

Messages from the Medicine Wheel

A monthly newsletter from Myron and Angelitta Old Bear

Are We Prepared for What's Coming?



Have you ever spent much time watching ants? They are some of our smallest relatives; however, ants have a lot to teach us about walking this Sacred Path—especially about the importance of “preparation”.

We have lots of ant colonies at Medicine Wheel Mesa and I spend a great deal of time watching them and learning from them. This past fall I noticed that the closer it got to winter the busier the ants were, and the

harder they worked, preparing for the long cold days and nights that occur during the Sacred Season Of Rest And Renewal (Winter). As I reflected on that, I was reminded of how only a few people seem to be seriously preparing themselves for the coming Earth Changes and the Time Of Great Cleansing that those changes will bring about. During the past several years, people the world over have been developing a growing awareness that powerful destructive forces will soon change the modern world as we know it. Both science and the world's religions agree that massive destruction is looming on the near horizon.

I make no claims about being a prophet or knowing the future. However, based on what both science and ancient prophecies

predict—along with my own intuitions that are getting stronger—for the past several years Angelitta and I have been preparing for what many Native American elders and spiritual leaders refer to as the coming Time Of Great Cleansing.

It is amazing that so many people feel something terrible is about to happen to our way of life, but most of them are doing very little to prepare themselves to cope with the terrible times ahead. In fact, most people feel that there is nothing they can do to get prepared.



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Preparing for the Worst ... Hoping for the Best

As Angelitta and I began making preparation for the coming Time Of Great Cleansing we asked ourselves the following “what if’s”, then began making plans accordingly.

- What if we could no longer buy food from the supermarkets?
- What if suddenly there was no more electricity?
- What if doctors and hospitals were no longer available to us?
- What if we could no longer buy clothes?
- What if we had no way to get money?
- What if our cities became filled with chaos and violence?
- What if we had to become totally self sufficient, living off the land?
- What if we had to rely solely on our Creator in order to know how we should live? (We soon realized this was by far the most important “what if” of all).

The above “what if’s” have guided our personal preparation for dealing with the catastrophic events towering above the near horizon of time, and they greatly influenced our decision to live in the remote, high desert area of southwestern Colorado on medicine wheel mesa. The answers to those questions motivated us to build a Navajo style hogan for our home and live without electricity, running water or any of the other so-called “modern conveniences”. The answers to those questions caused us to learn how to brain tan hides to make our own clothing. We now dry and store a food supply in an underground root cellar and have begun learning how to use a wide range of herbs for medicinal purposes.

And most importantly, the answer to the last “what if” has helped us develop a close, personal relationship with our Creator that we never had before. In reality, the answers to the above questions have helped motivate us to develop a simplistic life style that is in the process of creating peace and balance within us. Those answers are also helping us learn how to live in harmony with our Creator’s Sacred Circle Of Life, and as a result, we are becoming happier and more contented than we ever thought possible.

So if the earth changes and Time Of Great Cleansing never happen in our lifetime, we are much better off today due to the positive changes that have occurred in our lives because we took the time to answer the above questions.

Therefore, we strongly encourage you to develop your own set of “what if” questions as a way to help you focus on your personal preparation Personal Powers? The answer is simple—but not easy.



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The Importance of Spiritual Preparation

How much time to you spend a day working to take care of your physical needs? How much time do you spend each day feeding your physical body? How much time do you spend each day sleeping so that your physical body gets enough rest? Now let me ask you the most important question of all: How much time do you spend each day communicating with our Creator and his helpers from the Spiritual Realm?

As we can see by the answers to the above questions, most of us spend far more time

taking care of our physical needs than we do our spiritual needs. When considering our need to prepare ourselves for the Time Of Great Cleansing looming just ahead, we should keep in mind that our spiritual preparation should take precedence over our preparation to take care of our physical needs.

Our Creator has a specific plan for each of us, and part of that plan involves the proper preparation for dealing with the destruction about to be unleashed on our

modern way of life. However, unless we are spending the proper amount of time communicating with our Creator (and that means listening not just talking), we may not become aware of the plans he has to help us through the hard times ahead. Therefore, the most important part of our preparation should be spending the time needed to find out from our Creator what he wants us to do to properly prepare ourselves for what’s coming.

Community Corner

Willard Fools Bull, (a spiritual leader of The People who was wrongly put in prison by our government) is up for parole in April with a potential release date of sometime in May. Please pray that his parole will be granted so that he can once again help serve the needs within our Creator’s great Sacred Circle Of Life.

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.
