



- Autumn:** changing, preparing, letting go
- Summer:** creating, moving, thriving
- Spring:** learning, growing, beginning
- Winter:** resting, healing, reflecting

Think about your life right now. Check the box for which season feels most like you today.

The Sons of the Wind remind us we are part of the seasons, not separate from them. When we listen to the winds, we learn how to live in balance with Ūŋčí Makhá, our Grandmother Earth.

## Living with the Winds

## Send Your Breath to the Wind

In Dakota/Lakota teachings, **Wóniya** is the sacred spirit breath that gives us motion, life and connection. The winds carry this living breath across Grandmother Earth.



Take a deep breath.

As you breathe out, think about something you want to send into the world. Write or draw it inside the swirling wind above.



**Eyá: The Autumn Wind**

WEST (WYÓHPEYATA):  
CHANGE & PREPARATION

WHERE THE SUN GOES DOWN  
TEACHINGS: Eyá resides where the sun goes down. He brings the golden season of harvest and reminds us to prepare, let go and embrace change.

Draw or write something above in the Changing Autumn Leaf that you are ready to release and let go.

## Guidance of the Four Winds

**WAZÍYA**  
WINTER

**EYÁ**  
AUTUMN

**YANPÁ**  
SPRING

**OKÁĜA**  
SUMMER

Dakota/Lakota Seasonal Teachings on Change, Balance and Connection

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## Okáĝa: The Summer Wind

SOUTH (ITÓKAĜATA):  
FLOWS DOWNSTREAM  
WHERE THE RIVER CURRENT  
TEACHINGS: Okáĝa flows where the river runs downstream, mirroring the life flow on the Milky Way's current. He brings the energy of summer, abundance and the joy of life in full bloom.

WHAT GIVES US ENERGY:  
Sunshine • Water • Family • Art  
Movement • Laughter • Plants • Music

ADD YOUR OWN:

## Thaté Oúye Tópa

THE WINDS CARRY MANY THINGS  
ACROSS ŪŋčÍ MAKHÁ,  
OUR GRANDMOTHER EARTH:  
SEEDS, RAIN, SONGS, SCENTS & CHANGE

In Dakota/Lakota teachings, the Four Winds (**Thaté Oúye Tópa**) are more than seasons, they are relatives. Each is a son of Thaté (the Wind): they carry a spirit, a direction, a season and teachings for living in balance.

Imagine the Wind arrived carrying a message just for you.  
**What would the Wind say?**

## Yanpá: The Spring Wind

EAST (WYÓHIYANPATA):  
RENEWAL & WISDOM  
WHERE THE SUN RISES  
TEACHINGS: Yanpá rises with the sun. He carries the fresh breath of spring, bringing new growth, awakening and the chance to begin again.

Draw or write something above in the New Beginnings Seed that you want to grow in your life.

## Wazíya: The Winter Wind

NORTH (WAZÍYATA):  
TOWARDS THE PINES  
ENDURANCE & REFLECTION

TEACHINGS: Wazíya brings the cold breath of winter, teaching us patience, rest and the strength to survive hard times.

Draw or write something that helps you stay strong during hard times.

**MY WINTER STRENGTH IS:**