

Certificate of Registration



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Author Created: 2-D artwork
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Certification

Name: David Denholm
Date: July 17, 2025

Wheel of the Year

Tree Spirits

- | | |
|--|---|
|  Birch
Clearing and new beginnings. |  Yew
Ancestors, death and immortality. |
|  Hawthorn
Heart, love and fertility. |  Holly
Boundaries, protection and empathy. |
|  Oak
Strength, loyalty and leadership. |  Fir
Alignment, hope and endurance. |
|  Beech
Learning, writing and language. | |
|  Hazel
Wisdom, inspiration and communication. | |

NORTH

Spirit of the North, element of earth, grandmother Earth, spirit of Winter, the elders and ancestors.

I call you in and ask for your blessings, guidance and inspiration.

North represents the physical body, bones, stones, rocks, mountains, sand and crystals. The material and practical aspects of life. Home, roots, work and grounding.

Archetype: The King

Tree languages

The Ogham has Celtic roots and the runes come from the Nordic tradition.

Runes



Research "Elder Futhark" to find out more about the 24 runes on this wheel.

All Runes can be found inside the "seed of life" sacred geometry pattern.

Ogham

- | | | | |
|------------|--------------|-------------------|--------------|
| 5 - Ash | 10 - Apple | 15 - Elder | 20 - Yew |
| 4 - Willow | 9 - Hazel | 14 - Blackthorn | 19 - Aspen |
| 3 - Alder | 8 - Holly | 13 - Broom | 18 - Heather |
| 2 - Rowan | 7 - Oak | 12 - Ivy | 17 - Gorse |
| 1 - Birch | 6 - Hawthorn | 11 - Vine/Bramble | 16 - Fir |

Exploring the Wheel of the Year:

The Wheel of the Year can be used to connect to the cyclical nature of life and offers orientation in space and time. Honouring and celebrating natural rhythms through the seasonal festivals is at the core of earth-based spirituality.

Tree and animal spirits are ancient guides, teachers and expressions of the earth's life force and creativity. The tree languages can be used for divination, chanting and healing.

EAST

Spirit of the East, element of air, grandfather Sky, spirit of Spring and childhood.

I call you in and ask for your blessings, guidance and inspiration.

East represents the mental body, thoughts, ideas, imagination, the sun, both new beginnings, the winds of change, communication and inspiration.

Archetype: The Magician

Animal Spirits

- | | |
|--|--|
|  Buzzard
Guidance and overview. |  Salmon
Wisdom and initiation. |
|  Stag
Sovereignty and strength. |  Owl
Meditation, patience and focus. |
|  Fox
Cunningness and playfulness. |  Badger
Stories, home and protection. |
| |  Wolf
Communication, belonging and family. |
| |  Bear
Ancestor of the land and master of herbs. |

SOUTH

Spirit of the South, element of fire, father Sun, spirit of Summer, youth and adolescence.

I call you in and ask for your blessings, guidance and inspiration.

South represents the spiritual body, the soul and the will power. The creative and passionate aspects of life. Expression, sexuality and love.

Archetype: The Warrior

The Zodiac

The cycle of the sun through the 12 star signs, each one linked to one of the 4 elements.

- | | | | |
|-----------|----------|-------------|-------|
| Fire | Earth | Air | Water |
| Aries | Taurus | Gemini | |
| Cancer | Leo | Virgo | |
| Libra | Scorpio | Sagittarius | |
| Capricorn | Aquarius | Pisces | |

WEST

Spirit of the West, element of water, mother Moon, spirit of Autumn and adulthood.

I call you in and ask for your blessings, guidance and inspiration.

West represents the emotional body, flow, flexibility and surrender. All forms of waters like oceans, rain, rivers, lakes and blood.

Archetype: The Lover

The Centre



The centre of the Wheel is a place of balance, peace and integration, where the four elements meet in harmony.

The worldtree connects above and below, the present moment and the infinite source of love, light and life.

Spirit of the sacred centre. I am grounded, I am centered and ask for your blessings, guidance and inspiration.

The 8 seasonal festivals

The longest and shortest day and the two equinoxes are sun festivals and relate to astronomical events in the solar cycle. The cross quarter festivals can be celebrated according to the moon, the fixed calendar dates or events in nature like the blossoming of the hawthorn tree at Beltaine.

