

The Medicine Wheel

What Is It?



- A symbol in the form of a circle or hoop
- The word *medicine* indicated the sacred nature of the symbol and its connection to **spiritual powers** and **healing practices**

The Shape

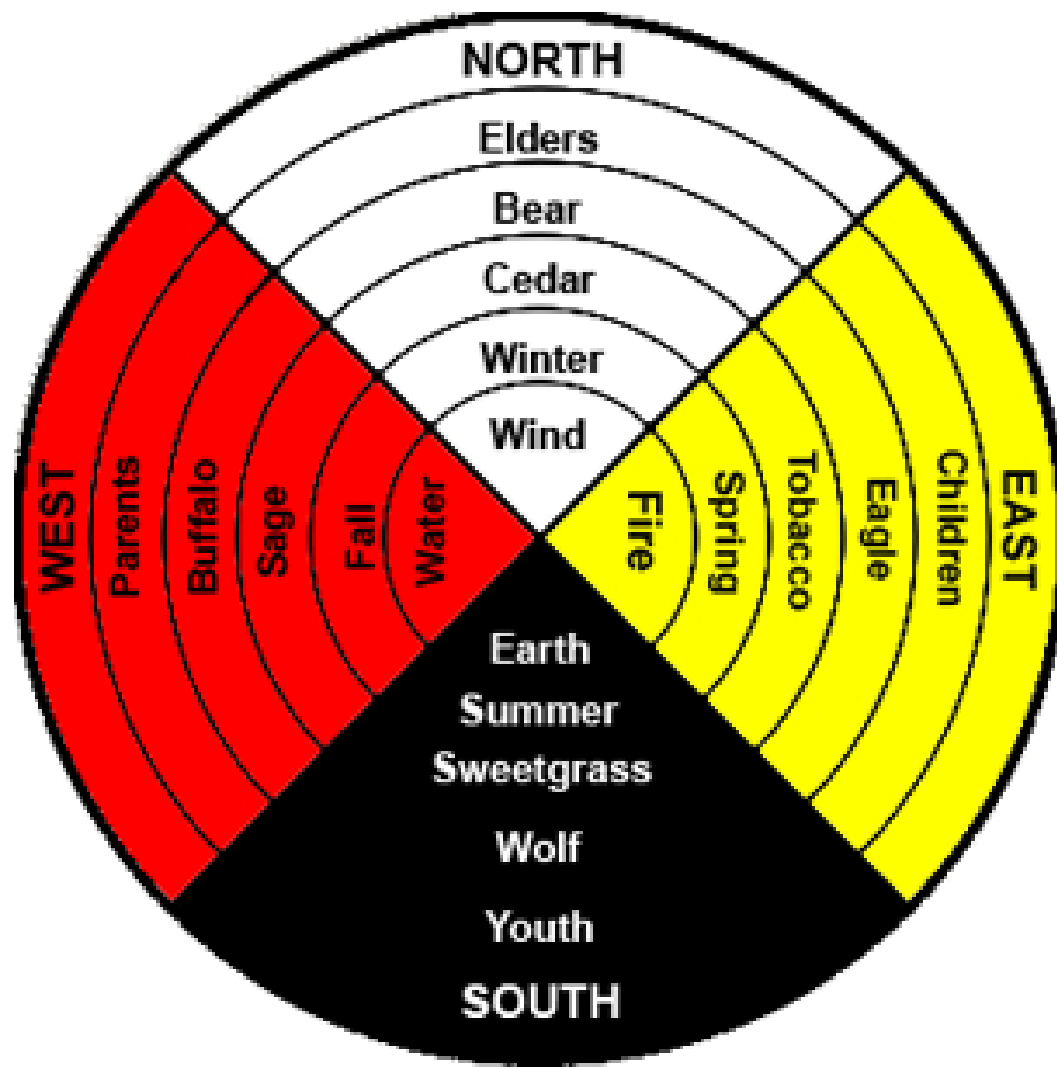


- Its circular shape expresses the belief in the endless circle of life
- It has 4 quadrants, usually white, yellow, red and black (sacred colours)
- Shows balance and harmony among all parts of the circle

