

Messages from the Medicine Wheel

A monthly newsletter from Myron and Angelitta Old Bear

The Sacred Season of Rest and Renewal - Winter

A few weeks ago Angelitta and I were standing in the check out line at a supermarket when we heard the man in front of us say to his female companion, "I hate winter! I'm ready to move where it's summer all the time."

The woman nodded her agreement and replied. "I know. It gets dark so early and the grass and trees look like they're dead. Winter is sooo depressing."

I feel sorry for those two people, and anyone else who thinks like they do, because the Sacred Season Of Rest And Renewal (what the dominant society calls "Winter") is one of our most important seasons.

The season of Rest And Renewal is in the North on the medicine wheel. It begins at the time of the Winter Solstice and continues around the medicine wheel until the Spring Equinox at which time the Sacred Season Of New Beginnings (Spring) starts.

We are rapidly approaching the end of what we call "Winter", the Sacred Season that was given to us by our Creator as a special time for spiritual, mental and physical rest and renewal. Unfortunately, for most people personal renewal never occurs because we live in a high-pressure, fast paced, stress-filled society. Many people are nearly exhausted because they are constantly on the go—busy,

busy, busy, trying to pay the bills and cope with all of the demands their jobs, families and society place on their time.



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What is Renewal and How do We Achieve it?

Webster's Collegiate Dictionary defines "renew" this way: "To make like new. Restore to freshness, vigor, or perfection. To make new spiritually. Regenerate. To restore to existence. Revive. To begin again. Resume. Replace. Replenish." The definition of renew clearly defines what we should be focusing on spiritually, mentally and physically during the Sacred Season Of Rest And Renewal (Winter). So the question is, **What are we doing to renew ourselves spiritually, mentally and physically during this current season that most people call winter?**

Renewal is a process that requires changes in our daily routines—and most people resist change.

In order for renewal to occur we must first stop doing the things that have depleted us spiritually, mentally and physically.

The first step in the renewal process is to get control of our "free time", then the next step is to get control of our mind. Therefore, begin by taking inventory of your free time and then make a commitment to use your free time during this Sacred Season Of Rest And Renewal to renew yourself spiritually, mentally and physically. As you work on this, keep in mind that *old habits are hard to break*—however, unless they are broken, renewal is not possible.

Most people's lives are in a rut—that is, they tend to do the same things over and over. For example, they usually sit in the same chair at the dinner table each meal.

They go through the same routines each day when they come home from work, and they usually do about the same things each evening before going to bed. It is our habits and routines—both good and bad—which become our greatest hindrances to renewal.

There are two Universal Laws Of Decisions And Actions that have a profound impact on the renewal process. Law Number One states: ***The life you are living today is a direct result of your past decisions and actions.*** Law Number Two states: ***The decisions you make and the actions you take today will determine the kind of life you will be living tomorrow.*** Therefore, to renew ourselves spiritually, mentally and physically we must start making decisions and taking actions that will bring about renewal. Re-read the above definition of renew and then answer the following questions:

- What decisions will I make, and what actions will I take, to begin renewing myself spiritually?
- What decisions will I make, and what actions will I take, to begin renewing myself mentally?
- What decisions will I make, and what actions will I take, to begin renewing myself physically?

The answer to these questions will help you begin your personal process of renewal during this Sacred Season Of Rest And Renewal so that you will be properly prepared spiritually, mentally and physically for the new things our Creator wants you to accomplish. Soon the Spring Equinox will arrive in the direction of the East on the medicine wheel, signaling the start of the Sacred Season Of New Beginnings. Now is the time to renew ourselves spiritually, mentally and physically so that we will be prepared for the new beginnings our Creator has for us in the coming season we call **Spring**.



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The decisions you make and actions you take today will determine the kind of life you will be living tomorrow.”

The Result of Failure to Begin the Renewal Process

We should not consider spiritual, mental and physical renewal optional—we should believe it is absolutely necessary, because *the opposite of renewal is DECAY!* We are either progressing spiritually, mentally and physically or else we are in the process of decay.

To fully understand the meaning of decay, consider the dictionary’s definition: *gradual decline in strength, soundness, or prosperity...a wasting or*

wearing away...a decline in health or vigor...decrease in quantity, activity or focus. That is what is happening to us spiritually, mentally and physically unless we are working on renewing those areas of our lives.

So what are we waiting for? Lets all get started on renewing ourselves spiritually, mentally and physically, because failure to do so means that those areas of our lives are starting to decay!

Community Corner

Here Is Angelitta's Excellent Receipt For Indian Fry Bread:

4 cups white flour	6 tsp. Baking powder
2 tsp. Salt	1 large tbsp. Shortening
¼ cup brown sugar	enough water to make a medium stiff dough

Add the water to the other ingredients and mix together to make a stiff dough. Make a ball of dough about two inches in diameter and pull the ball of dough into a six inch circle (do not roll with a rolling pin).

Slash one side of the circle of dough from the center out with a sharp knife in four or five places (be careful not to cut all the way through the dough). Heat one inch of cooking oil in a skillet and when hot, drop in the six inch circle of bread dough. Brown on both sides. Serve hot.

NOTE: It is not necessary to fry all the dough at once. Fix only what you will eat while the bread is hot and store the rest of the dough in a covered dish in the frig. You will find that the fry bread you make a day or two later will be just as good—or maybe better—than when the dough was first made.

Did you know that dried food retains about 93% of its food value? Canned food retains about 70% and frozen food about 80% of its food value. In addition, dried food requires a lot less space for storage and is nearly like fresh food when reconstituted in water.

Watch for your invitation in next month's newsletter to attend the Honoring Of The Old Ones ceremony and the New Moon ceremony to be held at Medicine Wheel Mesa over Memorial Day weekend on the nights of May 23 (Saturday) and 24 (Sunday).

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.