



# THE MEDICINE WHEEL

ALL THINGS ARE  
CONNECTED

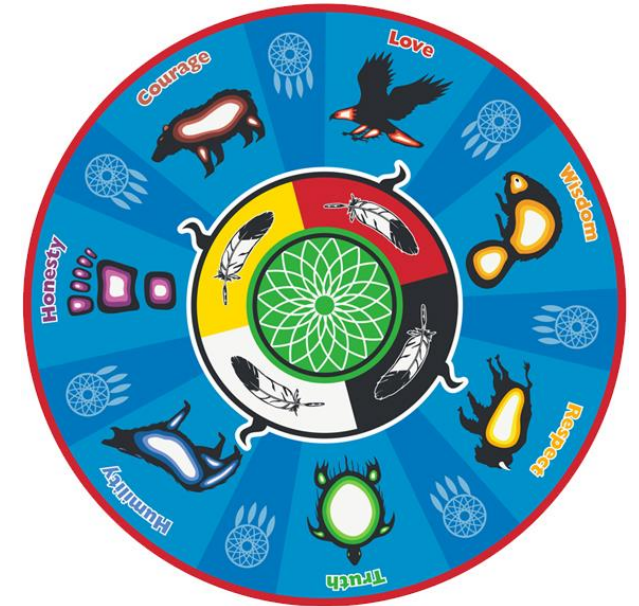
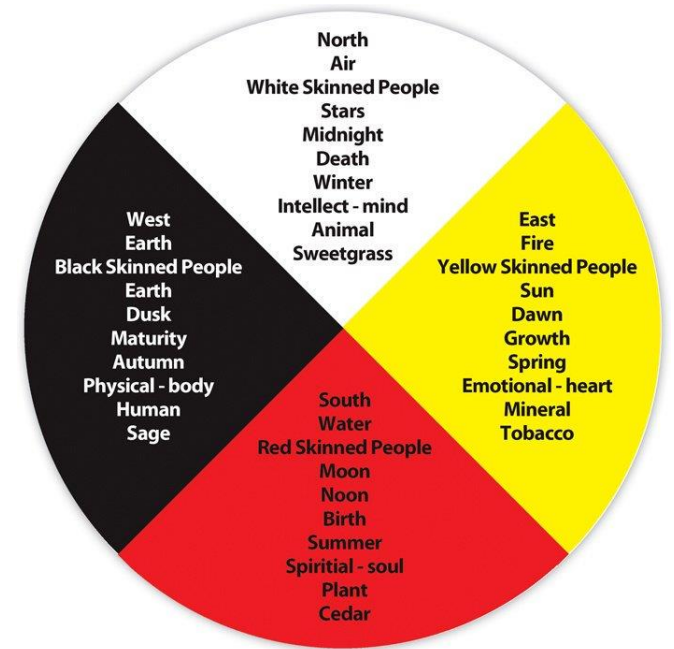
# WHAT IS IT?

The Medicine Wheel is the foundation for teachings about walking on the earth in a good way.

The term “medicine” does not refer to drugs or remedies.

The Medicine Wheel and its teachings assist individuals along the path toward mental, spiritual, emotional and physical enlightenment.

The Medicine Wheel is a representation of how all things in the natural world come in fours: four directions, four seasons, four stages of life, four basic elements.



# 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

Represents a cycle:

