

CIRCALENDAR - a round calendar

Circalendar is a round calendar based on the understanding of time being cyclic as it appears in several ancient wisdom traditions.

It is directly inspired by the Native American teachings of the Delicate Lodge that can be traced back to the Mayan People.

The calendar is a map of the year indicating many of the energies that are going on through the year.

This year's design is based on one of the primary medicine wheels called **The Human Elements** which have Spirit, Body, Emotion and Heartmind in the four directions. They are the manifestations of the four Elements in the human: Fire (Spirit), Earth (Body), Water (Emotion) and Air (Heartmind).

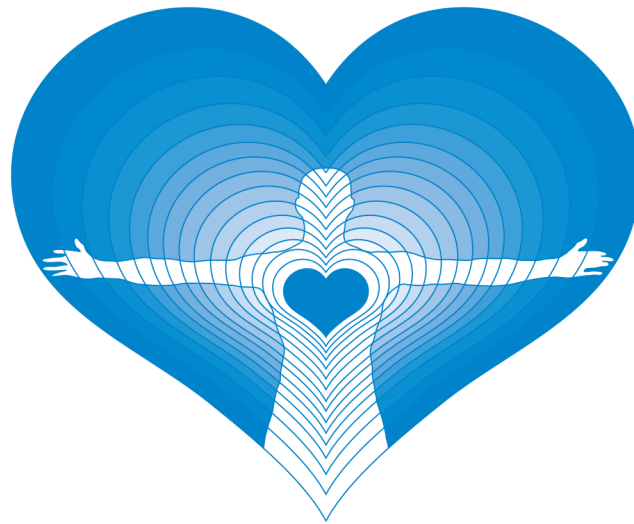
The winter season, called Kiva time, is the dark, cold period when nature is asleep and the seeds of the new year are still lying in the ground, preparing for the future. During this dormancy it is also in human nature to rest more, dream, become quiet and look inwards. To reflect on the year passed, say goodbye and begin to dream the new seeds that will grow in the coming year.

The four Kiva Moons:

- 1: Remember the year that passed and release.
- 2: Become quiet, reflect; what needs strengthening?
- 3: Make room for new dreams and inspiration.
- 4: Plant new seeds, let new ideas grow.

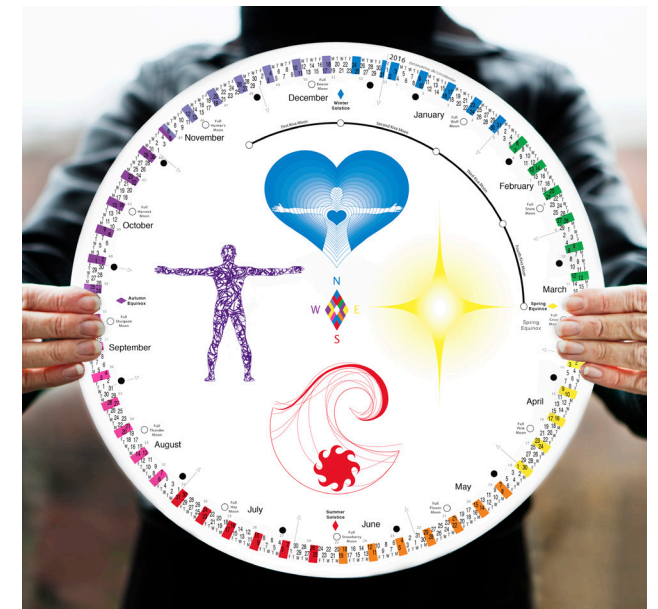
The Kiva period ends at Spring Equinox at the New Year of the tradition. The Equinoxes and Solstices are important markers through the year and are aligned with the four directions.

Have a beautiful year!



Circalendar

a round calendar for 2016



www.dotseverine.dk/circalendar

Circalendar 2016 explained

Human Elements Design

This year's design is based on a medicine wheel called The Human Elements.

- East: **Spirit** - the fire burning inside all living beings - consciousness, passion.
- West: **Body** - our Spirit's physical container on Earth - health and balance.
- South: **Emotion** - a strong power in humans - 'energy in motion'.
- North: **Heartmind** - instinctual knowing - clarity, courage and action.

