

# Messages from the Medicine Wheel

A monthly newsletter from Myron and Angelitta Old Bear  
May 2009 Volume 1 Issue 5

## Desert Solitude: Powerful Medicine for our Spirits

Angelitta and I never understood the importance of desert solitude until we moved to Medicine Wheel Mesa, the very remote desert area in southwestern Colorado we now call home. We have also learned that the power that dwells in the desert is far different from the power that exists in alpine mountain areas, or in the flat plains of the mid-west section of America.

Where you find solitude you also find the potential for peace and tranquility. However, The power and energy that exists in desert solitude produces much more—it also forces a person to focus internally. That is, it exposes the “real you”. Desert solitude brings us face to face with **Inner**

**Truth**, which forces us to acknowledge and deal with the most hidden areas of our lives.

One of the reasons desert solitude is such powerful medicine for our spirits is because it engulfs us in a peaceful silence that calms our spirits, minds and bodies. It pulls the tensions and negative feelings out of us, enabling us to once again hear Inner Truth as it begins to softly whisper to our souls. And the more time we spend in the desert’s solitude, the louder the voice of Inner Truth becomes and the more of our true self is reveals.

Desert solitude is like a mirror—it shows us who we really are. The Sacred Silence that permeates desert solitude is like a hearing aide—it enables us to hear more clearly the messages coming to us from the spiritual realm. Desert solitude is like a pair of eyeglasses—it clears our vision



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## The Power of Truth

Is there such a thing as *Absolute Truth*? The answer to this very important question is found buried deep within desert solitude.

Our Creator is the source of Absolute Truth—that Universal Truth that applies to all within the great Sacred Circle Of Life. On the other hand, the Dark Side is the source of all deception—lies camouflaged as truth.

Our Creator has placed within our spirits Universal Laws Of Right Living that create within each of us a “Knowing” concerning what is right and wrong, good and bad. This “Knowing” is *Inner Truth* and is commonly referred to as our Conscience—that awareness of our moral obligations to do the right and good things instead of the wrong or bad things.

Desert solitude forces us to deal with this Inner Truth we refer to as our conscience. It brings to light the flaws in our character, as well as any spiritual, mental or physical weaknesses we may have. Therefore, the purpose of desert solitude is to point out truth, make us aware of where we are falling short of that truth, and then guide us back to the truth so that we are once again spiritually, mentally and physically strong.

Truth makes us at peace with ourselves, our Creator and our other relatives within the Sacred Circle Of Life. Truth sets us free from the tangled web of deception that permeates our society. Truth strengthens our faith in ourselves, our Creator and our relatives within the Sacred Circle Of Life. Truth is the foundation on which unconditional love is built.

The isolated regions of the desert can be very “unforgiving”, and having truth on your side is the key to survival there. On the other hand, deception is a destroyer and we will not survive very long in the remote areas of the desert if we are caught in its web.



**“Desert solitude ... engulfs us in a peaceful silence that calms our spirits, minds and bodies.”**

## Everyone Should Spend Time in Desert Solitude

Have you ever spent an extended period of time in desert solitude? If not, you should, especially in light of the perilous times we are living in—and those times are getting worse by the day!

Those who have allowed Inner Truth to make them spiritually, mentally and physically strong will be in a better position to survive what's coming than those who are still being controlled by the deceptions fostered by the Dark Side.

In the February issue of our newsletter we focused on the importance of being prepared for what's coming in the near future. In the past few months, part of that future has arrived! Since the writing of the February newsletter the global economy has gotten much worse. More and more people are concerned about basic issues of survival. And there is a growing feeling within our society that things will get much worse before they get better. Unfortunately, most people aren't prepared for just how much worse things are going to get very soon.

During the next year social unrest will intensify. First will come the food riots as more and more unemployed people start feeling the effects of rising food prices and food shortages—and that is only the beginning of the type of social unrest that will sweep our nation and the entire planet.

Therefore, I strongly urge you to find a place where you can spend extended periods of time in solitude in order to sharpen your “Spiritual Senses”.

If you will spend extended time in solitude you will develop a strong “Inner Knowing” concerning what our Creator's plan of survival is for you during these increasingly difficult times we are now living in. Your connection with our Creator will become stronger so that you can hear more clearly what he is trying to tell you. Your vision into the spiritual realm will become clearer so that you can more accurately see what is coming and how you should prepare yourself. And you will develop a deep, inner peace that comes from knowing that our Creator—and not the Dark Side—is in control of our future.

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# Community Corner

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In the future we will be offering a “Spiritual Odyssey” three-day canoe float trip down the Dolores River from Slick Rock, Colorado to Bed Rock, Colorado. This trip will take us on calm water (no white water) through very remote high-walled, red sandstone, canyon country in some of Western America’s most beautiful desert scenery that is located very near our home on Medicine Wheel Mesa.

The purpose of this float trip will be to provide a relaxing “getaway” in which individuals can develop a stronger personal relationship with our Creator and his Sacred Circle Of Life.

If you are interested in more information about this float trip, please email us at [oldbearm@yahoo.com](mailto:oldbearm@yahoo.com).

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Just a reminder to let us know if you are planning to attend any or all of the ceremonies at Medicine Wheel Mesa on Memorial Day weekend. Please see the “Community Corner” section of the April newsletter for the complete schedule of events at Medicine Wheel Mesa on Memorial Day weekend and email us at [oldbearm@yahoo.com](mailto:oldbearm@yahoo.com) concerning your plans to attend.

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