

Messages from the Medicine Wheel

A monthly newsletter from Myron and Angelitta Old Bear

The Medicine Wheel – Teacher of Sacred Truth

Contained within the medicine wheel are all of universal spiritual truths given to us by our Creator to enable us to live in peace, harmony and balance with all our relatives within the great Sacred Circle Of Life.

The first medicine wheels were great circles of stone and they have been found on every continent, remote islands and even on the ocean floor. The medicine wheel reveals the secrets to walking that ancient Sacred Path that the Old Ones traveled—that Sacred Path that combined the Spiritual Realm and the physical realm into a single reality in their daily lives.

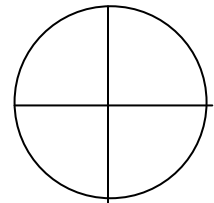
Since the Ancient Ones didn't have a written language, our Creator gifted them the Medicine Wheel which became their "Holy Book", containing the written words of Spiritual Symbolism. We could spend our

lifetime learning the Spiritual Symbolism contained within the medicine wheel and we would only be scratching the surface concerning all it has to teach us about our Creator and how to live in peace, harmony and balance within his great Sacred Circle Of Life here on Mother Earth.

Symbolism is the oldest and most powerful Sacred Language our Creator gifted us in order to understand and communicate Spiritual concepts, principles and truths. Symbolism either reveals or conceals Spiritual Truth. The symbol, itself, has no power. However, to the initiate, it reveals the power that is hidden behind the symbol. On the other hand, symbolism conceals power from those who are have not been initiated Symbolism. Therefore, symbolism becomes the bridge over which we walk to get to the power hidden behind the symbol.



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The Medicine Wheel – Basic Symbolism

The medicine wheel contains layer upon layer of Spiritual Symbolism so in this short newsletter we will deal with only a few of its basic symbols. (Our web site contains a picture of the medicine wheel we use where we live at Medicine Wheel Mesa. We suggest you refer to it as you consider the wheel's symbolism as outlined below.) Keep in mind that we are able to only share some of the basic meaning of each symbol discussed below because of space limitations.

The Center Stone: The large stone at the center of the medicine wheel symbolized our Creator—the Creator of the universe. Placing the stone in the center of the circle symbolized our Creator being at the center of our lives and all that we do as we walk this Sacred Path.

The Circle Of Stones: The Circle of smaller stones that form the outer border of the medicine wheel symbolizes the great Sacred Circle Of Life and the Life Path we walk as we serve our relatives within that Sacred Circle Of Life.

The Four Directional Stones: There are four directional stones within the outer stone circle. These four stones are placed at the Four Sacred Directions and are a little smaller than the Center Stone. These Four Directional Stones symbolize our Creator's power available to us in the Four Sacred Winds. They symbolize the Four Sacred Directions that give us, among other things, the Four Sacred Seasons. And these Four Directional Stones mark the beginning and ending point of each Sacred Season. These Four Sacred Seasons travel the medicine wheel and collectively teach us how to live in peace, harmony and balance with the great Sacred Circle Of Life.

The Line Of Constant Change: The line of constant change is marked by a line of stones that run from East to West on the medicine wheel. This is the line of female energy that is at work within the medicine wheel.

The Line Of Unbending Tradition: This line runs from South to North on the medicine wheel. These two lines (Constant Change and Unbending Tradition) intersect at the Center Stone and each line forms a border on each of the Four Sacred Seasons.

The Sacred Season Of New Beginnings (Spring): The Sacred Season Of New Beginnings begins at the Directional Stone Of The East and continues around the medicine wheel to the Directional Stone Of The South.

The Sacred Season Of Growth (Summer): This Sacred Season begins at the Directional Stone in the South and continues around the wheel to the Directional Stone in the West.

The Sacred Season Of Reaping The Harvest (Fall): this Sacred Season begins at the Directional Stone in the West and continues around the medicine wheel to the Directional Stone in the North.

The Sacred Season Of Rest And Renewal (Winter): This Sacred Season begins at the Directional Stone in the North and continues around the wheel to the Directional Stone of the East.

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The medicine wheel is the most powerful Spiritual Tool that has ever been gifted to the two leggeds to assist us in walking our Spiritual Path. Behind the layer upon layer of symbolism contained within the medicine wheel is all of the Creator's power available to us that we need to walk in peace, harmony and balance within the great Sacred Circle Of Life.

If you are interested in learning more about the medicine wheel, and the unlimited Spiritual power revealed by its symbolism, you might want to consider purchasing *The Sacred Journey Of The Medicine Wheel* available through our web page or from Amazon.com.

The book presents the Sacred Ceremony for construction a medicine wheel, the ceremony performed before working within the wheel, the detailed symbolism contained within the wheel, numerous ceremonies to be conducted during each of the Four Sacred Seasons, and step-by-step principles for using the medicine wheel to bring the Spiritual Realm and physical realm together into a single reality in our daily lives. There is also a free workbook on our web page that can be used to help implement the spiritual principles contained within the book in our daily lives.

Community Corner

If you are interested in making this float trip with us next year following Memorial Day weekend, please let us know as soon as possible because we limit the size of the group.

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.