- 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



# NORTH - WHITE

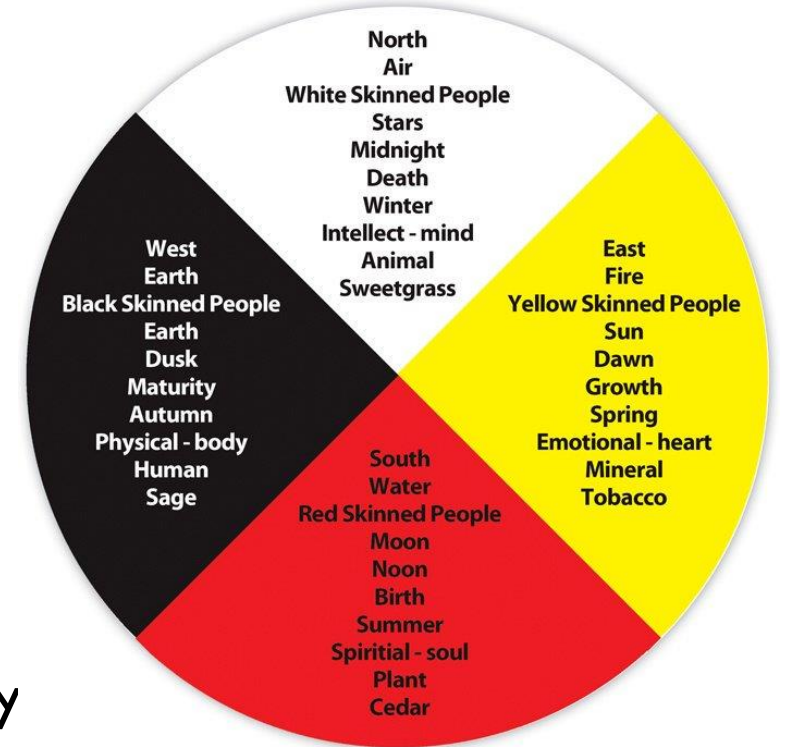
As we get older our hair turns white, as we come to our time of winter.

With experience and age we gain wisdom.

North is purity and wisdom.

The animals of the North are the Moose and Bear. They rest and take things slow, not wasting energy, and with the understanding of what winter brings.

Often symbolizes death and the end of the life cycle.



# EAST - YELLOW

The East represents yellow, the beginning and the renewal.

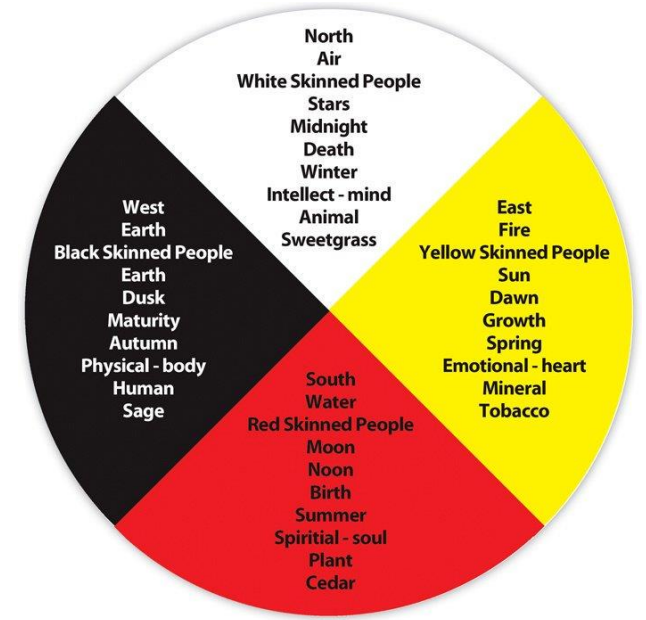
Beginnings start in the East, from where the sun rises to begin a new dawn.

Representative of new ideas and seeing the light, or a candle in the dark.

Spring is the season when all things begin to grow and awaken.

Animals with wings are typical representatives: the hummingbird, the owl, and the hawk.

Often associated with childhood and innocence.



# SOUTH - RED

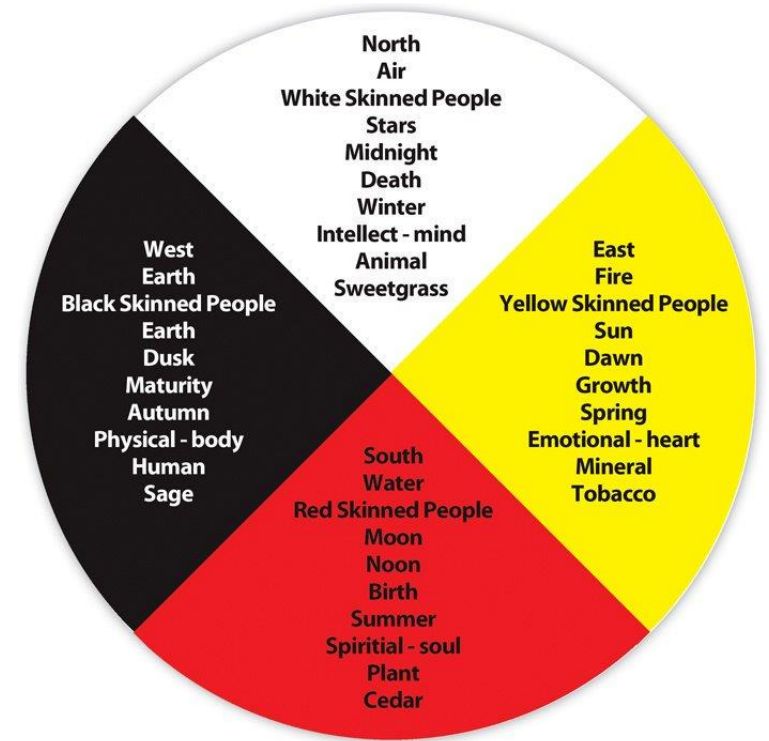
At the peak of the Sun's journey through the sky, the South is the place that receives the most light.