Samhain - 31st October or 11th new moon of the year.
Third harvest: meat harvest. Death of the sun god. Offerings to the dead and the ancestors, veil between the worlds is open, time for divination. Letting go of what is no longer needed.

Yule - Winter Solstice, 21st December.
Time of silence and introspection. Rebirth of the sun child in the darkest night. Celebration of the new light and life with family and friends.

Imbolc - 2nd February or 2nd full moon of the year.
Time of hope and new beginnings. First milk from the sheep, planting seeds for new projects. Childhood of the sun god and the earth goddess.

Ostara - Spring Equinox, 21st March.
Spring time. Balance of dark and light, astrological new year, eggs and seeds as symbols of the fertility of the land and all its creatures.

Beltaine - 1st May or 5th full moon of the year.
Beginning of summer, fire festival, archetypal marriage of the sun and the earth, time of joy and initiation. The veil to the otherworld is thin.

Litha - Summer Solstice, 21st June.
Midsummer, longest day and shortest night. Mysteries of the oak king and the holly king. Good time to harvest wild herbs.

Lughnasadh - 2nd August or 8th full moon.
First harvest: corn harvest. Offerings to the corn mother, time for community, games, contests and festivals. Baking fresh bread.

Mabon - Autumn Equinox, 21st September.
Autumn. Second harvest: fruit and nuts. Balance of light and darkness, celebration of abundance and nourishment. Thanks giving!

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Author

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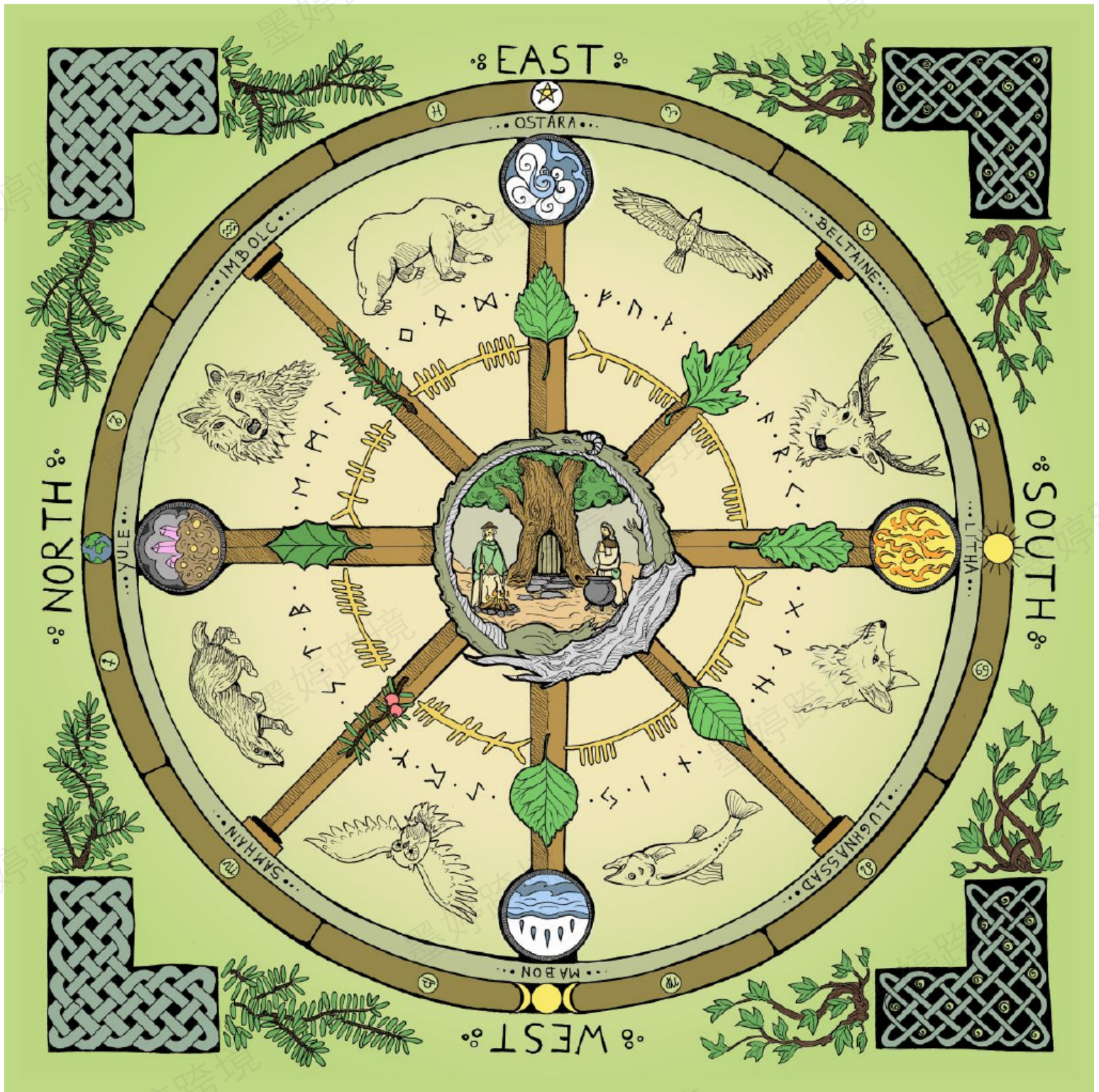
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Tree of Life



