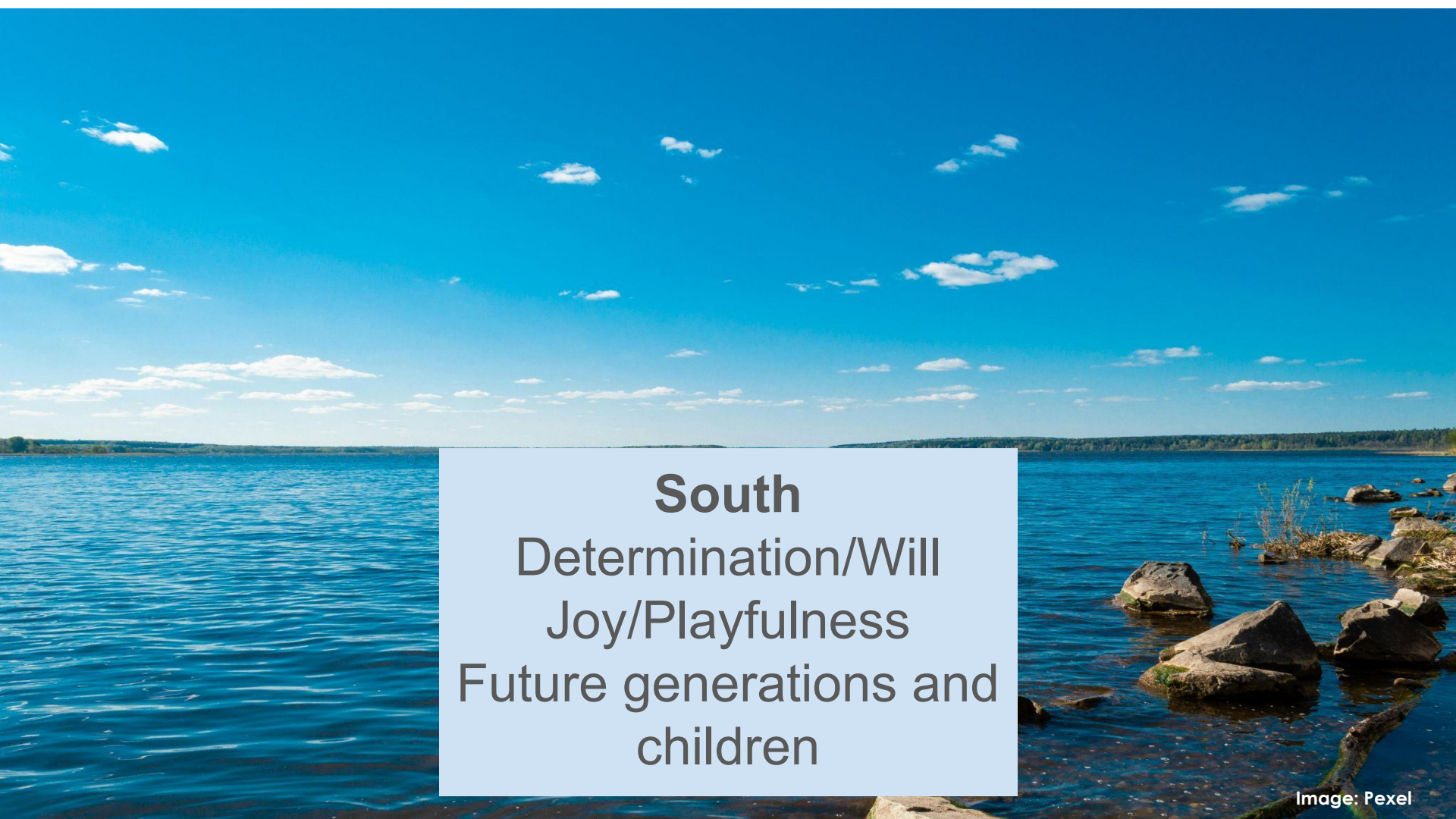
**East**  
Knowledge  
Masculine energy

A wide river flows through a rocky landscape at sunset. The sun is low on the horizon, casting a golden glow over the water and the surrounding hills. The sky is filled with soft, wispy clouds. The foreground shows large, smooth rocks in the water. The overall mood is serene and contemplative.

**West**  
Creativity  
Generation  
Feminine energy



**North**  
Wisdom  
Memory  
Ancestors/  
elder energy



## **South**

Determination/Will

Joy/Playfulness

Future generations and  
children