



# *Messages From The Medicine Wheel*

*<A Newsletter From Myron & Angelitta Old Bear, Medicine Wheel Mesa, Bedrock, Colorado>  
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## *The Sacred Season Of New Beginnings (Spring)*

The medicine wheel teaches us that what the dominant society calls “Spring” is actually the Sacred Season of New Beginnings. We see “new beginnings” all around us in Nature. The grass has turned from brown to green and the trees are growing new leaves. The four leggeds are giving birth to their young. The geese are on their way back north. Snow has turned to rain, and the cold, biting winds of winter have become the warm, gentle breezes of spring.

Yes, new beginnings are evident all around us in Nature—but what about in our personal lives? During this Sacred Season Of New Beginnings, what are the “new beginnings” we are committed to? The Sacred Seasons teach us that everything within the great Sacred Circle Of Life is constantly changing, and that each season is actually a time of preparation for the changes that will occur during the next season.

During the Cycle Of Sacred Seasons, winter is the time of rest and renewal in preparation for the time of new beginnings coming during spring. So I ask you, during this past winter were you experiencing the rest and renewal necessary in order to properly prepare yourself for the new beginnings you will commit to during this Sacred Season Of New Beginnings (Spring)? Or, are you living your life out of harmony and balance with our Creator's Sacred Cycle Of Seasons?

I encourage you to take some time alone and talk to our Creator about your life, and specifically about the new beginnings you should be working on during this Sacred Season Of New Beginnings we call “Spring”.

If you feel your life is in a “rut”. If there is very little true meaning in your life. If today seems like nothing more than the continuation of the same old “stuff” you did yesterday—then in all probability you would greatly benefit from taking time alone with our Creator during this Sacred Season of New Beginnings to learn the new beginnings you should be working on in your life.

On the other hand, if you are very happy and contented with your life. If you feel you have lived life to its fullness. If you feel you have climbed every mountain and overcome every obstacle—then you are a prime candidate to become comfortable and contented with the “status quo”, and that, my friends, can lead to complacency.

No matter how long the mighty oak tree has live, and how large and strong it has become, it always looses it leaves in the fall and rests and renews itself during the winter in preparation for putting on new growth and new leaves in the spring. No matter how deep the snow gets on top of the mountain during the long, cold winter months, during the spring it melts and new wild flowers spring up everywhere. No matter how hot the forest fire gets as it rages out of control during the days of summer, the next spring the black and charred ground becomes transformed into a carpet of new green growth.

These are some of the many great lessons Nature is trying to teach us about new beginnings. Nothing that happened to us during the previous year—be it great failure or wonderful success—should hinder us from our commitment to embarking on new beginnings in our lives during each Sacred Season Of New Beginnings that we call Spring.

### A Few Areas Of Life To Be Considered For New Beginnings

- New beginnings in your spiritual development
- New beginnings in your career development
- New beginnings in your personal development
- New beginnings in your relationships
- New beginnings in your areas of special interest (hobbies, etc.)
- New beginnings in your life's purpose and goals
- New projects that need to be launched in order to accomplish the above

These are only a few areas of our lives that need constant attention so that our lives will remain in a continual state of improvement, growth and personal fulfillment. At Medicine Wheel Mesa the Sacred Season Of New Beginnings is one of the busiest and most important Sacred Seasons of the year. Many new projects are started based on the plans that were developed during the Sacred Season Of Rest And Renewal (winter). Many new friendships are formed as our Creator brings more and more people to the mesa. Many new lessons are learned as we find ourselves faced with new challenges and new experiences. And most importantly, many new things are learned about our Creator's love for us and the fantastic relationship we can have with him and the rest of our relatives within the great Sacred Circle Of Life.

Unfortunately, “new beginnings” frequently involve letting go of the “old” or the past. New beginnings often means breaking with old habits. New beginnings may require us to change the way we think about life and its values. And finally, even though it may be a new beginning for us, we must understand that what is “new” for us in all probability is already a well established tradition for someone else.

I encourage you to review again the above list of areas in your life that may be in need of new beginnings and find time to meet alone with our Creator in a quiet place to reflect on this list. Ask our Creator to begin showing you the areas of your life in need of new beginnings. Our Creator will not only reveal those areas to you, he will also share with you the plan of action you should take to make those new beginnings a reality in your life.

### *Community Corner*

Today we posted the information on our web page concerning the canoe trips we have planned down the Dolores River this summer. If you are interested in more information please email us at [oldbearm@yahoo.com](mailto:oldbearm@yahoo.com). The number of trips we schedule will depend on the flow of water down the

Dolores River from the melting snow in the high country. However, based on previous years of water flow, there probably will not be any trips scheduled after the 4<sup>th</sup> of July.

I want to thank Ronda Cordonnier for all the years she ran our web page so successfully for us. She has been trying to teach this “old bear” how to operate a computer, but I am a very slow learner. However, I will try to keep the newsletters coming on a monthly schedule in the future. I will also try to check my emails at least a couple of times a week and respond appropriately. So we ask for your understanding and patience as we try to start maintaining some sort of contact with the “outside world” from Medicine Wheel Mesa.

Where we live on Medicine Wheel Mesa we have no phone service. We have to drive three miles to a higher mesa to have cell phone reception and access to the internet. So this is going to be a new experience for us. But, this is the Sacred Season Of New Beginnings so we are committed to learn this new thing in our life that the outside world calls, “progress”.

Also, we encourage feedback concerning our newsletters and our web page. We will slowly begin making changes in the web page as I learn more about what I'm doing. Any and all suggestions are welcome.

May your life be a blessing to others within the great Sacred Circle Of Life.

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