It is responsible for the growth and flowering of all living beings.

South is most often associated with the flowing of emotions as it is the polar opposite of the North.

It symbolizes youth, adolescence, early adult life.

Red is for fire, passion, summer, and a time of fertility.



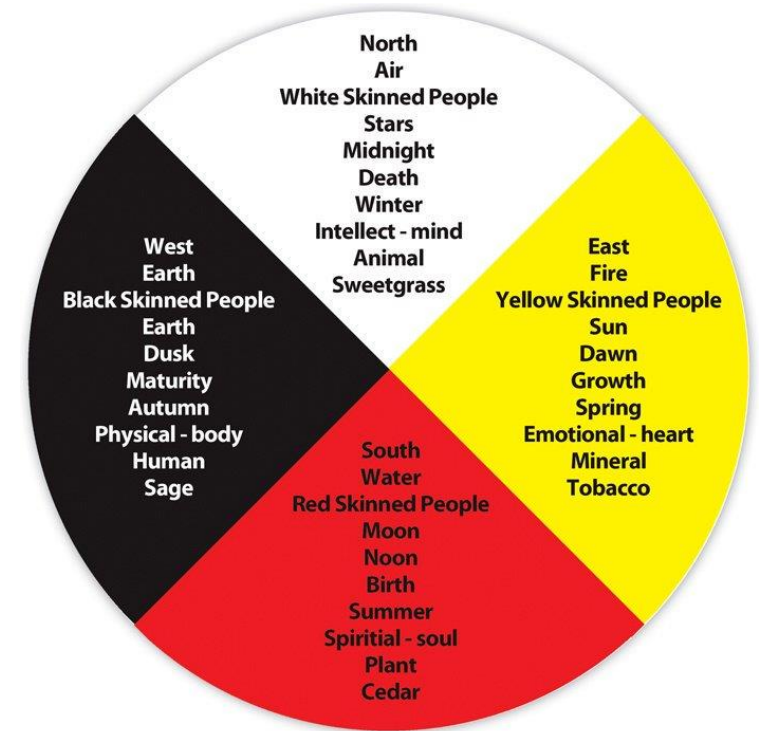
# WEST - BLACK

The West is a place of sunset, the return to the dark.

It is the autumn of our humanness – a time of maturity.

The West symbolizes a place of transition from youth to late adulthood.

Typical animals: snake - reminds us to shed our skin to grow and change. Beaver – working hard to prepare for coming winter.

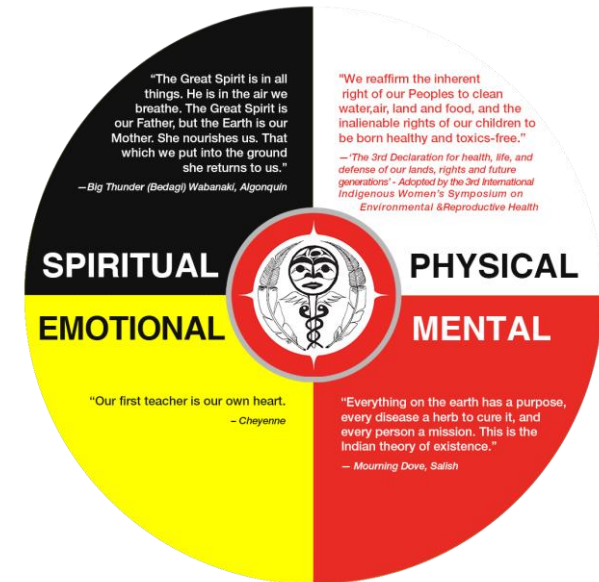


# CREATE YOUR OWN MEDICINE WHEEL

TASK: Create your own Medicine Wheel. Consider your use of colours, symbols, illustrations, and words. Explain your Medicine Wheel in at least 2 sentences for each of the 4 sections.