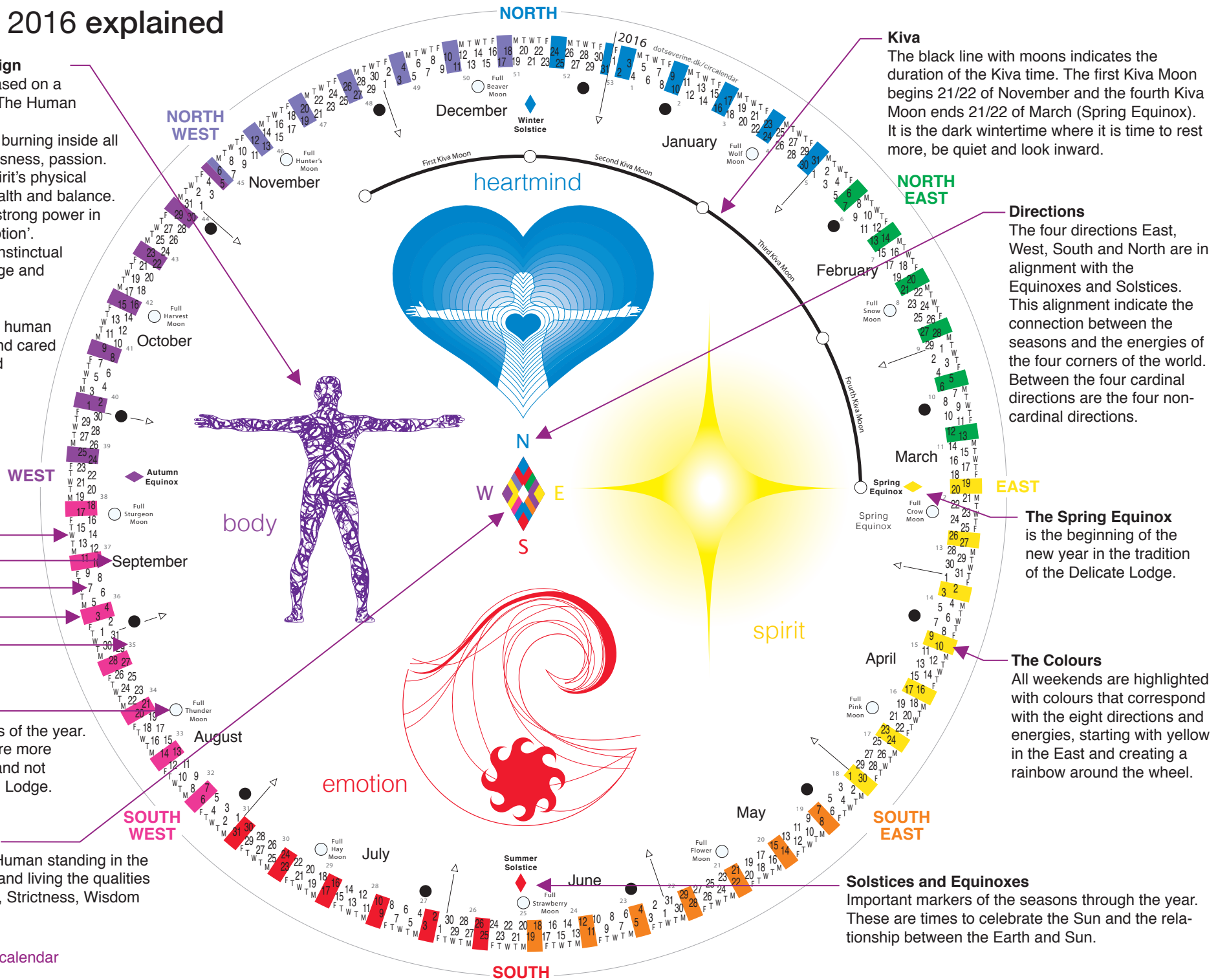
All these aspects of the human needs to be nurtured and cared for to ensure health and balance.

New and Full Moons

The new and full moons of the year. The full moon names are more common or traditional and not specific for the Delicate Lodge.

The Center Diamond

Symbol of the Sacred Human standing in the Highest Self, centered and living the qualities Courage, Benevolence, Strictness, Wisdom and Sincerity.



Kiva
The black line with moons indicates the duration of the Kiva time. The first Kiva Moon begins 21/22 of November and the fourth Kiva Moon ends 21/22 of March (Spring Equinox). It is the dark wintertime where it is time to rest more, be quiet and look inward.

Directions
The four directions East, West, South and North are in alignment with the Equinoxes and Solstices. This alignment indicates the connection between the seasons and the energies of the four corners of the world. Between the four cardinal directions are the four non-cardinal directions.

The Spring Equinox
is the beginning of the new year in the tradition of the Delicate Lodge.

The Colours
All weekends are highlighted with colours that correspond with the eight directions and energies, starting with yellow in the East and creating a rainbow around the wheel.

Solstices and Equinoxes
Important markers of the seasons through the year. These are times to celebrate the Sun and the relationship between the Earth and Sun.