

Messages from the Medicine Wheel

A monthly newsletter from Myron and Angelitta Old Bear

The Medicine Wheel – Line of Constant Change



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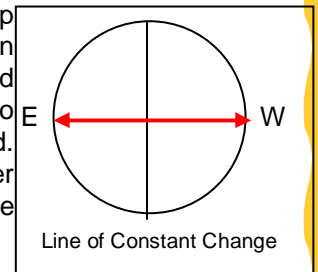
The Sacred Fire ceremony conducted at Medicine Wheel Mesa last month marked the end of the Sacred Season Of Growth And Development (Summer) and the beginning of the Sacred Season Of Reaping The Harvest (Fall) on the medicine wheel. As we pointed out a few months ago in the August newsletter, the medicine wheel contains layer upon layer of symbolism that, when understood, reveals the Universal Spiritual Laws our Creator has established to help us live in peace, harmony and balance within the great Sacred Circle Of Life.

The Line Of Constant Change is one of the medicine wheel's most powerful symbols (see diagram below). This line travels from East to West through the center of the medicine wheel's great Stone Circle, and it symbolizes the Constant

Change that is occurring continually within the Sacred Circle Of Life. As I write this newsletter at my friend, Bill Burnett's ranch near Norwood, Colorado, I see changes in Nature all around me. A thin blanket of new snow recently fell on the peaks of the nearby mountains. The tree leaves are changing from their deep green color of summer to the golden orange and yellow colors of fall. The cold nights are causing a thin layer of ice to form around the edges of a nearby pond. The hummingbirds have left for warmer country further south. And, the elk have begun to bugle in the nearby forests.

All of these changes in Nature speak to us of the constant changes within our own lives. We are currently living in a time of very rapid change within our society and those changes are having a profound impact on us individually.

People often ask the question, "How can we cope with all of the rapid



change?" That is the wrong question. We should be asking ourselves, "How can we properly prepare ourselves for the changes occurring all around us?"

You see, the Sacred Seasons in Nature teach us that the Sacred Circle Of Life is constantly changing. However, they also teach us that the Seasons aren't just about change—they are also about preparation. Our Creator gave us the Sacred Season of Reaping The Harvest (Fall) as a time of preparation for the Sacred Season of Rest And Renewal (Winter). And Winter was given to us as a time to prepare for the coming Sacred Season of New Beginnings (Spring), and so on. Therefore, just as Nature is in a constant state of preparation for change, we should be also. So I ask you, *what are you doing to prepare yourself for the changes constantly occurring—changes both within your environment and within yourself?*

Whether we like to admit it or not, like the Sacred Seasons, we also are constantly changing. We are traveling the Sacred Cycle Of Life from birth to youth then adulthood and finally old age. As we travel the Road Of Life from birth to death we, ourselves, are in a constant state of change, and it is extremely important that we are continually in a state of preparation to effectively deal with that continual change.

I have told this story many times while discussing the subject of "change" with people, and it's worth repeating here:

One summer several years ago while I was visiting one of our spiritual elders in the northwestern part of the country, he took me out behind his house to show me his beautiful garden. As I stood there admiring the many rows of healthy, green vegetables he turned to me and said, "I love working in my garden because the green people teach us one of the most important principles of life."

I immediately started looking much more intently at his garden, trying to discover its secrets for living. He waved his arm in a wide circle out toward his beautiful garden and exclaimed, "When you're green, you're growing, but when you're ripe—you rot!"

He then chuckled and slapped me on the back as he said, "Be careful, my friend, that you don't stop growing and start rotting!"

I have never forgotten that powerful statement: *When you're green you're growing, but when you're ripe—you rot!* As it relates to our own lives, we're either growing or becoming stagnant and decaying. And that is true in all areas of our lives—but especially in our relationship with our Creator and the rest of our relatives within the great Sacred Circle Of Life.

Are We Growing or Rotting?

I want to pass on to you the challenge my old friend and spiritual elder passed on to me many years ago as we stood admiring his wonderful garden. "*Be careful, my friend, that you don't stop growing and start rotting!*"

From time to time we all need to take a personal inventory of our lives and determine those areas in which we are either "growing" or "rotting". There is an old proverb that says, "If you keep on doing what you've always done, you'll keep on getting what you've always got."

We are all changing. We're either *growing* or *rotting*. Lets make sure the changes occurring in our lives are positive instead of negative. Lets make sure we are moving forward instead of backward. And lets make sure we are constantly preparing ourselves as much as possible for the continual changes that come with each new sunrise and each new sunset. To help accomplish this we should answer the following questions and then put those answers into action in our daily lives.

- Where do I need to improve physically?
- Where do I need to improve mentally?
- Where do I need to improve spiritually?

Community Corner

Angelitta and I want to thank all of you for your prayers. Her minor surgery was very successful and your prayers helped produce the positive result.

We recently finished the small hogan we started in the spring and we are now making plans to build a small adobe cabin (16 feet X 20 feet). We will begin construction on the cabin next spring and plan to have it completed before the end of fall. Slowly we are building more places for people to stay in when they come to visit the Mesa. Our goal is to eventually have enough small structures for people to stay in so they won't need to bring personal camping equipment when they come to visit.

We are currently in the planning stages of putting several of the old Sacred Stores associated with *The Way Of The Medicine Wheel* on DVD and making them available for down loading on our web page. In addition, we are also considering making many of the prophecies given by grandfather Old Bear concerning The Time Of Great Cleansing and the coming Earth Changes available on DVD so that they can be down loaded from our web page. This is a project we will continue to work on through the fall and winter and hope to have ready for the web page by spring. We would welcome any input or suggestions you may have concerning this project.

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.