



Living in Sync with the Seasons

Walking the Wheel, Dancing the Spiral

Lacey Burbage

Naturallymodernlife.com



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Tuning to Nature's Clock

People have been observing and recording the changing seasons and the moons for thousands of years and many cultures still do.

If we look at the year in terms of seasons that flow from one to another, it reminds us that things are ever-changing and evolving but also give a sense of what to expect. In doing so, the year can be celebrated as a wheel, a circle without beginning and end. Many cultures throughout history followed a seasonal wheel. From the Celtic Fire Festivals and Germanic, and the *Wheel of the Year*, seasonal wheels are a way to learn what plants are abundant at different times of the year, where to find food, medicine, and nourishment.

Every place has its own set of seasonal events that nature unfolds every year and creating a seasonal wheel is one of the easiest ways to develop a relationship with nature.

I have created my own that I call *The Wheel of the Wise* based on my own observations with nature. I encourage you to create your own based on the natural world that you see and connect to. Look around during the rhythms and cycles. What do you notice? What are you drawn to?

On the following pages, you will find my personal Wheel--The Wheel of the Wise. You are welcome to use this wheel or use it as an example to create your own.

Why our calendar isn't in sync with the seasons.

Archeologists have reconstructed methods of timekeeping that go back as far as the Neolithic. The natural units for timekeeping used by most historical societies are the day, the solar year, and the lunation. Calendars in antiquity were usually lunisolar, this was based on observing natural events.

Both farmers of early civilization and modern-day planted crops based on the seasons which flow from one to another like how the day flows towards night. Like the moon flows from one phase to another and like the ebb and flow of the tides... We've always been tethered to the sky

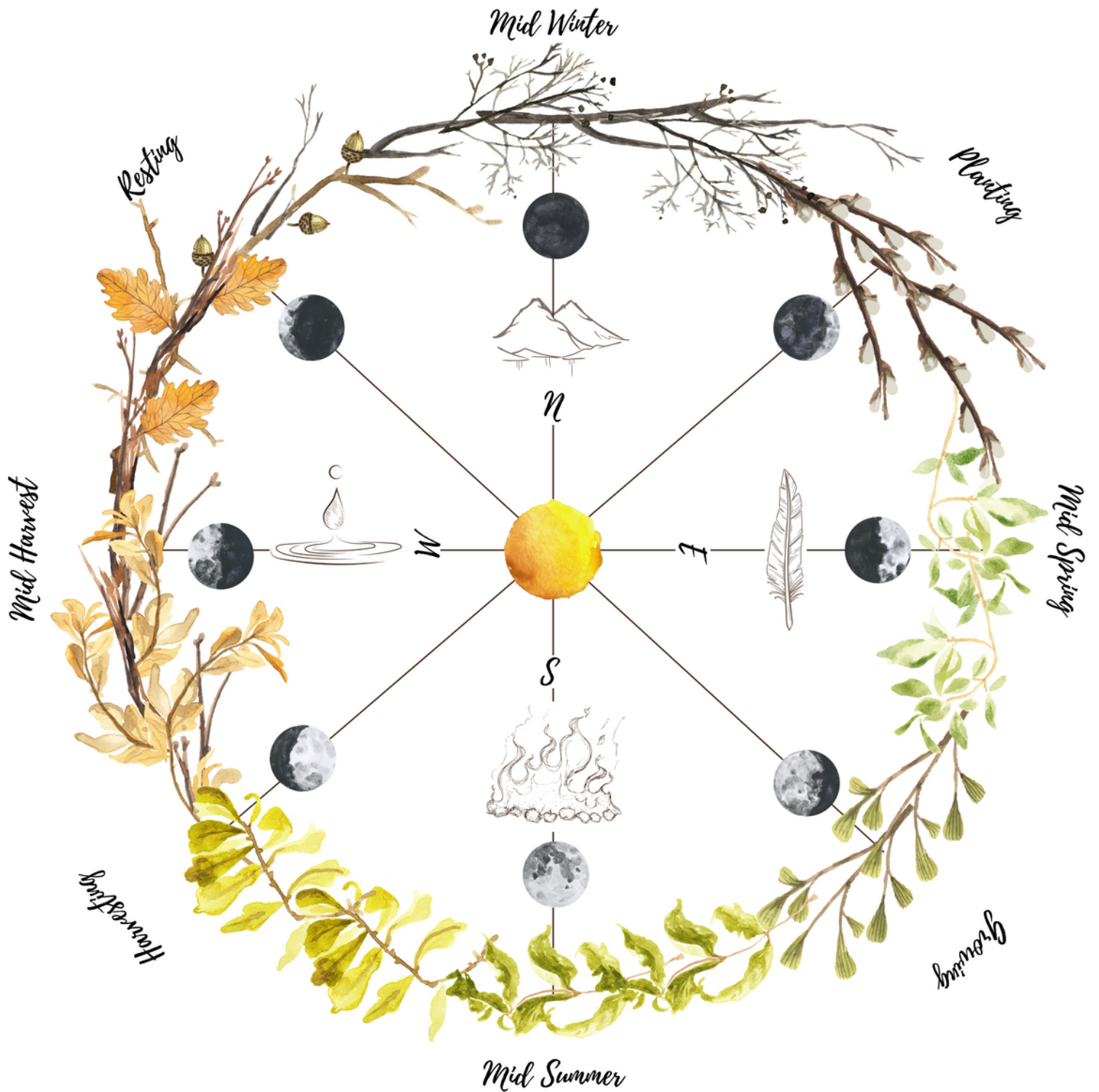
Our modern Gregorian Calendar presents a linear perception of time, but The Great Mother is circular and spiraling.

