



The Four Seasons

DISCOVER, TRANSFORM, AWARENESS, INTEGRATION

The Four Sacred Seasons:

- Influence you at every level, emotional, decision making & action
- Influence group & individual activities
- Influence your level of focus, healing, confidence, relationships, level of acceptance
- There are 4 Seasons with 12 stages of healing



UNDERSTANDING:

Understanding & Living "in season" supports a more effortless & productive life experience...living out of season leads to disappointment, pain & struggle. You would not expect to plant a seed in winter or harvest in the springtime. One would expect to swim in the summer, and ski in the winter...Timing or knowing what season you are in, and knowing what influences that season brings are essential to a full life- Donny Epstein



Discover

1. Sometimes during a part of this season such as after a painful or traumatic experience we feel:
 - a. Fear, Sorrow, Anger, Frustration, Resentment, Victim.
 - b. We avoid the pain, may disconnect or disassociate.
 - c. Can take a lot of emotional energy leaving us feeling stuck, holding ourselves back and like the same pattern is repeating over & over.
 - d. Can leave you feeling disempowered from outside forces, like people or situations.

Purpose:

This season is all about acknowledging our pain and establishing more safety and ease.

OPPORTUNITY:

This is an opportunity to "discover how you have run from pain, fear or may have blamed, judged things events & people for your experiences, & how peace joy & can come from this awareness" - Donny Epstein



Transform

- 2) Sometimes during a part of this season we feel:
- Courage, Renewed Energy, Focused, Strong,
 - We allow ourselves to make plans , dream & take massive Action & tap into inner resources
 - Growth pains, regrouping & using mental energies
 - Use pain as a learning point and a way to jump off to our next level & feeling powerful!



Purpose:

Making a change, taking Action and using tension and distress as an opportunity for growth

Action:

"Development of the Sense of Self with courage, and determination; transforming ones life is associated with making decisions, plans, action, and follow through, leadership through action"

- Donny Epstein





Awaken



3) During a part of this season we feel:

- As we have expanded & feel & think globally within the space within us and around us, not bound in the ego
- Feel Gratitude, connectedness, joy, love & compassion
- Focused on Energies of life, love, soul & spiritual realms

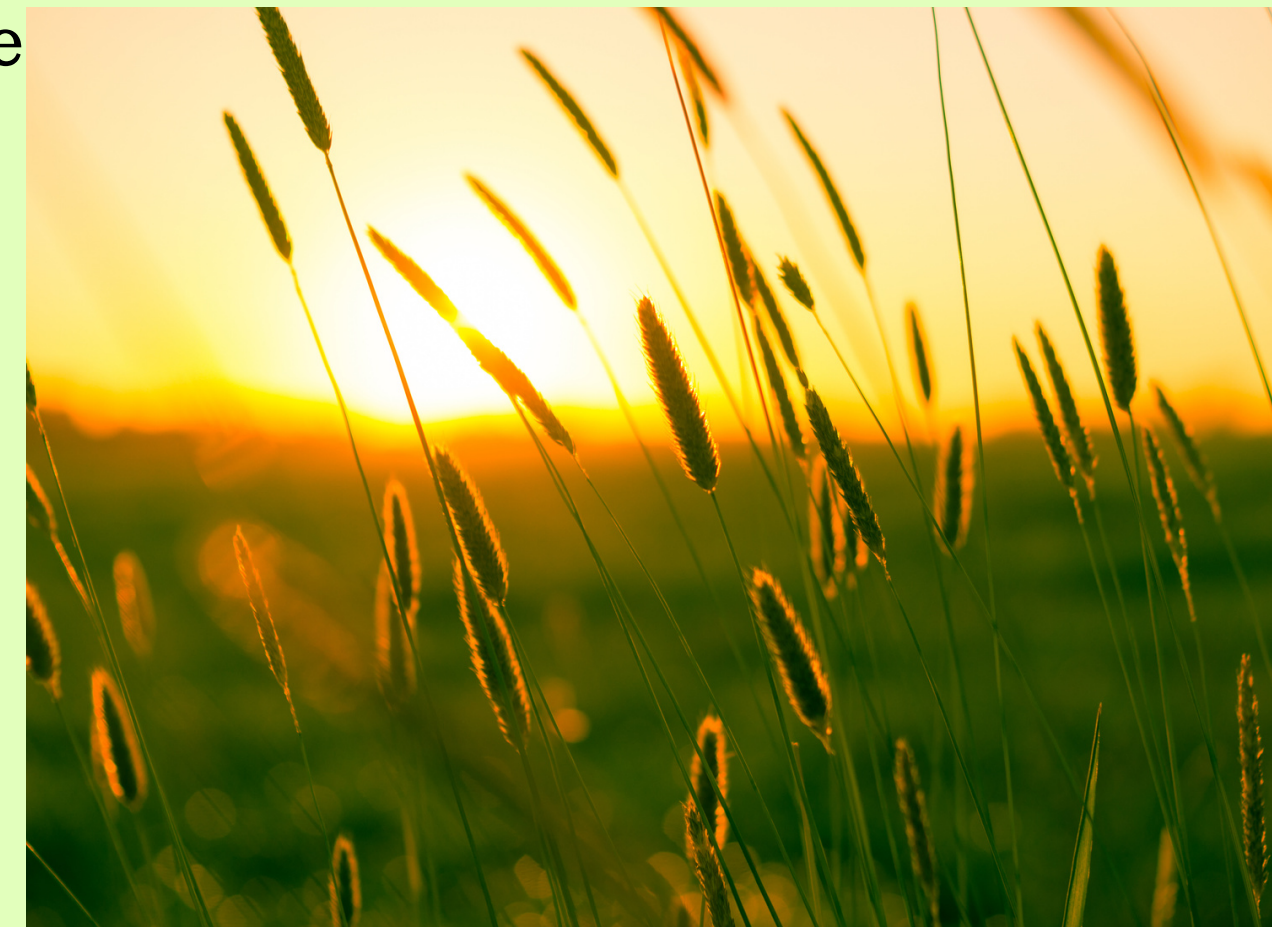
Purpose:

Reciprocity & responsibility to something bigger than ourselves, that we have gifts to bring to the community like the community has gifts to share with us as well

Lesson:

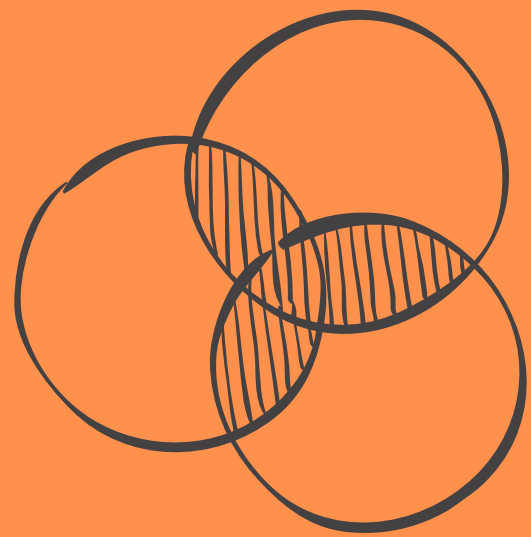
"To love through anything; to experience the nature of existence; to receive our gifts no matter what; acceptance"

- Donny Epstein



Integrate

- the ability to revisit a prior season without feeling stuck there
- have the ability to apply & integrate what wisdom we may have gained from a season before
- we choose which seasons we are combining to create our own experience



**You are constantly in the season of
integrate**

**Your body is constantly choosing
what you want to implement during
other seasons by using this season.**

