



Canadians have it all!

Many people bury their head in the sand at the first signs of fall in effort to ignore the inevitable. Yes, the days are getting shorter, nights are cooler and the thrill of summer spent on the beach is a distant memory however we simply cannot ignore the call of the wild. Who can resist the beauty of this transitional season as we find ourselves

unpacking our favourite sweater and taking a nice long walk in the woods not to mention breathing in the inviting aroma of burning leaves. How about those cravings for hot comfort foods such as soups, stews, fresh baked bread and creamy butter?

Nature has a way of calling us whether we choose to respond to it or not. The earth has a very subtle way of extending an invitation to each of us to slow down from the busy high energy times of summer and surrender to the natural rhythm of the land. It is a time when we make a conscious choice to embrace or reject the inevitable winter months that lie ahead.

I believe that it is a privilege to live in a country that offers four seasons however, there are those who would disagree. As a proud First Nations woman I have lived a life connected to the earth. I am often saddened to see people miss out on the profound wisdom and beauty of our four seasons.

Much of my love for the land comes from the traditional teachings of The Medicine Wheel. This ancient system of traditional indigenous knowledge shared by many tribal peoples under many different names is a circular symbol divided into four quadrants that acts like a compass or guidance system. Our worldview which is based on the interconnection of all life, the various cycles of nature, and how life represents a circular journey is reflected in the teachings of this wheel. Like a stone that is tossed into calm waters, the rings of knowledge continue to multiply and hence the teachings of The Medicine Wheel expand to great levels of insight and inspiration.

In the Ojibwe language we refer to the earth as “Eshkakime Kwe” (Mother Earth) Like our own birth mother she is our life giver, provider and teacher. If we listen closely and carefully to the wisdom of each season we will move beautifully and

confidently within the magnificent circle of life. With the arrival of this fall season Mother Earth invites us to gather the fruits of her womb as we begin the process of preparation in harvesting our food. This is a time of gratitude and reflection coupled with a strong sense of completion and accomplishment that enwraps the land. Soon winter will follow offering a soft blanket of snow that gently covers the Earth Mother as she lays in the stillness of long moonlit nights. It is at this time that we are summoned by her to find our resting place and enter our dreamtime where we renew our energies in silence and solitude.

As you are gently guided to observe and embrace this land wisdom, remember the choice is yours. Do you choose to resist the call of Mother Earth forging through your days in misery as you curse the weather and refuse her teachings or do you accept her invitation, turn inward, reflect, rejoice and take the well deserved break to rest your Mind, Body, Heart and Spirit?

The wisdom of the land awaits you. No matter what season is upon us, there is much to learn and appreciate. Throughout the coming season take that quiet walk in the woods, enjoy a family bonfire, make an old fashioned pot of soup and sit! I can't help but observe that in a world increasingly hijacked by impersonal electronic media, we often appear to be more committed to recharging our phone batteries than recharging our Spirits.



As a dynamic speaker, educator, storyteller and author, Raven wholeheartedly shares her experiences and the wisdom of her Ancestors through a wide variety of presentations, workshops, retreat days and guest appearances. Held in Udora (15 min North of Uxbridge) each event incorporates a traditional experiential learning style that offers an inspiring and fulfilling experience for all.

For more information please go to www.ravenspeaks.ca