When the Roman calendar was reformed by Julius Caesar in 45 BCE it was no longer dependent on the observation of the new moon but simply followed an algorithm by introducing a leap day every four years. This created a dissociation of the calendar month from the lunation. However, church leaders noticed that the true equinox had shifted from March 21 to a date earlier in the month. As a result, Easter was drifting away from its springtime position and was losing its relationship to Passover.

In the year 1582, Pope Gregory XIII refined the Julian calendar. Creating a theoretical calendar from calculations of vernal equinoxes. Also, changes were made to the lunar cycle, which helped in the calculation of Easter.

This is why our modern calendar isn't in sync with the seasons, it's because it takes just a little more than 365 days for Earth to make a full trip around the sun and the seasons will fall ever so slowly out of alignment with the months in a linear system.

The Wheel of The Wise



Walking the Wheel. Dancing the Spiral

Many cultures have traditional proverbs and sayings which indicate a time for action based on natural events. They may be rooted in deep folklore, traditions, or experiences with the land. Though historically humans have tracked time, it is only recently that we've let our perception of time disconnect us further from our sacred connection to Earth.

- Walking the Wheel means connecting to the sacred seasonal shifts, pauses, and the elements of our planet.
- Dancing the Spiral is the connection to the lunar cycles and synchronizing to both in our daily life.

The Wheel of The Wise follows the rhythm of the wild or growing seasons mirrored in nature. Earth's rhythms and cycles were closely followed by our neolithic ancestors who were learning to cultivate the land and work with, rather than against nature.

Today, we're often hard-pressed to notice signs and messages from The Great Mother. What do we know of sheep being born, or of Mid Harvest? And if we don't look outside our windows, how often do we see the moon? Yet, we are not that different from our ancestors, and these cycles and rhythms contain energies that present themselves in our daily lives.

Connect to the unique energy of each season by honoring the sacred shifts and pauses with feasting and celebration. We already do this to some degree by spring cleaning or prepping for winter, but these are more than just chores. When these actions are performed in sync with the seasons and with intention, it roots us to earth making each moment sacred.

Walking the Wheel of the Wise

The Wheel of the Wise is divided into 8 rhythms called seasonal shifts and pauses which wane and wax-like the 8 phases of the moon. You can think of waning and waxing much like an in and an out-breath, or the ebb and flow of the waves. There are 4 Seasonal Shifts that mark the beginning of the season. Then there are 4 Seasonal Pauses marking the height of each season. Each season or rhythm corresponds to one of the four sacred elements Earth, Air, Fire, Water.

The Wheel of the Wise differs from the traditional Wheel of the Year in that the shifts don't take place on a specific date, rather on the new moon of the corresponding lunar month, creating a lunisolar calendar. Of course, this can change depending on the region where you live so I encourage you to create a penology wheel first, then name each shift, pause, and cycle for yourself. This will take some time to learn your natural world so feel free to use *The Wheel of The Wise* in the meantime.

