

Messages from the Medicine Wheel

A monthly newsletter from Myron and Angelitta Old Bear

Restoring “Rites of Passage” to this Sacred Path

Many people who walk a Spiritual Path toward our Creator can recognize the symbol we call a medicine wheel; however, fewer and fewer individuals are aware of the layer upon layer of Spiritual Principles and Teachings that exist within the actual medicine wheel's powerful Sacred Circle. Contained—and often camouflaged—within the medicine wheel are all of the spiritual truths that are at work within the Sacred Circle of Life here on Mother Earth.

Like peeling away the layers of an onion, the serious student of the medicine wheel carefully peels away the countless layers of spiritual symbolism contained

within it. The power hidden behind the medicine wheel's symbolism allows us to travel farther and farther into the Spiritual Realm in order to bring back the Ancient Sacred Knowledge that enables us to learn how to live in peace, harmony and balance within the Sacred Circle Of Life here on Mother Earth.

For example, The medicine wheel's stone circle symbolizes many things, ranging from the movement of the day through time, the Sacred Cycle of Seasons and the phases of our lives from birth through old age and finally transformation. The stone circle

even symbolizes all of creation within the great Sacred Circle Of Life here on Mother Earth—and learning to connect with the power hidden behind the medicine-wheel's symbolism is a life-long process.



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The Medicine Wheel Gave Us the Rites of Passage

On the medicine wheel, East represents an individual's birth. South symbolizes one's youth. The Western side of the medicine wheel symbolizes adulthood, and North is the direction of old age. As the individual's life cycle moves on around the circle from the North back toward the East, he or she is getting ever closer to the Time Of Transformation—that moment when our spirits leave our physical bodies and returns back to the Spiritual Realm from whence they came.

Just as there are “Rites Of Passage” ceremonies that mark the changing from one Sacred Season to the next, so there are Rites Of Passage rituals and ceremonies that mark the changing point from one phase of our lives to the next. There are many Rites Of Passage as we travel through the Sacred Cycle Of Life on the medicine wheel, including the Rite Of Parenthood, Rite Of Birth, Rite Of Adulthood (for both girls and boys) Rite Of Marriage and Rite Of Transformation, to name a few.

Every ancient indigenous culture had Rites Of Passage because far back in time they had the medicine wheel which taught them the necessity and importance of those rites. However, today our high tech, modern, so-called sophisticated society thinks it has “out grown” the need for such “barbaric” rituals and ceremonies as Rites Of Passage. Unfortunately, the failure of “modern man” to carry on the Sacred Rites Of Passage is one of the main causes of the “terminal illness” that is rapidly destroying our society.

Rites Of Passage are the “glue” that holds a society together. They create respect, love and loyalty between husbands and wives, parents and their children, youth and old age,

and more importantly, between the individual to his or her Creator. They keep a society firmly anchored to the Spiritual values of its past and insure that those values are passed on to future generations.

On page 396 of the book, *The Sacred Journey Of The Medicine Wheel*, I said, "Our Rites of Passage have a dual purpose and meaning as we walk this Sacred Path. They not only move us from one stage of our physical lives to the next, they also move us from one stage of our Spiritual Lives to the next." (The book is published by Strategic Book Publishing, New York, New York and is available for purchase from the publisher on our web site, or may be ordered from Amazon.Com. The last part of the book contains detailed, step-by-step descriptions of how to conduct several Rites Of Passage ceremonies. In addition, a workbook that helps you implement the textbook is available free of charge on our web page.) Rites Of Passage are far more than just a ceremony that marks the passage from one phase of our lives to the next. They build in increased *commitments, responsibilities, obligations and accountabilities* between the parent and the child, the child and the community, the child and future generations and the child and our Creator.



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The Importance of Reviving the Rites of Passage in Our Society Today

It breaks my heart that there are so few young people today participating in "sweat lodge" (Purification) ceremonies and other important ceremonies associated with this Sacred Path. We all know that our youth represent our future. However, what are we doing to instill commitment, responsibility, obligation and accountability to these Sacred Ways within our youth?

Rites Of Passage ceremonies are one of the best ways of developing within our people a sense of "family" and "community". These ceremonies pass the Sacred Ways on from one generation to the next. Just as the Center Stone in the medicine wheel represents our Creator, Rites Of Passage ceremonies help keep our Creator and these Sacred Ways at the center of our lives.

Community Corner

You are invited to attend the New Moon Ceremony and the Honoring Of The Old Ones Ceremony at Medicine Wheel Mesa during Memorial Day weekend. If you plan to attend this weekend of Sacred Ceremonies please email us at oldbearm@yahoo.com as soon as possible to register with us. **Deadline is May 8th**

We ask those planning to stay for the entire weekend to bring their own camping gear and food. This is an interactive event where we will work together, pray together and share all meals together.

In order to make this the best possible experience for all we ask that everyone uphold the etiquette necessary for participating in this sacred ceremony. This information will be given to you once you have confirmed your plans to attend along with directions to the property.

The activities for the weekend will be as follows:

Saturday, May 23rd

There will be a Purification Ceremony mid-afternoon followed by the evening meal and then later that night the Honoring Of The Old Ones ceremony will be held followed by a "Talking Circle" to discuss the ceremony's symbolism and meaning.

Sunday, May 24

Morning hike to Mystery Balanced Rock followed by a picnic. (On our web page you can see the pictures of Mystery Balanced Rock and the beautiful area where it is located.) It is a short drive from Medicine Wheel Mesa to where the hike to Mystery Balanced Rock begins and the hike is very easy across mostly flat ground.

Afternoon free time to explore Medicine Wheel Mesa.

Purification Ceremony beginning in late afternoon followed by evening meal.

If you have benefited from this newsletter please feel free to e-mail it on to others you think would benefit from it, or simply e-mail us their e-mail address and we will send it to them each month. On the other hand, if you do not wish to receive our monthly newsletter in the future, simply let us know and we will remove your name from our list of those to receive the newsletter. We would appreciate hearing from you concerning any comments, prayer requests or suggestions you may have regarding this newsletter, and we invite you to come and visit us sometime at Medicine Wheel Mesa—*Where Sacred Journeys Begin*. Our web site is www.medicinewheelmesas.com and our e-mail address is oldbearm@yahoo.com.