

# *Messages from the Medicine Wheel*

A monthly newsletter from Myron and Angelitta Old Bear

## The Medicine Wheel – Keeper of Sacred Time



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One morning on a remote island in Indonesia, a wealthy businessman saw an old man sitting on a sandy beach in the shade of a coconut tree. The old fella seemed to be lost in deep thought as he stared out across the blue water of the beautiful, isolated bay and slowly whittled on a stick. Later in the afternoon as the businessman came by the beach again on his way back to town to catch a plane to his home in the big city, he saw the old man still sitting in the shade under the tree.

He stopped his car, and after watching the old man for a while, the businessman walked over to him and disgustedly said, "You should be ashamed of yourself for wasting your time all day sitting in the shade. Why aren't you out working?"

"What for," the old man asked, never taking his eyes off the beautiful view?

"So you can make money," the businessman said, frowning at the old man he assumed was too lazy to work.

"Why should I do that," the old man asked with a puzzled look as he glanced up at the rich businessman?

"Well, if you'd quit wasting your time, get a job, work hard and save your money, some day you could retire and do what ever you wanted to do," the businessman answered, becoming more and

more frustrated with the old man relaxing in the soft sand as he leaned his back against the coconut tree.

The old man shook his head with a confused look on his face and replied, "But I'm doing what ever I want to do now."

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Many years ago before I started walking this Sacred Path referred to as *The Way Of The Medicine Wheel*, I had a management consulting firm called Management Training Systems, and I used to tell the above story during executive training sessions on "Time Management". In the business world the term, "time is money" is repeated many times a day, and unfortunately, most people in our high-tech work world today are driven by that concept—they think the purpose of time is to make money!

Even those people who would deny that "time is money" are being controlled by that business concept. For example, look at the stress created within people today as they spend more and more of their time trying to make enough money to pay all their bills.

## There are two kinds of “time”

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Since I have been walking The Path Of The Medicine Wheel, I have learned that there are two kinds of time—Sacred Time and *man-made time*. Sacred Time travels in cycles on the medicine wheel and is measured in cycles of the sun, moon, seasons and phases of life spans. On the other hand, man-made time is measured in seconds, minutes, hours, days, weeks, months and years.

When we walk The Path Of The Medicine Wheel our lives are controlled by Sacred Time. However, people not following the Medicine Wheel’s Sacred Path live their lives trying to control man-made time. Such people think they can “save” time, “use” time wisely, “waste” time or even “buy” themselves time. In the world of man-made time, man attempts to dominate time and make it his slave.

People living in the dominant society know what time it is by looking at a man-made time clock. However, if we follow The Sacred Path Of The Medicine Wheel the sun, moon, Sacred Seasons and phases of life spans tell us what time it is.

Living our lives according to the medicine wheel’s Cycles Of Sacred Time produces peace, harmony and balance in our lives. On the other hand, living our lives according to the man-made time clock produces frustration, stress, lack of meaning in life and even physical, mental and spiritual illness.

## Man made time traps man into the world of materialism

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People who live their lives according to the man-made time clock are trapped in the world of *materialism*. That is, they spend their time acquiring the things money can buy them, and they tend to measure “personal success” by how much material wealth they can acquire in the world where the man-made clock controls their lives.

Such people have actually become slaves of man-made time and the money it provides to sustain their “standard of living”. Unfortunately, they are usually so physically and emotionally exhausted just *making a living* they can’t “find time” to work on their spiritual connection with our Creator.

Over and over I hear people say, “I just don’t have time to attend the Sacred Ceremonies.” They also can’t “find the time” to go on Spirit Quests or even pray to our Creator as much as they should. They are caught in the “time trap” created by the man made clock that controls their lives.

The question is *how do we escape from man-made time and begin living our lives according to Sacred Time?* There is no easy answer. If it were easy most people would be living according to Sacred Time instead of man-made time. In addition, there is not enough space available in this small newsletter to fully answer the question. However, we begin our escape from the control of man-made time over our lives by first changing our value system.

In the world of Sacred Time material possessions are no longer our major priority—following our Creator’s Life Plan for us is, however.

The topic of this newsletter is **THE MEDICINE WHEEL: KEEPER OF SACRED TIME**. Living life according to the teachings of the medicine wheel enables us to escape the time trap many people find them selves caught in and truly learn to experience peace, harmony and balance in their daily lives. If you are interested in more information on this topic I suggest you read *The Sacred Journey Of The Medicine Wheel* published by Strategic Books Publishing (New York) and available from Amazon.com.

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# Community Corner

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We want to thank those who came to Medicine Wheel Mesa over Memorial Day weekend to participate in the two ceremonies. Some of you came great distances to be with us at the mesa, and we trust that you returned home spiritually, mentally and physically refreshed.

The four days following the holiday weekend, a few of us also floated the Dolores River through 51 miles of remote wilderness country. We took lots of picture and had a wonderful experience. Later this month we will have pictures of that float trip posted on our web site.

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.

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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](http://www.medicinewheelmesas.com) and our e-mail address is [oldebearm@yahoo.com](mailto:oldebearm@yahoo.com).