

Expanding Sacred

Medicine Wheel Wisdom



The Medicine Wheel is a symbol of balanced human life.

Medicine wheels represent:

***Mental**

***Physical**

***Emotional &**

***Spiritual Well-Being.**

The symbol of the cross is much older than Christianity. Our ancestors used the Four Directions as a metaphor for the human experience.

The Four Directions represented in sacred wheels reflect our:

***Inner Child (Physical Body)**

***Inner Adolescent (Emotional Body)**

***Adult Self (Conscious Mental Body)**

***Old Wise One/Higher Self (Spirit/Energy Body)**

When the four aspects of self work in harmony with each other, we live in balance. After completing the Medicine Wheel Meditation audio download, it's time for reflection and journal time.

Which direction of the Medicine Wheel felt the most comfortable to you?

Which direction felt the most foreign or uncomfortable?

Name the aspect of your being that is asking for the most attention and healing right now: Mental, Emotional, Physical or Spiritual?

What aspect of your inner-self asked for the most love and healing during the meditation: Inner Child, Adolescent, Adult or Old Wise One?

ACTION STEP: On your altar, place a specific item or gemstone to represent each of the four directions. Place an object in the center of your altar to represent you as a whole, an embodied SHAMAN. The careful placement of these five objects will bring attention to your need for balance and integration on all levels.

The Four Directions

Elements of the West: The Way of the Teacher

New Moon Emotions Lodge (The Look Within Place) Kane
The Adolescent Within The Emotional Body: Intuition, Looking within,
introspection, personal truth
Dreamers Dreaming the Sacred Dream
Chakra: Solar Plexus Animal: Bear, Crow or Raven
Color: Black or Blue Visualization-Projection

Elements of the North: The Way of the Warrior

First Quarter Moon Spirit Lodge (Knowledge Becomes Wisdom) Lono
The Adult Within Mental body, where the adult lives
Seers Healing and balancing the mind and heart
Wisdom, Strength, Spirit, Magic, Spiritual Essence
Animal: White Buffalo, Snowy Owl
Color: White (Blue, Scarlet, Purple, Lavender)
Chakra: Crown and Root

Elements of the East: The Way of the Visionary

Full Moon Mind Lodge (Place of High Vision) Kanaloa
The Old Wise One Within- Spiritual Body, Where the Grandparent Lives
Illumination, Light, Creativity of Mind, Wisdom
Animal: Hawk and Eagle Energy dancers, movement, healing and massage
Color: Green, Gold or Yellow
Conflict Resolution
Sacred Clown "Heyoka", The Backward Way
Chakra: Heart

Elements of the South: The Way of the Healer

Last Quarter Moon Physical Lodge (Movement in the World) Ku
The Child Within The Physical Body Where the Child Lives
Merge and Heal with Your Power Animal
Healing with Trust and Innocence, Playfulness
Animal: Mouse, Coyote, Dolphin, Otter Story Tellers
Color: Red or Orange
Social Fulfillment, Acts of Power, Vocation
Chakra: Sacral

Medicine Wheel Meditation: Calling in the Four Directions (Transcript)

***Please listen to the Meditation Audio Portion of this Module**

Take a deep breath in and relax your body. Sink into the sacred space around you and close your eyes. Allow each muscle in your body to fully relax and let go of the cares of the day. You are totally safe, relaxed and present in your body. It feels good to sink into this relaxation now.

As you breathe with your eyes closed, you find yourself in a beautiful field of flowers. Feel the sun shining on your body, warming your skin. You smile as you breathe in the scent of the colorful flowers. You see flowers of every color and size in this beautiful field. Run your hands over the wildflowers and feel the petals of one of the flowers. Feel the wind caress your skin. It feels so good to be here, at this moment.

As you look ahead in the distance, you notice some large stones placed in a ceremonial area, like StoneHenge. These stones are different. As you move closer, you have this feeling that you are supposed to be here, right now. Something is drawing you to the stones. As you get closer, you notice the beauty and perfect alignment of the stones. This is your Medicine Wheel. It has been prepared just for you. You are about to begin the journey of calling in the Four Directions.

You draw closer and closer to these beautiful stones and you notice an opening, a gate on the east side of the circle. It feels right to enter, so you step in. At that moment, you know what you are here to do. As you stand and face the East stone, you call in the direction of the East, a celebration of new beginnings. You are embarking on a path of self-discovery and healing. The Spirits of the East are here to help you. This is the place of high vision. We call in the winged ones, the Eagle and Hawk to help us see clearly from a new perspective. In the East, we dance, we celebrate and honor the Sun. Feel the Spiritual aspect of your being. As you walk and move in the East, reclaim any pieces of your Spirit that have been damaged or lost along the way. Bring them back to you with the help of the East healers and spirit birds. Dance your spirit back in your body.

You begin to move toward the South stone and you feel very present and alive in your physical body. Lay down in the South and feel your bones and muscles on the Earth. You call in the Great Mouse, feeling the energy as the mouse teaches us about burrowing down into the dirt, feeling our roots, blood, bones-this is the direction that represents our physical health. As you call on the direction of the South, reclaim any parts of yourself that have been damaged physically. As the Spirits of the South to heal your physical body, regenerate and enliven you, feel each organ being revitalized in your body. We call on the playful spirit of the Dolphin to come in. Help us remember our own playful, creative energy. We now connect to the child inside, recapturing our childlike wonder. As the Mouse burrows deep down in the earth, helping us to ground into our body, the Wolf and Coyote come in to teach us about Earth Medicine while the Dolphin playfully swims around us. We honor the animals represented in the South, we honor our inner child and our physical health. We now reclaim and heal all physical parts of our body.