Four Sections

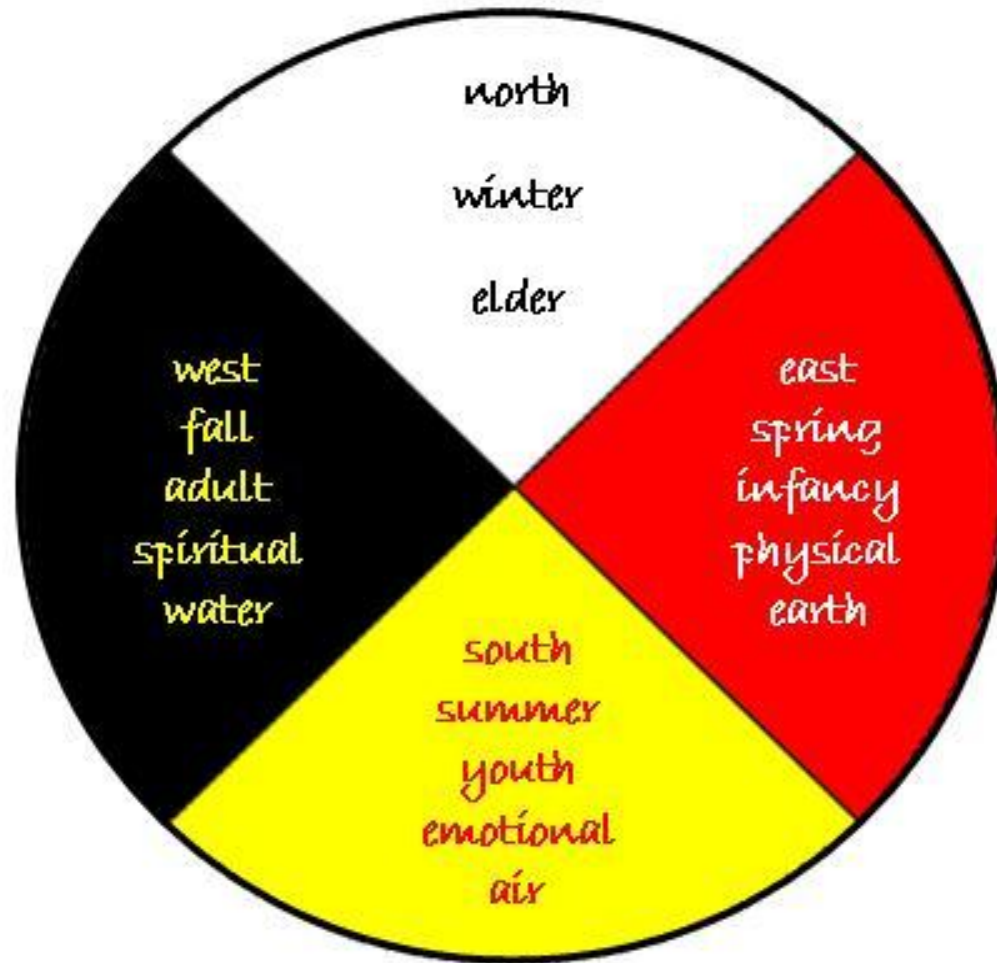


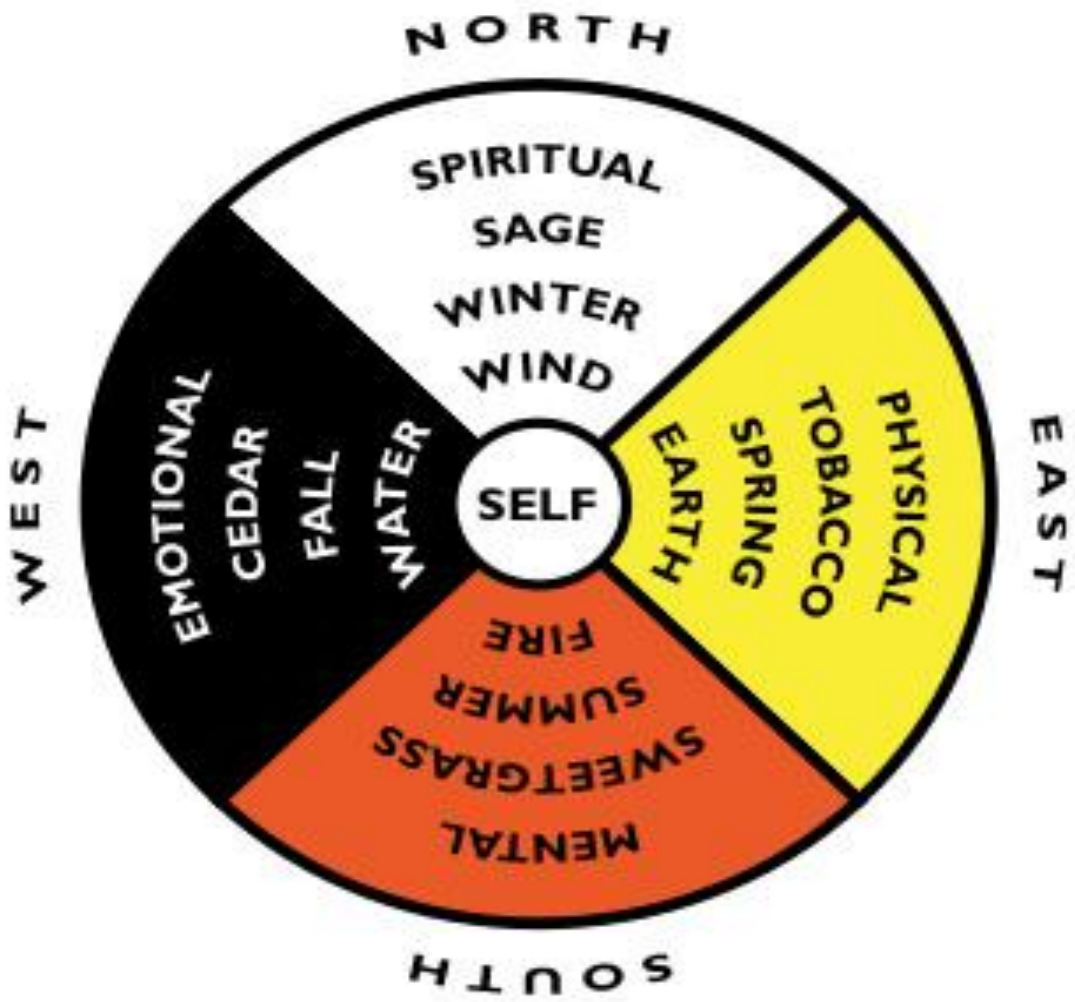
- The sections show not only the stages in a cycle, but also the different parts of the natural world:
- Example: Spring, Summer, Fall, Winter