Seasonal Shifts

Seasonal Shifts are moments when we feel the most subtle change in the season. Have you ever been ready for spring in February? That's probably because The Season of Planting has already begun. These can be called the cross-quarter celebrations

Seasonal Pauses

Seasonal Pauses are at the height of the season. Moments when day and night hang in the balance and the sun and moon seem to pause. These are the equinoxes and the solstices, or the quartered celebrations.

Shifts and pauses are how we follow the year through the seasons.

Rhythms

The Wheel of the Wise

The Seasonal Shifts are:

Winter

The Season of Rest

The Season of Earth

Spring

The Season of Planting

The Season of Air

Summer

The Season of Growing

The Season of Fire

Autumn

The Season of Harvesting

The Season of Water

Seasonal Pauses are:

Mid Winter – Winter Solstice

Mid Spring – Spring Equinox

Mid Summer – Summer Solstice

Mid Harvest – Autumnal Equinox

Cycles

The Wheel of the Wise

Cycles refer to the lunar month. These are the Full Moon Names, Moon month, or lunar cycle per The Wheel of the Wise.

The Season of Earth (Winter)

Beaver Moon
Cold Moon
Wolf Moon

The Season Of Fire (Summer)

Flower Moon
Strawberry Moon
Buck/Thunder Moon

The Season of Air (Spring)

Snow Moon
Worm Moon
Pink Egg Moon

The Season of Water (Autumn)

Sturgeon Moon
Harvest/Corn Moon
Hunter Moon

The Season of Earth



The first Seasonal Shift is The Season of Rest also known as
The Season of Earth or Winter.

This is the third and final harvest; the harvest of nuts and vine fruit like pumpkins and squash. As the harvest ends, the days grow shorter and shorter. When the light fades so too will the outside working hours. Many will turn inward toward the warmth of the hearth. We see this reflected in nature as the fields begin to die down, animals begin to adjust to the cold. The Great Mother's youth wanes and can be seen as the Dark Crone or waning crescent phase of the moon... as she prepares for a long winter's rest, we're reminded this is the time for letting our fruits drop to the earth to compost. This marks the start of Winter

Mid Winter

Within The Season of Earth, we **Pause for Mid Winter**. During this time we honor the shortest day and the longest night. It's historically celebrated as the birth of the sun as every day that follows the light grows greater. We see this reflected in nature as the earth seems to be dormant, lying as still as could be, almost frozen in time. We can see this reflected in nature as the new moon phase or as the triple aspect, Mother, Maiden, and Crone. The seed has been planted. This marks the beginning of the waxing half of the year.

This pause takes place on the winter solstice. This is the moment during the year when the path of the Sun in the sky is farthest south in the Northern Hemisphere. Other celebrations: Yule, Christmas, Hanukkah, & Kwanzaa.

Cycles

The Lunar Cycles or months
within The Season of Earth are:

- The Beaver Moon
- The Cold Moon
- The Wolf Moon

The Season of Air



The second Seasonal Shift is The Season of Planting also known as
The Season of air or Spring.

Mother Earth is but a baby, new and hopeful. This season observes the first stirring of spring in the womb of The Great Mother. The growing light brings the promise of spring and purification. In nature, we may see the last snowfall or chilly rain come down to blanket the earth one last time and provide the needed nourishment to create new life. This is reflected in the waxing crescent phase of the moon—she is small. This marks the beginning of the light half of the year. The seed takes root. Other celebrations: Imbolc, Brigid, & Candlemas.

Mid Spring

Within The Season of Air, we **Pause for Mid Spring**. During this time we honor the equal dark and equal light. Mother Earth is now a playful child who sprinkles her love everywhere She goes --the earth greens with Her every step. This is a time for reclaiming our childhood or the child within. Mid Spring offers freedom from the dreariness of winters and heralds the return of hope and dreams. This is the time when Mother Earth is in the process of renewal, regeneration, and resurrection. She is awake from her long slumber and is ready to play. This is reflected in the first quarter phase of the moon—she is growing. The seed is sprouting. This marks the light half of the year.

