

# Medicine Wheel

The Medicine Wheel is a circular symbol representing the wholeness of traditional Native life. It is a perfectly balanced shape without a top or bottom, length or width. It represents constant movement and change. It also represents and symbolizes unity, peace, harmony and courage. It is a testimony of the human being's ability to survive and to maintain balance. The ultimate goal is to strike a harmonious balance in life. The circular form of the Medicine Wheel shows the relationship of all things in a unity, a perfect form, and suggests the cyclical nature of all relationships and interactions. Everything in the universe is part of a single whole.

A medicine wheel is CIRCULAR and CYCLICAL

The four cardinal directions are: EAST SOUTH WEST NORTH

We start in the EAST because the sun RISES THERE

Mother Earth is below and Father sky is above, giving six directions.

# Chart of gifts

Direction	East	South	West	north
<b>Four Seasons</b>	Spring	Summer	Fall	Winter
<b>Four times of day</b>	Sun RISES	Sun HIGHEST	Sun SETS	night
<b>Four sacred plants</b>	Tobacco	Cedar	Sage	sweetgrass
<b>Four animals</b>	Eagle flies the highest	Deer is generosity Gives itself for food, clothing, and shelter	BUFFALO Look within for guidance	WHITE BEAR Fasting, strength, truth, and wisdom
<b>Four elements</b>	Water	Fire	Earth	air
<b>Four stages of life</b>	Birth	Youth	Adult	elder
<b>Four aspects of human being</b>	Spirit	Heart	Body	Mind
<b>Four races of humans</b>	Asian Yellow	Aboriginal/ indigenous Red	African Black	European White
<b>Four food groups</b>	Fruits and vegetables	Meat and fish	Wheat and breads	Milk and milk products
<b>Gifts from within</b>	Innocence Spontaneity Joy Purity Trust Hope Courage truthfulness	Generosity Sensitivity Loyalty Nobility Love Determination Passionate Compassion kindness	Dreams Perseverance Respect Humility Self-awareness Reflection Commitment	Wisdom Thinking Analyzing Understanding Predicting Organizing Categorizing Discriminating Criticizing Problem solving Imagining