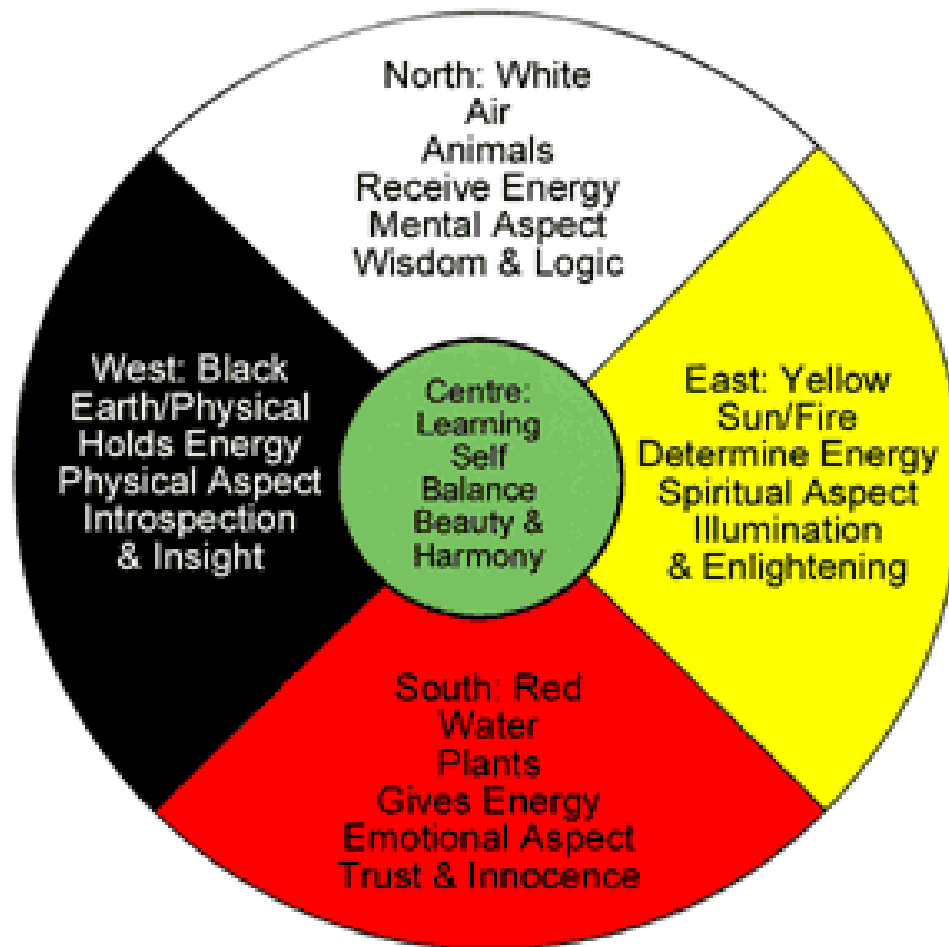


Ojibwe

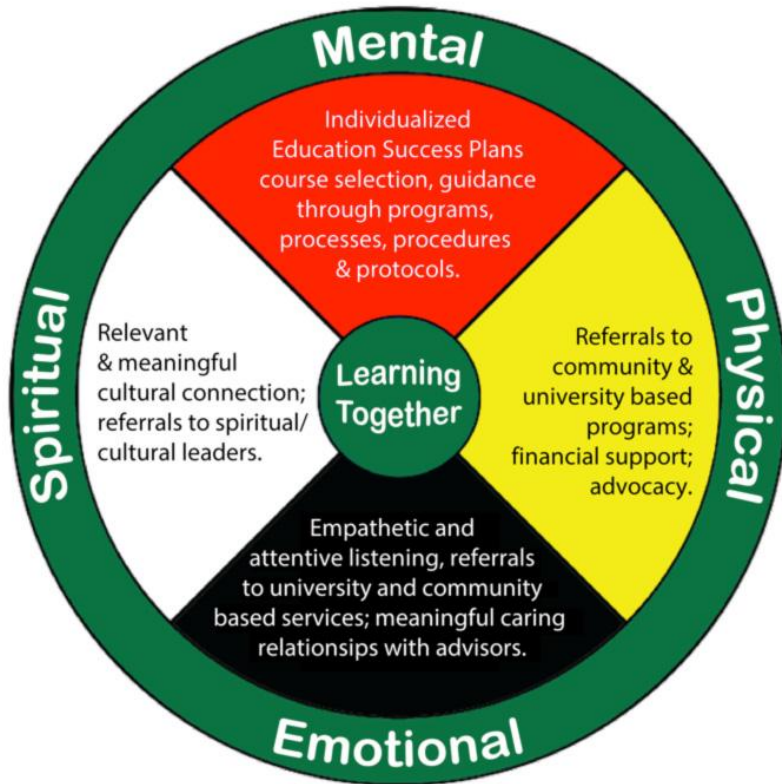
Note the difference in the quadrants...



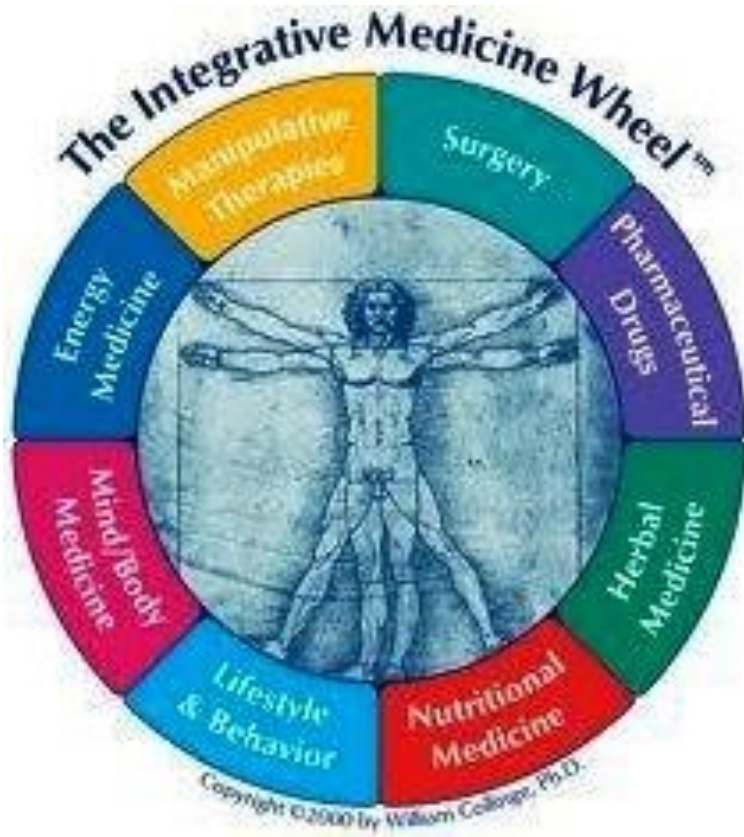




Balance



- Balance and harmony in all parts are important
- When one or more parts overshadow the others or are neglected, a person must restore balance in order to regain **spiritual, emotional, physical, and mental health**