This pause takes place on the spring equinox. This is the moment during the year when the Sun crosses the celestial equator going north. Other celebrations: Ostara, Easter, & Nowruz

Cycles

The Lunar Cycles or months
within The Season of Air are:

- The Snow Moon
- The Worm Moon
- The Pink Egg Moon



The Season of Fire

The third Seasonal Shift is The Season of Growing also known as The Season of Fire or Summer.

Mother Earth is almost at the height of fertility. This is the end of spring and the beginning of summer or the season of Fire. It's when flocks are moved from winter to summer pastures, usually driven between two fires for purification. Now is the time for fun and frolic in the sun.

The light is getting closer to its peak. In nature, we see the world truly come to life. People, plants, and animals turn their heads to the sun and stay out in its rays as long as possible. This is reflected in the waxing gibbous phase of the moon -- she's almost at her climax. She is budding. Other celebrations: Beltane, May Eve, May Dat, Walpurgisnacht, or Walpurgis Night.

Mid Summer

Within The Season of Fire, we **Pause for Mid Summer**. During this time we honor the fruitful earth, the longest day, and the shortest night. Mother Earth is now at the height of fertility. The earth has reached her midpoint around the journey of the sun. She is now at the height of power, but from here on out we enter the waning year. This is the full moon phase. She is now The Great Mother. She is in full bloom.

This pause takes place on the summer solstice. This is the moment during the year when one of the Earth's poles has its maximum tilt toward the Sun. Other celebrations: Litha, Gathering Day, Summer Solstice.

Cycles

The Lunar Cycles or months within The Season of Rest are:

- The Flower Moon
- The Strawberry Moon
- The Thunder/Buck Moon



The Season of Water

The fourth Seasonal Shift is The Season of the Harvest also known as The Season of Water or Autumn.

The Great Mother slowly begins to grow tired as her earth-children grow up. This season observes the first fruits of the harvest. This is the end of summer and the beginning of autumn. It celebrates the harvest of grain like wheat and corn. This is reflected in the waning gibbous phase of the moon -- she has begun fading. Her flowers will soon bear the fruit, then soften. Other celebrations: First Harvest, Lughnassadh, First Fruits, August Eve, and Lammas.

Mid Harvest

Within The Season of Harvest, we **Pause for Mid Harvest**. During this time we honor the equal dark and equal light. The Great Mother has reached menopause and the promise made at the solstice is fulfilled-- the earth mother gives to her children great nourishment and abundance. This is the second harvest, the harvest of grapes and tree fruit like apples and pears. It can be seen in the last quarter of the moon, she is releasing.

This pause takes place on the autumn equinox. This is the moment during the year when the Sun crosses the celestial equator, heading southwards. This marks the dark half of the year. Other celebrations: Mabon, Second Harvest, Harvest Home.

Cycles

The Lunar Cycles or months within The Season of Rest are:

- The Sturgeon Moon
- The Harvest/Corn Moon
- The Hunter's Moon

Seasonal Cycles

Cycles refer to the moon. Cycles are seen as a spiral since a lunar year spirals or cycles alongside *The Wheel of the Wise*. A lunar cycle or lunation is a measurement of a month. There are 8 phases of the waxing and waning moon creating one month or cycle. There are 13 lunar cycles per year, and three cycles, or months in each season.

We see the moon change from the new moon to the waxing phase which is the embodiment of the Maiden. To the full moon who is the Mother, and then from the waning moon to the dark moon who is the Crone. We see this cycle mirrored in nature as well as the seasonal rhythms wane and wax much like the ebb and flow of the seas.

Moon Names

Cultures around the world have given names to each of the full Moons. These names of the moons historically reflect aspects of the natural, cultural, and emotional world that are emerging at the time with each typically happening in its own month.

The Old Farmer's Almanac is an American publication that has been in print since the late 1700s. It includes a list of full Moon names it attributes to a group of Native American tribes. The Algonquin tribes who lived in regions from New England to Lake Superior created the moon the names the Colonial Americans adopted most. The origins of the Old Farmer's Almanac list are difficult to trace; moreover, a single list poorly reflects the richness, subtleties, and regional variation of native cultures. But these names have been embraced and are still widely used. Most Native American tribes have their own set of full Moon names and those names reflect each tribe's customs and region. Other cultures named the full moons based on their regional ecology too. Some common themes are easy to spot: planting, weather, growing, harvesting, fishing and hunting cues find expression in Moon names.

