



(The road to our hogan on Medicine Wheel Mesa)

Messages From The Medicine Wheel

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<A Newsletter From Myron & Angelitta Old Bear>

The Road Of Life

Last week I drove my older sister to California to see her daughter. We traveled almost all the way there on an interstate highway at 80 miles an hour. There were no stop lights to slow us down. We stopped four times for gas and ate sandwiches that my sister made while I drove. We left my sister's home in Stratford, Texas at four o'clock Thursday morning and at ten o'clock Thursday evening we were checked into our rooms at the Holiday Inn in Stockton, California. We were both exhausted from the stress of making the trip so fast and quickly fell asleep on the soft beds. We were in California to see my sister's daughter and family, but we were so exhausted from the fast trip it was hard to enjoy their company.

We left California the following Monday morning and took our time on the return trip. We visited the ancient Anasazi ruins at Mesa Verde, Colorado. We drove along beautiful, narrow winding roads that overlooked the awesome, breathtaking views of Canyon Lands National Park in Utah. We stopped along the way to examine the petroglyphs at Newspaper Rock monument in Utah. We spent part of one day touring the Arches National Park near Moab, Utah. We stopped often to enjoy a relaxing meal of mexican food or a steak in a nice restaurant. We went shopping at some of the malls in the towns we went through. We stopped in Colorado Springs, Colorado for a day to visit our younger sister. And we arrived back at my older sister's home in Stratford, Texas Thursday evening relaxed and refreshed from the enjoyable return trip from California to Texas.

The *Road Of Life* is very similar to taking a cross-country trip. It can be very stressful or very relaxing and rewarding—the choice is up to us.

How are you living your life? Are you flying down life's Interstate highway as fast as you can go and winding up at the end of each day so exhausted you aren't enjoying the trip? Or are you

taking your time on the road of life, taking advantage of life's scenic byways and rest stops our Creator has designed and provided for your enjoyment?

What road are you on in life? Where is that road taking you? What is waiting at the other end?

I learned a very important lesson from the recent trip to California. If we travel down life's road too fast, we miss all the beautiful things available to us along the way. The journey is just as important as the destination. As a result of last week's road trip to California I have made a decision to work harder at enjoying all of the things that surround me each day.

I live in a very beautiful desert that is criss-crossed with awesome, red sandstone canyons. However, all too often I get so busy just living life each day that I fail to stop and take in the beauty all around me. That trip reminded me that I need to learn to live each moment to its fullest. The road of life is a journey, not a destination. If I think life's road is taking me to a destination I miss all of the wonderful things our Creator has placed along life's path for our benefit and enjoyment.

If you are driving down the fast lane of life's highway I suggest that you slow down. Happiness isn't found at the end of the trip, it's learning to enjoy the journey. It is amazing what you will find down some of the small, little traveled side roads of life. Go exploring! Get off the super highway where all the speed freaks are traveling. Slow down. Explore the unexplored.

When you are speeding down life's interstate highway, the rising sun is a frustration to you. It makes it hard to see the road in front of you, and you can hardly wait for the sun to get high enough in the sky so it is no longer shining in your eyes. However, when you get off the super highway of life and take the little traveled side roads to a secluded spot and stop to watch the rising sun you have a powerful spiritual experience. The rising sun becomes a great awe-inspiring, beautiful event. You suddenly experience a peace and calm as the first rays of the morning sun brush over your skin.

I didn't have one spiritual experience last week on the fast trip to California. However, I had many wonderful spiritual experiences along the side roads on the trip back to Texas from California. I hope I never forget the important lesson I learned last week on that trip concerning the importance of slowing down and taking the less traveled back roads so that I can enjoy this wonderful journey we call LIFE.

Community Corner

Angelitta, is on a trip to visit her family in Indonesia. She is having some major dental work done while she is there and won't be home until sometime in July. We have several canoe float trips planned for this summer. The first one will be on the 19th of this month. If you are interested in going on one of these canoe trips down the Dolores river, please check out the float trip information on our web page.

We also encourage you to read the personal letter to all of our friends who receive this newsletter that has recently been posted on the web page.

If you have information or announcements you would like to have included in the "Community Corner" section of this newsletter, please let us know by email.

I encourage you to check out Harvey Arden's books he has written on Native American spirituality. Some of his books include: *Wisdom keepers*, *Dream Keepers*, *Noble Red Man*, and *Travels In A Stone Canoe*. He has also edited Leonard Peltier's book, *Prison Writings: My Live Is A Sundance*. You may email Harvey at: harveyarden@starpower.net to learn more about his great writings on Native American spirituality. His books are great!!! Harvey used to write for *National Geographic* magazine.