- Because the wheel conveys values commonly found in teachings, many Nations and organizations from across Canada have adapted the medicine wheel for their own use in teaching and healing

ÎyineWIN
Humanness

The acceptance of all of who we are and the strength in being able to share with others - to know our truth.

Cikâstepekisin
Reflection

Our ability to explore how our actions, thoughts and feelings impact ourselves, others and our environment - to see our truth.

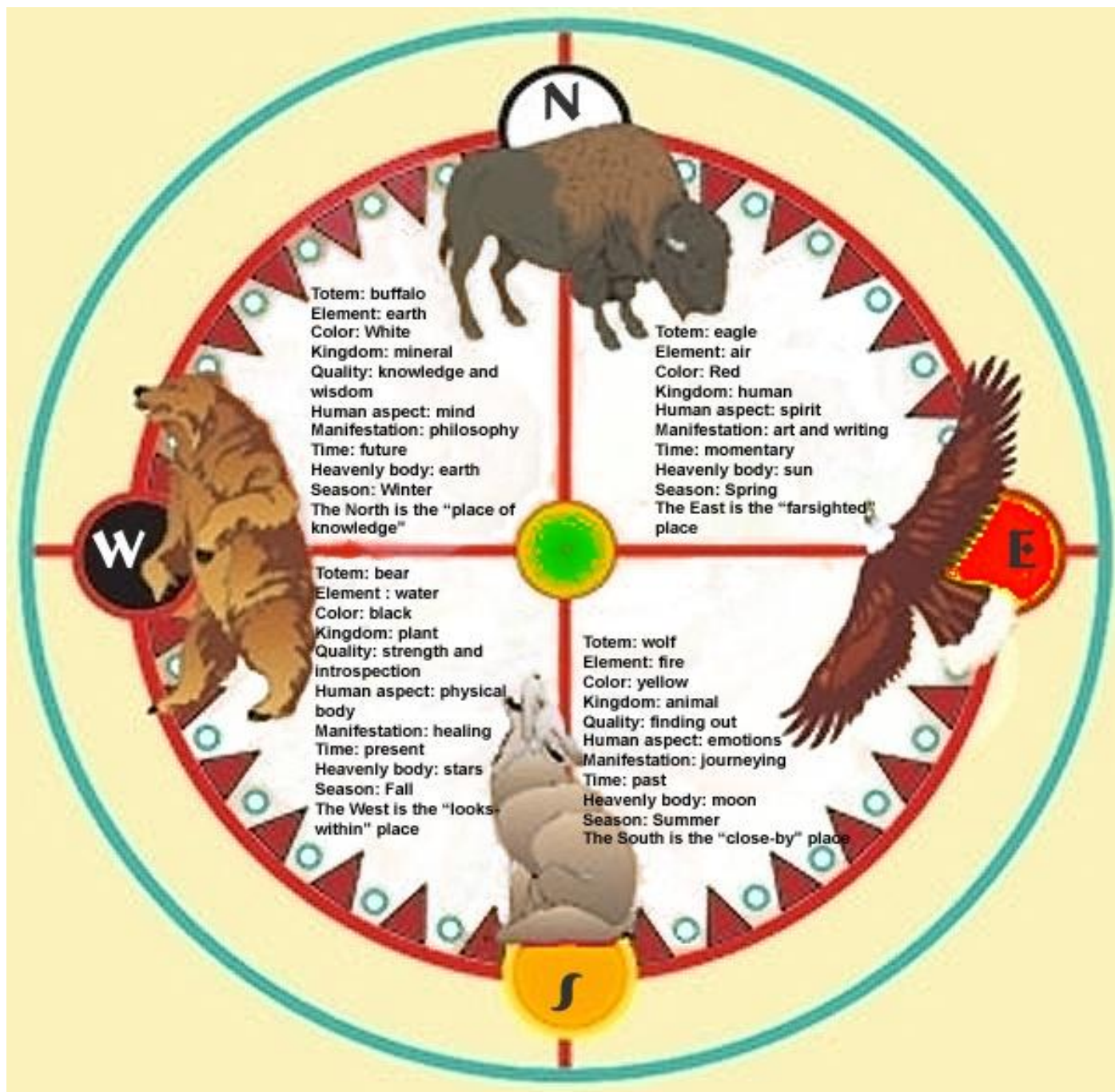
Ayamihewâtsowin
Spirituality

How we choose to live our life and how these choices affect others - respect our truth.

