



(Our kitchen stove and dishwasher at Medicine Wheel Mesa)  
pictures taken by Wanda Klor from San Jose, CA, summer, 2009

## ***Messages From The Medicine Wheel***

*<A Newsletter From Myron & Angelitta Old Bear>*

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### ***The Medicine Wheel Teaches A Life Of Simplicity***

One of the first things you notice about a medicine wheel is that it is a very simple design, and yet an entire library of material could be written concerning the powerful spiritual principles it communicates to the serious student. And all of those spiritual principles have “simplicity” at their very core. As grandfather Old Bear has told me many times, “If you want to learn about the medicine wheel, you begin by learning the importance of living a life of simplicity”.

We two leggeds have a flaw in our thinking process. We tend to believe that “progress” means moving from the simple to the complex, when just the opposite is true. The technological age has resulted in a life of complexity. Most things in our lives are moving away from the simple towards the complex.

For example, I bought my first car when I was 16. I could replace the fuel pump in about twenty minutes. It was a simple job. I simply loosened the fuel line from each end of the fuel pump, removed it, and tightened the fuel line back to each end of the new fuel pump. However, this past month the fuel pump went out in my Toyota pickup. Today the fuel pumps are in the gas tank, so you have to drain the gas out of the fuel tank, remove the fuel tank from the vehicle, take the old fuel pump out of the fuel tank, put the new fuel pump in the fuel tank, reattach the fuel tank to the body of the vehicle and then refill the gas tank with fuel. What used to be a twenty minute job to replace a fuel pump now takes six hours or more. Years ago you could work on any part of your car out under the shade tree. Today, cars have become so complicated to work on that you must take them to a professional mechanic when they break down.

The above example of how cars have evolved from the simple to the complex is true of almost every area of our lives today. And isn't it ironic that the farther we move away from simplicity, and the more complex our lives become, the more stress, frustration and anxiety we experience, and the more

spiritually disconnected we become as a society.

We have lived in a complicated society for so long that we have lost touch with simplicity. Today, when we talk to most people about the need to simplify their lives, they get a confused look on their faces. Some see no need to live a simpler lifestyle, and those who do, usually have no idea where to begin.

When I moved back to the United States With Angelitta in 1994, we moved into a big, modern home with all of the latest gadgets and “conveniences”. Today we live a very simple lifestyle. As the pictures at the beginning of this newsletter show, we cook our meals over an open fire and wash our dishes in a small dishpan. We live without electricity and running water. There is no garbage pickup in front of our house once a week, and the phone never rings on Medicine Wheel Mesa.

I am not suggesting that everyone should adopt the type of extremely simplistic lifestyle Angelitta and I have. However, I am suggesting that our entire society needs rethink its definition of success. *More* does not equal *Better*, and *Faster* is not necessarily *Good*. Technology is not the road to happiness, and keeping up with the latest fads and styles is not important.

Our global economy is currently very unstable and so-called “experts” say that over the next few years it probably will get worse before it gets better. The countless millions who have lost their jobs are being forced to start simplifying their lives. However, it is much better to begin the simplification process on your terms, before losing your source of income, than to be forced during a time of financial crisis to try and learn to live a simplistic lifestyle.

People often ask Angelitta and me where they should begin the simplification process. I can't answer that question for you. Everyone's situation is different. However, I can offer a few guidelines or suggestions for your consideration.

- First, stop spending money except for the basic necessities of life. That means don't fall for the “Madison Avenue marketing guru's efforts to get you to buy their products whether you actually really need them or not.
- Next, stop using credit cards, and do whatever is necessary to save part of your income each month.
- Start thinking in terms of “downsizing” instead of “increasing” everything, including number of shoes and amount of clothes hanging in the closet. As a friend of ours in Canada does every six month, go through your house and give unnecessary items to the Salvation Army or Goodwill. As you continue this process you will discover that there are more and more things you thought you “needed” that are actually unimportant in your life.

I can tell you from personal experience that the more you simplify your life, the easier it will be to develop and maintain a stronger connection with our Creator, and the more peace, harmony and balance there will be within your life. We must never forget that the stronger the hold the material world has on our lives, the weaker the spiritual connection with our Creator becomes. And the weaker our spiritual connection, the more stress, frustration and anxiety we find ourselves trying to cope with on a daily basis. So I strongly recommend you get rid of the excess “stuff” in your life that holds you back from achieving the amount of peace, harmony and balance that our Creator intends you to achieve as you travel down the Road O Life.

We also need to simplify our spirituality. Developing a strong spiritual connection with our Creator is a simple process. In fact, it's as simple as this: We talk to our Creator. Then we listen while he talks to us. And when he's finished talking, we obey what he told us to do. It's a simple three step process that will revolutionize the way we relate to our Creator, ourselves, and to all within the great Sacred Circle Of Life.

However, just as we two leggeds have complicated our lives within the physical realm, we also tend to complicate the way we approach and implement our spirituality. The Bible says there is only

two things we must do in order to become a spiritual person—Love our Creator with all our heart and our neighbor as ourselves. That's it!!!

However, we create huge, man-made religious organizations that contain within them long lists of “do's and don't” and “wills and won't” in an attempt to develop and measure our spiritual progress. Unfortunately, just as we become more frustrated, confused and exhausted in the material realm as we move from the simple to the complex, so also people tend to become just as frustrated, confused and exhausted spiritually as they try to follow all of the man-made “traditions” that exist within all types of religious organizations and groups.

Therefore, as it relates to both the physical and spiritual realms, I strongly encourage you to consider simplifying your life.

### **Community Corner**

Over Memorial Day weekend I took five people ( four from Colorado Springs, Colorado and one from Vancouver, British Columbia) on a canoe float trip down the Dolores River in southwestern Colorado. We had a great time and saw lots of breathtaking scenery. In a few weeks we will post some of the pictures from that float trip on our web page.

We have had a busy spring at Medicine Wheel Mesa and the summer is shaping up to be just as busy. We are starting to build the third hogan on the mesa and hope to have it completed before the end of the fall season.

A good friend of our gave us a great receipt for making homemade bread. It is so easy to make and soooo good I want to pass the receipt on to you. Try it....and I think you'll love it as much as I do.

#### ***BEER BREAD***

3 cups self rising flour (it must be self rising flour).  
1 can or bottle of any kind of beer.  
1/3 cup of sugar

Mix the ingredients together well and pour into a greased bread pan. Bake in preheated oven at 350 for one hour. Take out of the pan and spread butter on all sides of the loaf.

#### **Note**

There are endless variations of the above receipt. I have substituted more brown sugar and added nuts, various dried fruits, cinnamon, etc. to make a coffee bread and it works great. The beauty of this receipt is that you don't have to let the dough rise and wait a long time before you can bake it. Just whip up the ingredients into a pan (it takes about 30 seconds) and its ready to bake. Let me know what you think of Beer Bread and share with us your creative variations. We'll pass them on.

