

# SEASON CHECKER

How's your energy? What do you feel like today?



protective, vigorous, social,  
noisy, clear, fast, strong,  
extroverted, productive

*Grab a notebook to  
track your daily status!*



receptive, passive, private,  
quiet, vague, slow, soft,  
introverted, regulatory



**SPRING → SEED**

You're feeling clear and  
protective of your ideas?

**Then, my dear, you're feeling  
the gentle force of spring.**

The seeds are sprouting.  
You're a curious cat  
these days.  
New things take shape,  
slowly, gently.

This season is related to the  
element Air, the East,  
and the archetype  
of the Maiden.



**SUMMER → FEED**

You're feeling active  
and productive?

**That's the heat  
of summer.**

Everything in you wants to  
burst. You're making making  
making, because you have  
impact and a lot to share  
with the world.

This season is related to the  
element Fire, the South,  
and the archetype  
of the Mother.



**AUTUMN → HARVEST**

You're feeling receptive  
and vague? Not to fret!

**Welcome to the  
beautiful complexity  
of autumn.**

You're slowing down,  
but not to a halt, because  
it's time to harvest  
the fruits of your labour.

This season is related to the  
element Water, the West,  
and the archetype  
of the Crone.



**WINTER → REST**

You're feeling passive  
and quiet?

**Winter's rest is  
well deserved, dear one.**

Your body and mind  
shift into dream mode.  
This is where past  
experiences integrate into  
your dreams for the future.

This season is related to the  
element Earth, the North,  
and the archetype  
of the Elder.

*Found a season that reflects your mood?  
Then explore the respective cards of the deck  
and let them guide you.*

**COURAGE**  
**RESPECT**  
**RESILIENCE**  
**CREATIVITY**