When you feel physically whole and healed, you move to the West, to the place of introspection, the place of the Sacred Dreamer. Notice the beautiful stone that represents the West as you move closer and call in the direction of the West. You sit in deep meditation in the West. The West is where we honor the Great Bear, the dreamstate, intuition and emotions in the West. We connect to the adolescent within us and we feel our emotional bodies. Take a moment to heal any parts of your emotional well-being that need tending. Reclaim your emotional flow and health here in the West. If there has ever been damage to your emotions, now is the time to gather your emotions, evolve and transmute their energy. We honor the power of the Great Bear in the West, we honor our adolescent and we reclaim our emotional health, our sacred dream time.

When you have smoothed out and integrated your emotions, it is time to travel to the North, to the Spirit Lodge. We honor our adult selves, where our wisdom, strength and responsible one lives. We call in the White Buffalo and the Snowy Owl for guidance. We seek to turn our knowledge into wisdom and to honor our spiritual health. As you stand powerfully in the North, you can now reclaim any spiritual pieces of you that have been damaged. Call upon the Spirits of the North to assist you in healing your spirit. We honor your adult self, the one who knows and who takes action. When you have gathered all the pieces of your energy body and you feel spiritually intact, move back to the East stone.

We dance again in the East-The Mind Lodge-the place of high vision. We connect with the winged ones to assist us in our mental healing. Call out for any parts of your mental body that have been damaged or broken along the way. Ask for your mind to be healed and renewed as your Mental Body becomes strong and intact. We honor the East with our sacred dance as we reclaim our mental health.

Coming full circle, you move effortlessly to the center of this beautiful Medicine Wheel, feeling the sovereignty and totality of your being. You stand in the Soul Lodge, you have found your center, you can access your power. Look out over the expanse of the Medicine Wheel, each direction represents your life. You are the embodiment of the Four Directions, you are all these animal characteristics, you ARE the sacred wheel. Each part of you deserves honor, love and healing. Each elemental piece of the wheel works together for oneness and wholeness. Take a moment to look around at all of them-your inner child, your adolescent, your adult self and your old wise one, the medicine healer. They are all so beautiful. From the vantage point of your soul, bring them all together and share a hug of acceptance and understanding. Ask them to work as one for the greater plan of your soul's purpose. Stay here in this space as long as you like. When you are ready, open your eyes and bring your awareness back to the room, feeling rested and renewed.

Remember, you can visit your Sacred Medicine Wheel anytime. Call on the Four Directions when you need balance and healing.

Reflections on the Medicine Wheel Meditation-

Where do you find yourself living on the Wheel? What type of Medicine Person are you? Do you see a little bit of yourself in each of these directions?

SOUTH-The Conjurers

You heal with trust and innocence. You are particularly good at understanding crystals and stones because of your ability to get into that silent place within you. This is a very slow vibration. You will learn to see into crystals and to prophesize about what is wrong and how to heal it. The South is where very good story tellers in the ancient traditions passed down verbal healing knowledge. You understand baskets and weaving. Your ability to deeply merge with your power animal enables you to heal through your Power Animal. Plants and herbs speak to you; you understand their language. Your color is GREEN.

WEST-The Dreamers

You are extremely good at dream walking or astral travel-you can project your energy body into another place. You are also good at writing stories. You sit in the place of introspection and write about the truths of the world. You work with all aspects of the dream state. Your work on the astral levels can be profound. You understand the rites of passage from one level to another. You are the Great Path Chief of transformation. You can assist others with life, death, and rebirth (the death of an old part of oneself into a new part). The color blue and the vibration of dreaming are the same. Meditate on how color relates to dreaming. You are dreaming the Sacred Dream. Your color is: BLUE

NORTH-The Seers

You work with the psychology of all things. You heal the mind and the heart. Northern healers make good therapists. You are good at working with auras, even if you cannot actually see the energy field, you can sense them. You sense holes in the auric fields of people who come to work with you and you know how to patch them. You know how to fill someone back up with life force energy and give them power. You can look out into the world and order it in a mental way. You understand the importance of the mind-the fragility and power of our mental body. Your color is: Lavender.

EAST-The Energy Dancers

You work very well with dancing alive the knowledge of the sacred circle. Working with movement is and should be a part of your life. It is important for you to help others to understand the profound power brought by balancing spiritual life with an expression of physical movement. You understand the power of the sun, which is a male shield, so it is important to balance your strong energy with moon energy. Wear a moonstone and follow the phases of the moon. You are a hands on healer, working well with massage and bodywork. You stand in the position of the Sacred Clown, the Heyoka, a person who tests existing institutions and situations to see if they are true and valid. You are an excellent weaver. You understand energy patterns and cycles. Yellow and Gold have a similar vibration to polarity therapy and energy healing. Your colors are Yellow and Gold. Meditate on this.

What colors are you drawn to?

What healing modalities are you drawn to give AND receive? This will show you what kind of Shaman you are.

What is your gift of service to humanity (your talents and abilities)?

**My name is _____ and I serve as a Shaman.
I create love where love is absent, I enhance love where love is present.
I see with eyes of love, I hear with ears of love, I heal with a heart of love.
I AM a Shaman.**

I am serving humanity through the acts of

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