

Messages from the Medicine Wheel

A monthly newsletter from Myron and Angelitta Old Bear



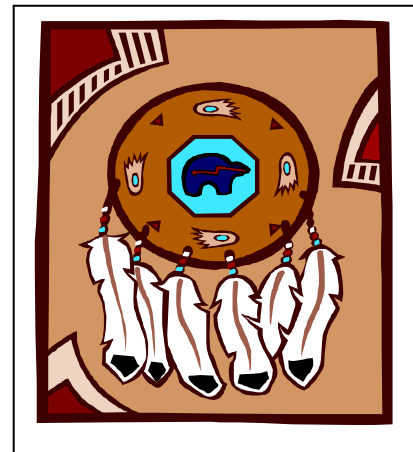
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The Four Personal Powers

The medicine wheel teaches us that our Creator gives each two legged Four Personal Powers when he or she comes to live here on Mother Earth. The East Wind brings us our first power, and that power resides in our minds—*it is the power of our thoughts*. The South Wind brings us our second power, and that power resides in our mouths—*it is the power of our words*. The West Wind brings us the third power which lives in our hearts—*it's the power of our decisions*. And finally, the North Wind brings us our fourth personal power, which resides in our

hands and feet—*it is the power of our actions*.

Our Creator gave each of us these Four Personal Powers and they are ours to do with as we please. However, we must understand that how we use those powers literally determine the paths our lives travel. In reality, the stories of our lives are written by our Four Personal Powers.



The War for Control of our Minds

The Dark Side knows that our minds have great influence over our mouths, hearts, hands and feet; therefore, it is constantly attempting to send negative thoughts into our minds in an effort to control our words, decisions and actions—thus controlling us.

If we allow a negative thought from the Dark Side to find a home in our minds, before too long those negative thoughts will spread like a cancer into our mouths and produce negative words. Then if left unchecked, the negative thoughts and words will influence our hearts to produce negative decisions. And before long those negative decisions will convince our hands and feet to perform negative actions.

What starts out as just negative thoughts can eventually lead people to perform negative actions that cause them to spend the rest of their lives in prison.

However, the first negative thought the Dark Side sends into a person's mind usually isn't bad enough to eventually cause that person to perform actions that put him or her in prison. Oh, no. The Dark Side is too clever for that.

For example, the first negative thought may be nothing more than the idea to "smoke a little dope" because all of the individual's friends do it. That may lead to the idea to try stronger, more expensive drugs. The need to support the drug habit may soon cause the person to accept the idea to become a drug dealer. As a drug dealer, that person may find himself or herself being drawn into a gang. As a gang member he /she may eventually be involved in serious crimes such as robbery, rape and murder. And then one day that individual wakes up in a prison that will be home for the rest of his or her life.

That is how the Dark Side works. It keeps sending us negative thoughts that lead us farther and farther away from the Life Plans our Creator has for our lives—and the Life Plans our Creator has for us always produce peace, harmony and balance within our lives, and help strengthen the great Sacred Circle of Life.

Protect Your Personal Power from the Dark Side

So how do we protect ourselves from the Dark Side's attacks on our Four Personal Powers? The answer is simple—but not easy.

The first step is to recognize that our Creator had a specific purpose for sending us here to live on Mother Earth. The broad purpose (or big picture) is for us to help strengthen the Sacred Circle Of Life instead of contributing to its demise.

However, our Creator also has a specific Life Plan for each of us. He sent us here to accomplish specific things as we contribute to "helping mend the Sacred Hoop", as some call it. Therefore, the second step is to make a commitment of our will to the Life Plan our Creator has for each of us. The Lakota Holy Man, Fools Crow, called this, "becoming a hollow bone".

"The Dark Side is bombarding people with negative thoughts on every side."

Have you ever looked at a "hollow bone"? It is dead! The marrow, or life, is gone from the bone, leaving only an empty tube. That is an excellent example of what we must become. We must "die" to self-will and commit our will, our life and our plans to our Creator and let him have control over our future. This is one of the best ways to guard our minds against the negative thoughts the Dark Side attempts to place within our minds.

As we enter the "Time Of Great Cleansing" being brought on by the Earth Changes, the Dark Side is bombarding people with negative thoughts on every side. Many people are fearful of what the future holds for them. Some think it is futile and hopeless to try to prepare for the destruction looming on the near horizon. And some are living in denial, hoping that if they don't think about what is coming, it will simply go away, or not become a reality in their lives.



Keep in mind that our Creator has a specific Life Plan for your life, and that Life Plan includes the decisions you are to make, and the actions you are to take, to prepare for the destruction that's coming in the near future.

I encourage you to give our Creator control over you Four Personal Powers for he will help you fight your battles against the Dark Side. And when he is helping you, nothing can defeat you!

Community Corner

We would like to use this space to serve our readers with news and events around the country. If you have a community event announcement or other information to share with others please let us know.

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.