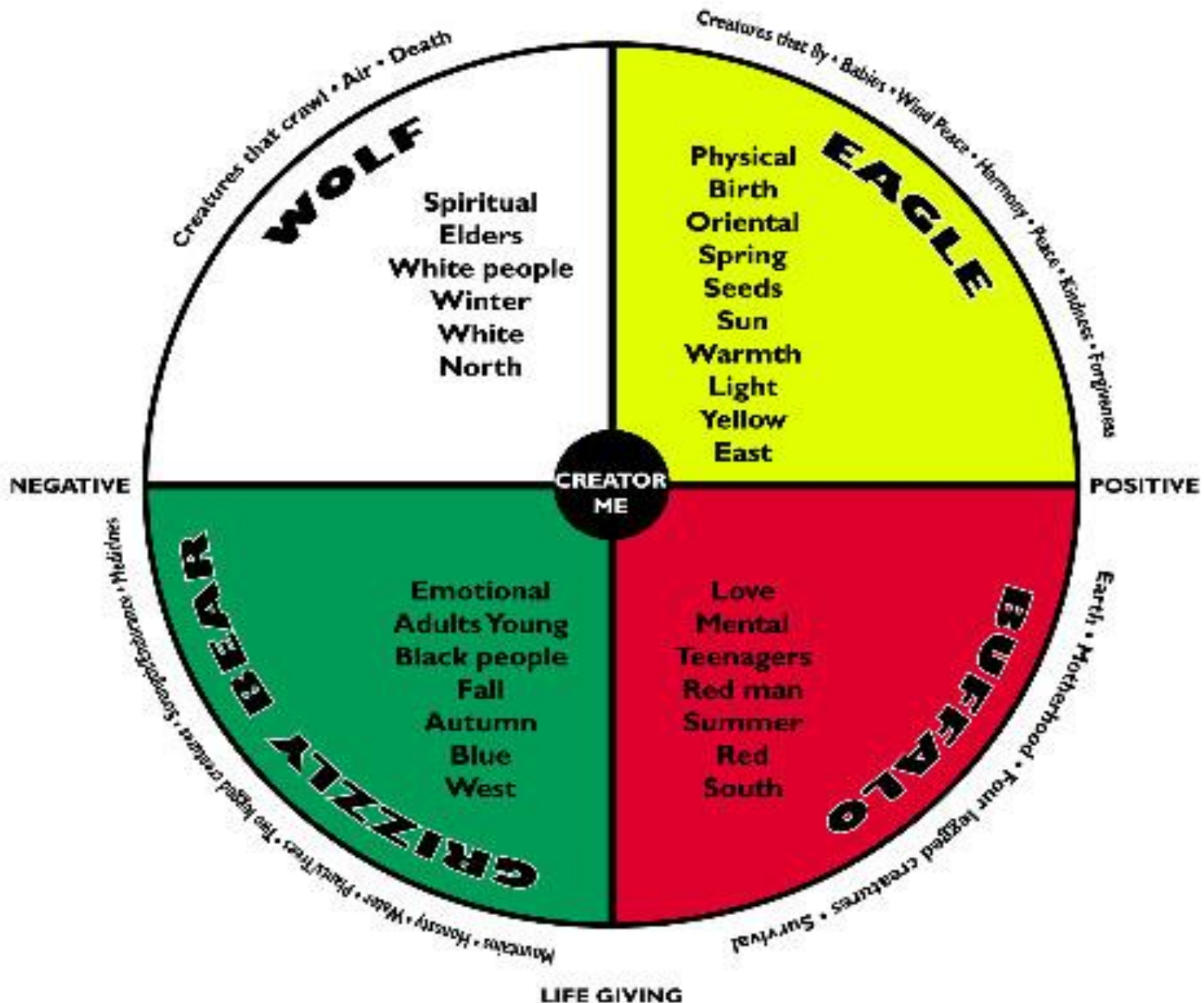
Miyo Wicehtowin
Relationship Based Practice

Kitimâkeyimowin
Passion

Knowing what drives us, what energizes us and what creates emotional energy in relationships - to feel our truth.



