

Direction	Learning State	What's Happening
Northeast	Opening / Intention	<ul style="list-style-type: none"> <li>•Get clear on what you want to create and communicate it with your audience. Have them share too!</li> <li>•Take time for “arriving” in the space together - giving gratitude and a check-in is a great way to do this.</li> <li>•Consider other non-verbal forms of welcoming people into a space.</li> </ul>
East	Inspiration	<ul style="list-style-type: none"> <li>•Connect with the deeper reason for learning or being together. What are the motivations behind what's brought you together.</li> <li>•“Play” and child-like (not childish) exercises are perfect here - games, stories, songs, etc can move people toward and prepare them for focused efforts in a good way.</li> </ul>
Southeast	Activation	<ul style="list-style-type: none"> <li>•What do you or your audience need in order to do the work ahead? Framework, actually tools, directions, pre-knowledge... All things that are needed for the next step to happen.</li> </ul>
South	Perspiration / Focus	<ul style="list-style-type: none"> <li>•Most of us are experts at this part so the thing I often suggest to people here, is that they keep the “south” contained. Think - “To every season, turn, turn...” This is only one season of the whole. It's not the only nor most important part of what you are building.</li> </ul>
Southwest	Rest / Relaxation	<ul style="list-style-type: none"> <li>•There are lots of ways to hold this space. It can be simply taking a step back from your work, a break, a long nap, quiet time. This direction is imperative to the learning journey. It's where the efforts of the south synthesis in the brain. It requires little more than rest, and that's a lot!</li> </ul>
West	Gather / Celebration / Share	<ul style="list-style-type: none"> <li>•Think of west as “harvest time.” What can be identified as fruits from the labor of the south?</li> <li>•Possibilities include sharing, honoring others, naming attributes and new awarenesses.</li> <li>•This stage needn't always be “facilitated.” Often, the energy of the west happens naturally when we gather and share a meal, play music, gather and just be an with one another after the work is complete.</li> <li>•This can often be a “social” experience</li> </ul>
Northwest	Reflection	<ul style="list-style-type: none"> <li>•Here we look back at the process and ask introspective questions.</li> <li>•This can happen on its own and can be encouraged by leaving participants with a question to consider or opportunities to look back.</li> </ul>
North	Integration	<ul style="list-style-type: none"> <li>•This is an understanding of how what is being learned fits into the bigger picture.</li> <li>•In a class, I might give homework to help with this. At a workshop, I tell stories that I know offer insights and greater meaning (without telling my audience what the meaning is), Sometimes a powerful question is enough to take the person to the next level of knowing.</li> <li>•</li> </ul>