Exploring the Tree of Life:

This symbol represents a cosmic tree that bridges all dimensions of life and consciousness.

Every tree can be seen as a living embodiment of the Tree of Life. Trees have always been teachers and providers of food, shelter and medicine to us.

In Norse Mythology, the Tree of Life or World Tree is called **Yggdrasil**. It connects nine worlds:

- | | |
|---------------------|---|
| Upper World | - Asgard: realm of the Gods ruled by Odin.
- Vanahelm: realm of old fertility Gods.
- Alfheim: realm of the Elven people. |
| Middle World | - Midgard: the human world.
- Muspelheim: realm of fire giants.
- Niflheim: realm of frost giants. |
| Under World | - Jotunheim: realm of wild giants.
- Helheim: realm of the dead.
- Svartalheim: realm of dwarfs. |

The three worlds

Shamans all over the world use the tree symbol as a map to navigate and travel in dimensions of consciousness, in order to gain wisdom and perform healings.

To journey up and down the Tree of Life, our Ancestors used ritual, meditation, music, singing, dance, trance, dreams, fasting, pain, plant medicine, sensory deprivation and storytelling.

Upperworld

Connected to:

Higher-self, soul, higher- or super-consciousness, enlightened masters and teachers on the astral planes. Beyond three dimensional time and space.

Cosmic, Celestial and Angelic consciousness. Unity consciousness and World Soul, Archetypes and Ideas, eternal, all-inclusive and all-knowing Source of all Life.

Realm of Deity, Gods and Goddesses, Sky Gods. Star beings and intelligences on other planets and non-physical dimensions. Telepathic communication.

Middleworld

Connected to:

Mind, emotions and five senses, conscious awareness, waking state and ego consciousness.

Manifested three dimensional world we experience. Midgard, the Garden in the Middle, where the human, plant, animal and mineral realms meet.

Spirit that flows through all living things. Four elements: earth, water, fire and air.

Underworld

Connected to:

Intelligence of the physical body, cellular memory, imprints from trauma, DNA and ancestral memories, shadow work.

The Well of remembrance and destiny. Subconsciousness and unconsciousness, pure potential and all that is unmanifested.

Realm of the Faerie, the 'Angels in the Earth', land of Eternal Spring, elemental beings, Gaia and planetary consciousness.



The three Cauldrons

Similar to the chakras in the East, the three cauldrons represent centers of consciousness in the body. They can be brought into alignment through meditation with the symbol and energies of each cauldron.

