**Age of life:** adult, become a parent

**Territory:** water

Health: emotions

Colour: black

Animal: bear

Plant: sage

Values: develop skills

Season: fall

The circle plays an important role in the culture of many Aboriginal nations and reflects their values. For this reason, everyone gathers in a circle for important discussions, making all participants equal. The parts of the circle have different meanings depending on whether one is talking about territory, stages of life, healing or values. But all aspects of the circle are important and complementary.

## North

Age of life: elder, grandparent Territory: air, wind Season: winter Health: spirit Values: wisdom, knowledge

transmission Colour: white

> Animal: buffalo Plant: cedar

childhood **Territory:** fire Season: spring Health: mental

Values: confidence, innocence

Colour: yellow Animal: eagle Plant: tobacco

Age of life:

Age of life: youth **Territory:** earth Season: summer **Health:** body

Values: self-reflection, vision quest

Colour: red Animal: wolf **Plant:** sweetgrass