## What would you include in your medicine wheel?

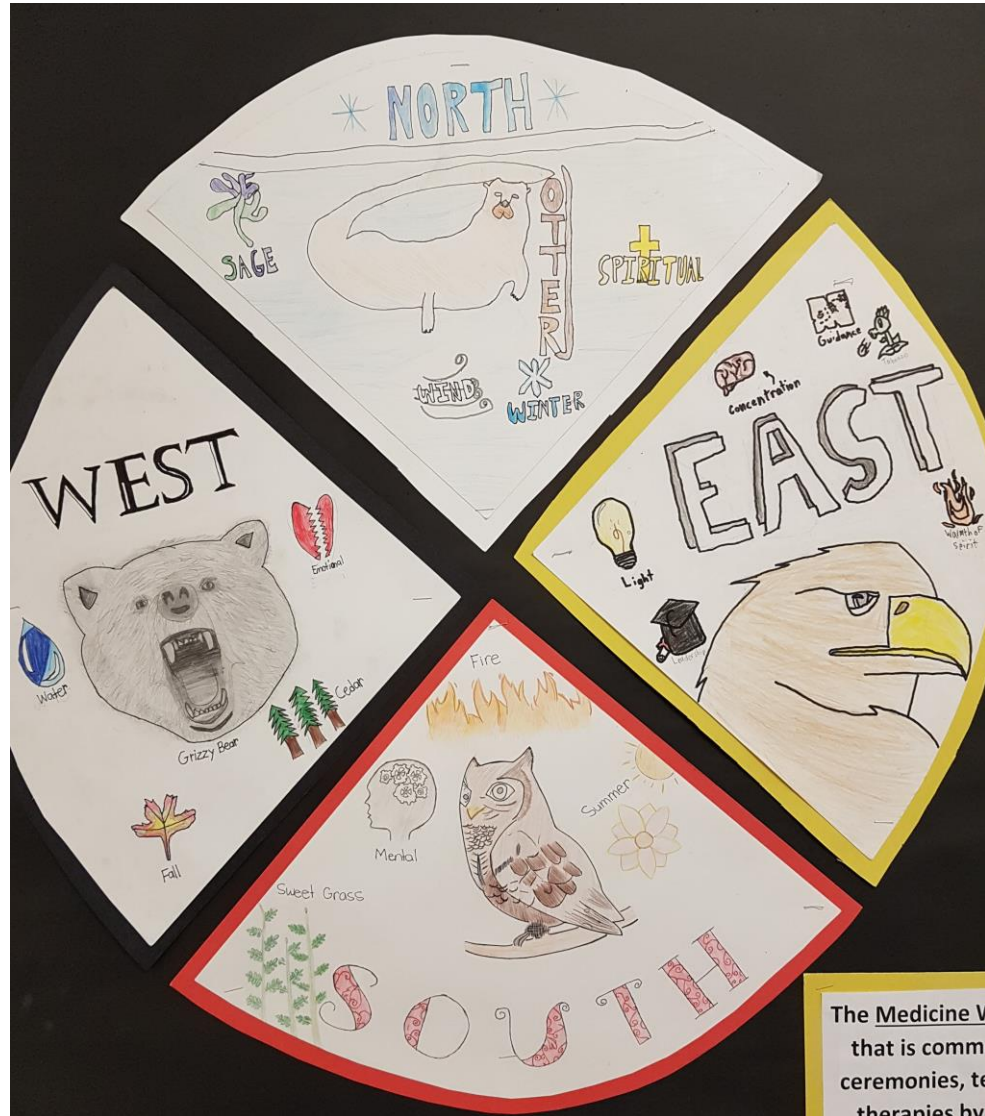
- Spirit, heart, mind, body
- Childhood, adolescence, adulthood, old age
- East, south, west, north
- Spring, summer, fall, winter
- Earth, air, water, fire



**I will be marking:** work ethic, meeting deadline, effort, creativity, use of colour, symbols, illustrations and/or words, quality, neatness, explanation

\*\*\* to be drawn on white paper with explanation on back





The Medicine Wheel that is common in many ceremonies, treatments, and therapies by



