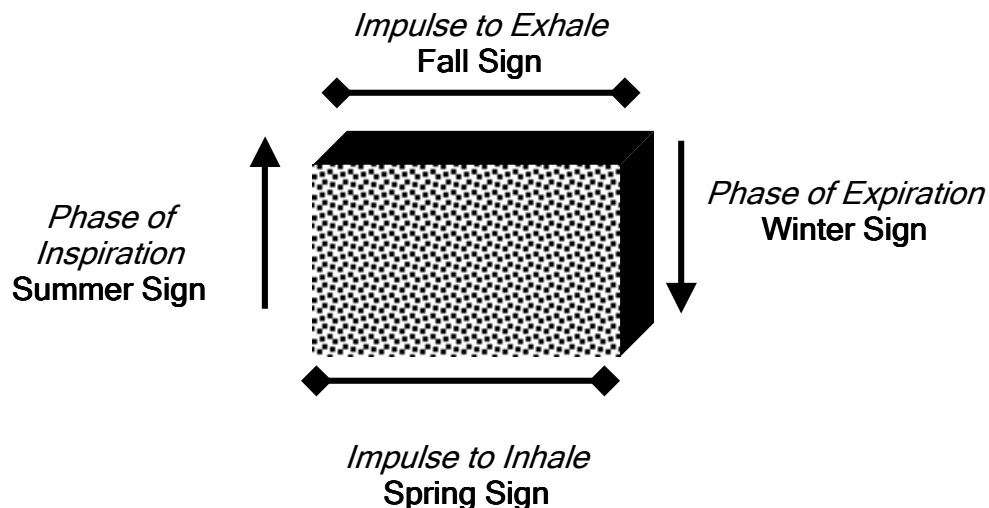


Introduction to the Seasonal Systems

This article will place you into harmony with environmental life cycles and allow you to align with their resources. The most obvious one to hook into first is the four seasons. If you're lucky enough to experience each season at its fullest expression and most subtle nuances, this awareness will be a joy to take on. The real insight to lock into right now is that the four seasons live *within us* year round.

Seasonal Cycles

Every change of season ushers in a new set of environmental and behavioral cues that we read and respond to at a biological level. To make this real for you, think of how most people begin the year fighting off the flu. Then as Spring comes, they reach for the allergy medication. As Summer takes hold, they are covered in bug repellent. By the Fall, they pronounce they have *seasonal affective disorder* and need to lay low for awhile. When you are not aligned with these cycles, your health and vitality will suffer. That's the wide-angle view. Even within a given day, the seasons cycle through our body's meridians, so we can get the most that energy. When we spiral down to where the 24U course lives, even at the level of a single breath, the *cycle of restoration* reflects the distinct signature of all 4 seasons too.



Being able to connect to this eternal rhythm is what the 24U course brings. Once you have a first hand experience of how these seasonal systems work through you on all scales, you can begin to draw vitality from them, instead of the other way around. When people say someone is a product of their environment, they're only half right. People are products of their *relationship* with their environment. Like any relationship, it also moves through phases or transitions. These transitional states or T-states are what allows us to shift gears and relate at more complex levels with our surroundings. The combination of the Seasonal Systems and these T-States comprise the bulk of the 24U course. The rest are detailed examples of the two themes that impact the ingredients of human experience: motion, time and energy.

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Spring System Awareness

What's the plan, Stan?

The Spring System offers us access to the most primitive and raw aspects of our being. It is rooted in novelty and provides the fuel for renewal. It's the passkey to our experience of ourselves. When you set the table for guests, re-cycle your old newspapers, or prepare your shopping list, you are in the Spring System's circuits.

So to keep this awareness light, and easy to notice, we'll take this system and slice it out of the ingredients of human experience, using their symbolic shorthand. Many layers of this system can be made apparent to you as your awareness capacity increases. Begin by mastering these basic aspects, noticing the patterns.

Polarity Pattern

The mood swing in the Spring System is between **anger** and **patience**. Once you internalize that each one of these moods offers you an opportunity to re-assess your everyday plans, your deeper intentions and ultimately, your truth, the motion between these two moods gets smoother and smoother. This leads to more clarity.

Bodily Contact
The Impulse to Breathe In



Worldly Contact
The Sky

Productivity Pattern

The Spring System is a gathering type of awareness that works from your edge to the center of your focus. It's an organizing pattern of activity that is there to make sure your task and target match. Align with this system during the morning hours.

Bodily Contact
Disruptions in your Routine



Worldly Contact
Clearness of the Big Picture

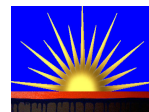
Public Pattern

The Spring System moves us to be more aware of the strangers we encounter. How we satisfy that need is a function of how "at home" we feel with ourselves. As we enter the day and cross paths with others, the Spring System is seeking new faces.

Bodily Contact
What's Yours?