I've done my best to include as many lists of full moon names as possible based on the information available to me. This is by no means an extensive or official list but simply an example of the broad spectrum of names based on observations in nature. Try naming the cycles based on your observations.

Harvest Moon

The Harvest Moon is an astronomical name that refers to the full Moon that occurs closest to the autumnal equinox. It can occur in either September or October. Its name comes from the tradition of farmers working late into the night by the light of this Moon.

Blue Moon

Traditionally the definition of a blue moon is now what's referred to as a seasonal Blue Moon. A Blue Moon occurs when there are 4 instead of 3 full moons in an astronomical season. As in the Blue Hunter Moon per The Wheel of the Wise. Per a lunar calendar, there are 13 moons in a year so you'll always have a Blue moon during the season of harvest. Often called a Harvest Blue Moon or a Blue Corn Moon depending on the region and culture.

Another definition of the blue moon is a monthly Blue Moon made popular by the Trivial Pursuit board game in the 1980s. This definition describes the blue moon as the second full moon in any calendar month with two full moons.

Black Moon

A Black Moon is when there is an additional new moon that appears in a month or in a season. A Black Moon has been used to refer to a month in which there is no full Moon.

Supermoon

A full Moon is said to be a "Supermoon" when it is at the point in its orbit closest to the Earth.

Dark Moon

For roughly 3 days, the heavens are noticeably darker once every lunation, during which time the moon becomes less bright until it reaches the new phase. This moon is referred to as the dark moon.

Moon Names

Examples from around the world

Old Farmer's Almanac

January - Wolf Moon
February - Snow Moon
March - Worm Moon
April - Pink Moon
May - Flower Moon
June - Strawberry Moon
July - Buck Moon
August - Sturgeon Moon
September - Full Corn Moon (Harvest)
October - Hunter's Moon (Harvest)
November - Beaver Moon
December - Cold Moon

Chinese

January - Holiday Moon
February - Budding Moon
March - Sleepy Moon
April - Peony Moon
May - Dragon Moon
June - Lotus Moon
July - Hungry Ghost Moon
August - Harvest Moon
September - Chrysanthemum Moon
October - Kindly Moon
November - White Moon
December - Bitter Moon

Celtic

January - Quiet Moon
February - Moon of Ice
March - Moon of Winds
April - Growing Moon
May - Bright Moon
June - Moon of Horses
July - Moon of Claiming
August - Dispute Moon
September - Singing Moon
October - Harvest Moon
November - Dark Moon
December - Cold Moon

Colonial American

January - Winter Moon
February - Trapper's Moon
March - Fish Moon
April - Planter's Moon
May - Milk Moon
June - Rose Moon
July - Summer Moon
August - Dog Day's Moon
September - Harvest Moon
October - Hunter's Moon
November - Beaver Moon
December - Christmas Moon

*Celtic traditions also have an Ohgam
Tree month.

Moon Names

English Medieval

January - Wolf Moon
February - Storm Moon
March - Chaste Moon
April - Seed Moon
May - Hare Moon
June - Dyan Moon
July - Mead Moon
August - Corn Moon
September - Barley Moon
October - Blood Moon
November - Snow Moon
December - Oak Moon

Native American (Cherokee)

January - Cold Moon
February - Bony Moon
March - Windy Moon
April - Flower Moon
May - Planting Moon
June - Green Corn Moon
July - Ripe Corn Moon
August - Fruit Moon
September - Nut Moon
October - Harvest Moon
November - Trading Moon
December - Snow Moon

American Indian (Choctaw)

January - Cooking Moon
February - Little Famine Moon
March - Big Famine Moon
April - Wildcat Moon
May - Panther Moon
June - Windy Moon
July - Crane Moon
August - Women's Moon
September - Mulberry Moon
October - Blackberry Moon
November - Sassafras Moon
December - Peach Moon

Native American (Ojibwe)

January - Great Spirit Moon
February - Sucker Fish Moon
March - Hard Crust on the Snow Moon
April - Maple Sap Boiling Moon
May - Budding Moon, Strawberry Moon
June - Mid-summer Moon
July - Ricing Moon
August - Harvest Moon
September - Leaves Changing Color Moon
October - Falling Leaves Moon
November - Freezing Moon
December - Little Spirits Moon