FOUR DIRECTIONS



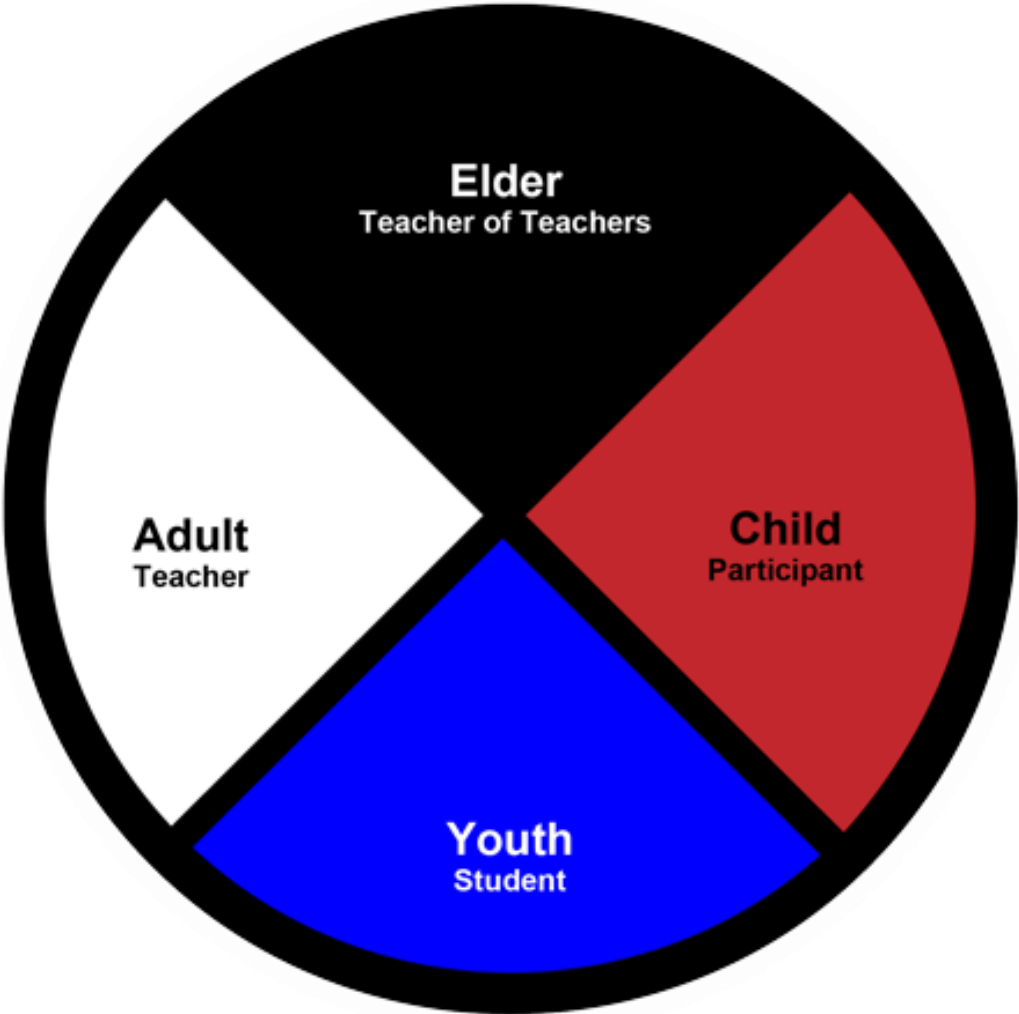


Sacred Medicines





Mexican/Aztec



Everything is a cycle

- All things are interconnected
- The circle can be seen in the repetition of changes in nature:
 - The migration of the birds
 - The cycle of the season
 - The cycles of the moon
 - Plants grow, produce seed, then die and return to the earth, seeds grow again in the spring

Four Directions Teachings

- <http://www.fourdirectionsteachings.com/main.html>

What would you include in your own Medicine Wheel?

- Spirit, heart, mind, body
- Childhood, adolescence, adulthood, old age
- East, south, west, north
- Spring, summer, fall, winter
- Earth, air, water, fire

Create your own **Medicine Wheel** in your sketchbook! Consider your use of colours, symbols, words...