

## THE MEDICINE WHEEL

In the Native Culture the Medicine Wheel in the Universal basic form is the core of all our teachings. History and our ways lend themselves from the teachings of the wheel's center; BALANCE.

It is our belief that balance in our lifestyles is the truest asset to a Healthy Self Esteem. That by personalizing the Medicine Wheel one can work towards balance.

*That there were no words for bad it is either Good or Not so Good.*

If you look at a vehicle tire: When the tire is full of air we get a smooth ride. If the tire loses the air it becomes a rough ride. So too with the Medicine Wheel. If our wheel is out of balance so to shall be our journey in life - rough ride.

THE CORE OF THE MEDICINE WHEEL consists of:

four directions	:	East, South, West, North
four colors of human being	:	Red, Yellow, Black, White
Our Being	:	Spiritual, Emotional, Physical, Mental
Core of the Medicine Wheel	:	Self Esteem and Balance

If we are not attending to all four parts then we are out of Balance. It would become a rough ride.

To Personalize your Medicine Wheel by striving towards taking care of all four segments. Continuously asking yourself what part may be out for you.

It is believed that when we can accept all colors and segments of the Wheel that we begin to live in Balance. Persons being born of two or more cultures are known as the Rainbow Nation.

The Medicine Wheel can teach us and remind us of Balance. We may say our Self Esteem is high or low and a good indicator is when something not so good happens for you; can you walk through it calmly. A Healthy Self Esteem stays balanced and calm only if all four segments are being respected and balanced.

## **THE FOUR SEGMENTS, DIRECTIONS AND THEIR ENERGY:**

### **EAST:**

Animal	-	Golden Eagle
Clan	-	Butterfly
Mineral	-	Pipestone and Atlineite
Plant	-	Tobacco
Element	-	Air
Colors	-	Red and gold
Season	-	Spring time of day dawn
Being	-	Our Spirituality

Spirituality: are we being in respect of those that lived before us to make our life possible. (This does not mean respecting their actions.)

A time of new beginnings of freshness, all things are possible and creatable. A time of great absorption to experience all. Like the wind we go many places and cause effect by our perceptions. Newborn - If we need excitement, energy, newness in the day sit in the direction of the east and use the energy you will find there to energize your spirit and mind.

### **SOUTH:**

Animal	-	Coyote
Clan	-	Frog
Mineral	-	Serpentine
Plant	-	Sagebrush
Element	-	Water
Colors	-	Yellow and green
Season	-	Summer time of day midday
Being	-	Our Emotions

Are we taking care of our Feelings.

We enter adolescence, young adulthood, a time of rapid experiences of great happiness - great pain and constant change. All life teaches us at this time and is absorbed in abundance. Like water experiences are formless. Our tears are the gift of self cleansing. The lessons of fluidity of our experiences generate our futures knowledge. We begin to see the importance of experience. If we are tired in the day sit in the direction of the south and absorb the energy and gifts in this direction.

## **WEST:**

Animal	-	Grizzly Bear
Clan	-	Thunderbird
Mineral	-	Soapstone
Plant	-	Cedar
Element	-	Fire
Colors	-	Black and Dark Blue
Season	-	Autumn time of day twilight
Being	-	Physical

Are we looking after our Physical Health.

Entering into Adulthood - a time of maturity of experience and expertise to understand and learn our true path and journey in life. To firmly establish their habits and patterns. To begin to experience balance. The West is the time of strength in a human's life and beginning of the teachings of the balance in the Medicine Wheel. Balanced Self Esteem. A place of problem solving and a time of feeling as we begin to let go of the thinking and our old perceptions and create our own beliefs. To have clarity of both our sides of our being. Fire teaches us the lessons of reality and what our actions have caused to be in the world.

If we are feeling restless then sit in the West and feel; the calmness and ability to hear to experience to learn.

## **NORTH:**

Animal	-	White Buffalo
Clan	-	Turtle
Mineral	-	Alabaster
Plant	-	Sweetgrass
Element	-	Earth
Color	-	White
Season	-	Winter time of day midnight
Being	-	Mental

How we think; is it Healthy?

A place of rest, calmness, dreams surrender their truths, a time of peace and quietness, white hairs upon our heads. A time when the earth's energies and ours connect - a time we share our gifts of knowledge. A time of forgiveness and compassion for all. Strengthening our powers, grounding, creativity. We receive the gift of honor and Balance. If you need calmness, rest, strength, sit in the North and enjoy all energy to soothe and cause ease for your spirit

Green represents Mother Earth  
Blue is to represent Father Sky  
The Clouds represent the Uncles  
The wind represents the Aunties (Spirits) the teachers

Our *Spirituality* is like the wind - *We cannot see it but we can feel it and know it is there.*

For all of the Wheel and all it's segments it is to be Respectful and to appreciate it's purpose.

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