

# MEDICINE WHEEL

Indigenous people celebrated death as much as birth, to them the beginning and the end are the same. The medicine wheel honors this cycle of life process of letting go (death cycle) and every time we walk the wheel we begin again with a clean slate.

Some key words are:

Circle zone energy

Buffering of neutrality

No fight

Universal acceptance

The right to be

## The Directions and their Mentors

Direction - EAST

Mentor – SHALAPOAH

I AM THE EAST, YOUR SUNRISE, YOUR BEGINNING – THROUGH ME LIFE BEGINS AGAIN, IT IS IN THE EAST THAT EVERYTHING NEW ENTERS YOUR LIFE

Time of Day - SUNRISE

Season – SPRING

Animal - DEER

Stone – ROSE QUARTZ

Color – RED TO MAROON

Key Characteristics – unconditional love, birth/beginnings, shift here to avoid conflict, you return here to start again (rebirth) after you go to the center of the circle (ASHNAPO)

Direction – SOUTH

Mentor – ELAHUAH

I AM THE SOUTH, YOUR SUMMER – LIFE GROWS AND EXPANDS IN THE SUMMER TIME. I NURTURE AND GUIDE YOU AS YOU GROW

Time of Day - NOON

Season - SUMMER

Animal - BEAR

Stone – GREEN FLUORITE

Color – GREEN AND RED (LIFE)

Key Characteristics – eat, sleep, nurture, action in the physical, how we take care of ourselves and others, very present in the now, physical strength

Direction - WEST

Mentor – SHEWALO

I AM THE WEST, YOUR SUNSET, YOUR FALL – I GUIDE YOUR HARVEST AS YOU EVOLVE SPIRITUALLY, EMOTIONALLY AND PHYSICALLY

Time of Day - SUNSET

Season - FALL

Animal – UNIVERSAL IS WILD TURKEY OR BUTTERFLY (all migrating animals can be in the west)

Stone – AMETHYST

Color – PURPLE AND ORANGE

Key Characteristics – letting go, between worlds, sometimes a place of spiritual evolution, pause here to acknowledge what has been, where we are, and what is to come

Direction - NORTH

Mentor – LAHOBAH

I AM THE NORTH, YOUR WINTER – YOUR ANCESTORS ENTER THE CIRCLE FROM THE NORTH TO LEND SUPPORT AND TO INSPIRE YOU FROM WHAT HAS BEEN, SO THAT YOU MAY CREATE WHAT IS TO COME FROM WISDOM AND INSPIRATION

Time of Day - MIDNIGHT

Season – WINTER

Animal – WOLF OR CARIBOU (Caribou for spiritual leadership, they are night travelers)

Stone – AQUAMARINE

Color – MIDNIGHT BLUE OR SILVER

Key Characteristics – the ancestors enter here, between worlds, universal principles and laws, inspiration, joy, lightness, you spend time here to gather support from the ancestors, connect here to what is to come

Direction - CENTER

Mentor – ASHNAPO

I AM THE CENTER OF YOUR MEDICINE WHEEL – THROUGH ME YOU RETURN TO THE ENERGY OF POTENTIAL

Stone - CLEAR QUARTZ

Key Characteristics – universal clarity, holds space for the energy of potential, neutrality, recharge for self, here you ask “May I feel the support of universal nurture”

TOGETHER WE ARE CALLED THE GUARDIAN COUNCIL OF LIGHT

## Quadrants

All quadrants hold space for transitions and each is similar in that they are all about the process of letting go. Quadrants can also give you information and insight into others.

### **SOUTHEAST**

Letting go of agenda, place of surrender, humility, this direction also addresses the ulterior motives we carry within us

### **SOUTHWEST**

Greater letting go, adjustment in consciousness here before you proceed, surrender, yet again you release your ulterior motives and those of others as well, harvest rest

### **NORTHWEST**

Ultimate letting go, death, transition, realignment, this is where we get what we need in order to realign, deep sense of gratitude

### **NORTHEAST**

Place of acceptance, peace, calm, knowing, now we go on, neutral

**Leadership is sacred law in the indigenous world, we are all leaders in some way. A great walk of the medicine wheel is to ask the circle about your own personal leadership. You do this by going to each direction and sit with it. Inspiration may come then or later in your waking or sleeping dreams**