- | | |
|------------------------------------|---|
| 1 - Skull
Upperworld | contains the brain; the centre of rational thought, imagination and intuition. Fill this cauldron with star light. |
| 2 - Rib cage
Middleworld | contains the heart; the centre of emotional intelligence and loving communication. Fill this cauldron with the light of the sun. |
| 3 - Hips
Underworld | contains the gut-brain; the centre of instinct, vitality and sexual life force. Fill this cauldron with fire from inside the Earth. |

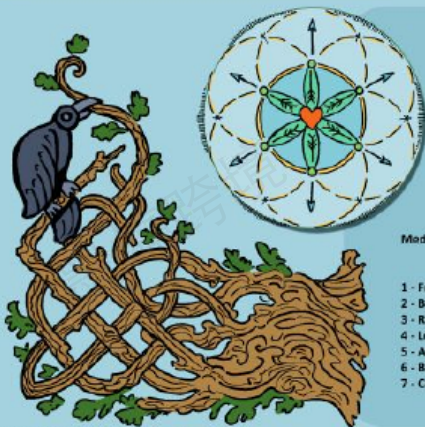
Centering Practice

By combining the Tree of Life with the Wheel of the Year and making the Tree the sacred centre of the Wheel, a holistic principle is revealed.

The seven directions can be used in meditation, to centre, ground and align ourselves.

Meditation: move through the following sequence whilst visualising your spine as a tree in the centre. As you connect to each direction, imagine calling it into your heart centre.

- | | |
|--------------------|--|
| 1 - Front: | yang, the East, Air element, future, visions, projections and sense of direction. |
| 2 - Back: | yin, the West, Water element, past, memory, imprints and support from our Ancestors. |
| 3 - Right: | yang, the South, Fire element, masculine energy, doing, action and rationality. |
| 4 - Left: | yin, the North, Earth element, feminine energy, being, receptiveness and emotionality. |
| 5 - Above: | yang, God, light, fire, sky, cosmic consciousness and soul. Intuition and clarity of mind. |
| 6 - Below: | yin, Goddess, darkness, water, Earth, planetary consciousness, grounding in the body. |
| 7 - Centre: | the heart temple, meeting place of yin and yang, God and Goddess, the present moment, the dance of creation that unites all expressions of Source. |



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Author

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Moon Magic

The energy of the Moon is archetypically feminine, receptive, mirroring and cyclical.



She represents the deep listening and intuitive lunar consciousness in men and women.

The practice of **Moon Magic** unfolds through our alignment with the natural rhythm of the moon's cycle:

Full Moon

Time to shine and share

what we are experiencing and doing. Full Moon is a traditional time for social gatherings, festivals and rituals.

The outward pull is at it's strongest and invites us to be wild and free; to sensually participate in creation and howl to the moon.

Instincts are heightened and life force is activated. In order to surf the wave and use the energy for our benefit, we need to stay balanced heart-centred and grounded.

Full Moons are strongly linked to relationships, love, romance and passion.

Waxing Gibbous

Time to nurture

and support whatever we want to create or change. It's time to bring in resources, communicate and act with clarity and a strong sense of commitment.

First Quarter

Time to plant seeds

and set intentions. The outward pull increases. A good time to take action, make decisions, formulate goals and move forward.

Waxing Crescent

Time to dream

and explore new potential. Open to inspiration and ideas, we envision what's possible for us and how to move forward.

At this stage the impulses are observed and held but not yet fixed or translated into action.

New Moon

Time to rest and let go

of all that no longer serves us. The New Moon brings renewal and regeneration, but first we need to empty ourselves.

The inward pull is at it's strongest and invites us to look deep into our inner world and acknowledge both shadow and light.

Waning Gibbous

Time to complete

and to keep going. This time is ideal to tie up the loose end of our projects. Discipline might be required to master, ripen and bring to fruition that which we are working with. Right priorities and focus are required and a sense of satisfaction starts to arise from each completed step.

Last Quarter

Time to harvest

and celebrate what has grown, changed and manifested since the First Quarter. The inward pull slowly increases again.

Waning Crescent

Time to integrate

and assess what is essential, what needs to be kept and treasured and what needs to be released. Reflection and thanks-giving.



The cycle of the Moon and the **Wheel of the Year** share the same basic pattern of the circle and the cross.

There are symbolic and literal correspondences between the moon cycle and women's menstrual cycle, which can be synchronised in various ways.

First Quarter - Spring - Sunrise - Childhood

Full Moon
Summer
Noon
Adulthood
Ovulation



New Moon
Winter
Midnight
Elderhood
Menstruation

Last Quarter - Autumn - Sunset - Maturity