Worldly Contact
Greetings



Summer System Awareness

Are we there yet?

The Summer System offers us access to the most refined and tailored aspects of our being. It is rooted in the extraordinary and the exotic. It's the doorway to our experience of ourselves. When you share a joke you heard on Leno, spontaneously forward an e-mail or play hooky from work you are in the Summer System's circuits.

So to keep this awareness light, and easy to notice, we'll take this system and slice it out of the ingredients of human experience, using their symbolic shorthand. Many layers of this system can be made apparent to you as your awareness capacity increases. Begin by mastering these basic aspects, noticing the patterns.

Polarity Pattern

The mood swing in the Summer System is between **joy** and **hate**. Once you internalize that each one of these moods offers you an opportunity to re-assess your everyday action, your deeper agendas and ultimately, your truth, the motion between these two moods gets smoother and smoother. This triggers our intuition.

<p>Bodily Contact</p> <p>The Phase of Inspiration</p>
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<p>Worldly Contact</p> <p>The Air</p>
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Productivity Pattern

The Summer System is a releasing type of awareness that works from your core to the surface of your focus. It's an assertive pattern of activity that is there to make sure your task and target meet. Align with this system during the afternoon hours.

<p>Bodily Contact</p> <p>Opposition to Your Passion</p>
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<p>Worldly Contact</p> <p>Details, Details, Details!!</p>
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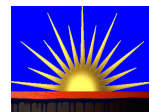
Public Pattern

The Summer System moves us to be more aware of acquaintances we establish. How we satisfy that need is a function of how "welcome" we feel. As we live each day and cross paths with others, the Summer System seeks these familiar faces.

<p>Bodily Contact</p> <p>What's Theirs?</p>
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<p>Worldly Contact</p> <p>Small Talk</p>



Fall System Awareness

Show me what I've won....

The Fall System offers us access to the most ancient and sacred aspects of our being. It is rooted in tradition and provides the altar for renewal. It's the threshold to our experience of ourselves. When you write a thank you, honor a family obligation, or take time to call old friends, you are in the Fall System's circuits.

So to keep this awareness light, and easy to notice, we'll take this system and slice it out of the ingredients of human experience, using their symbolic shorthand. Many layers of this system can be made apparent to you as your awareness capacity increases. Begin by mastering these basic aspects, noticing the patterns.

Polarity Pattern

The mood swing in the Fall System is between **grief** and **courage**. Once you internalize that each one of these moods offers you an opportunity to re-assess your everyday stance, your deeper values and ultimately, your truth, the motion between these two moods gets smoother and smoother. This instills compassion.

Bodily Contact

The Impulse of Breathe Out



Worldly Contact

The Land

Productivity Pattern

The Fall System is an interpretive type of awareness that works from the surface to the core of your focus. It's a reciprocal pattern of activity that is there to make sure your task and target meld. Align with this system during the evening hours.

Bodily Contact

The Click and Save Moments



Worldly Contact

The Stuff Worth Writing Down

Public Pattern

The Fall System moves us to be more aware of the friends we cultivate. How we satisfy that need is a function of how "comfortable" we feel with ourselves. As we fulfil the day and return to the self, the Fall System seeks out these loving faces.

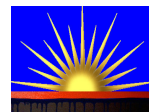
Bodily Contact

What's Ours?



Worldly Contact

Private Conversation



Winter System Awareness

Was it all worth it?

The Winter System offers us access to the most primitive and raw aspects of our being. It is rooted in mystery and provides the need for renewal. It's the pinnacle to our experience of ourselves. When you solve a crossword puzzle, finish a great book, learn a life lesson in an old movie, you are in the Winter System's circuits.

So to keep this awareness light, and easy to notice, we'll take this system and slice it out of the ingredients of human experience, using their symbolic shorthand. Many layers of this system can be made apparent to you as your awareness capacity increases. Begin by mastering these basic aspects, noticing the patterns.

Polarity Pattern

The mood swing in the Winter System is between **fear** and **calmness**. Once you internalize that each one of these moods offers you an opportunity to re-assess your everyday concerns, your deeper dread and ultimately, your truth, the motion between these two moods gets smoother and smoother. This breeds our creativity.

Bodily Contact

The Phase of Expiration



Worldly Contact

The Sea

Productivity Pattern

The Winter System is an introspective type of awareness that works from the center to the edge of your focus. It's an integrating pattern of activity that is there to make sure your task and target mix. Align with this system during the nighttime.

Bodily Contact

The Cool Side of the Pillow



Worldly Contact

The Operator Standing By

Public Pattern

The Winter System moves us to be more aware of the partners we create. How we satisfy that need is a function of how "in love" we feel with ourselves. As we end the day and return to the self, the Winter System seeks out these essential faces.

Bodily Contact

What's Left?



Worldly Contact

The Unspoken