Moon Names

Native American (unknown)

January - Wolf Moon
February - Snow Moon
March - Worm Moon
April - Pink Moon
May - Flower Moon
June - Strawberry Moon
July - Buck Moon
August - Sturgeon Moon
September - Corn/Harvest Moon
October - Hunter/Harvest Moon
November - Beaver Moon
December - Cold/Long Nights Moon

North American

January - Old Moon
February - Snow Moon
March - Sap Moon
April - Grass Moon
May - Flower Moon
June - Rose Moon
July - Thunder Moon
August - Green Moon
September - Fruit Moon
October - Harvest Moon
November - Hunter's Moon
December - Cold Moon

South African

January - Thunder Moon
February - Grain Moon
March - Harvest Moon
April - Hunter's Moon
May - Fell Moon
June - Cold Moon
July - Old Moon
August - Hunger Moon
September - Storm Moon
October - Seed Moon
November - Flower Moon
December - Fruit Moon

Native American (Dakotah Sioux)

January - Moon of the Terrible
February - Moon of the Raccoon, Moon When Trees Pop
March - Moon When Eyes Are Sore from Bright Snow
April - Moon When Geese Return in Scattered Formation
May - Moon When Leaves Are Green, Moon To Plant
June - Moon When June Berries Are Ripe
July - Moon of the Middle Summer
August - Moon When All Things Ripen
September - Moon When The Calves Grow Hair
October - Moon When Quilling and Beading is Done
November - Moon When Horns Are Broken Off
December - Twelfth Moon

Moon Energy

The 8 phases of the moon cycle carry energy that can influence our actions and emotions. Try tracking the moon phases in your nature journal along with your feelings or what is going on in your life at that time. When you've become in tune with these cycles, you can try moon manifesting.



New Moon: Seed

The season of rest. This is a rebirth and start of a new cycle. This is the time to set your intentions or plans and say it out loud. Words for this phase: renewal, reincarnation, envision, revitalization, reawakening, return to life, and dawn



Waxing Crescent Moon: Root

The season of planting. Beginning of the in breath. Nourish, support, and commit. Add more energy to your ideas and anything you want to cultivate this cycle. Words for this phase: Begin, decide, energy, action, swell, take hold, foster



First Quarter Moon: Sprout

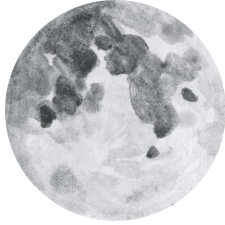
The season of planting. Build on your intentions as you plan begins to become real. Create an action plan. Words for this phase: Emerge, reveal, deepen, strive, determination, expand, develop, advance, nurture



Waxing Gibbous Moon: Bud

The season of growing. Visualize yourself receiving as your intents are transforming into something tangible. This is the future fruit. Maintain your essence and energy. Words for this this phase: Form, real, evidence, become, proof, promise

Moon Energy

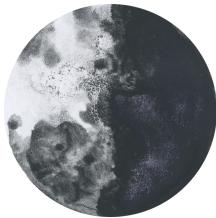


Full Moon: Blossom

The Season of growing. Acknowledge, harvest, celebrate, and enjoy the fruit of your labor. Give thanks. Words for this phase: Transform, complete, abundance, gather, share, gratitude.

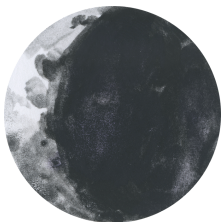


Waning Gibbous Moon: Soften
The season of the harvest. Beginning of out-breath. Exhale, go inwards and begin reflection. This marks the beginning of the fertilization of the future. Do shadow work. Words associated with this phase: Accept, reflect, meditate, introspect, fertilize, nourish, self-awareness.



Third Quarter Moon: Release

The season of the harvest. It is time to let go, release blocks, judgment, regret, or any habit that does not serve you. Words associated with this phase: Forgive, free, light, weightless, wind



Waning Crescent Moon: Compost

The season of rest. Integrate these lessons and experiences to enjoy the richness of the fruit that fell from the vine. Use this time for rest and reflection. Words associated with this phase: Completion, integration, rest, recuperation, peace, destruction and rebirth.