

Messages from the Medicine Wheel

A monthly newsletter from Myron and Angelitta Old Bear

The Medicine Wheels Corner Stone

In last month's newsletter we began a discussion of the medicine wheel's symbolism, and this month we want to focus in more detail on the powerful symbolism of the wheel's Center Stone.

The large stone at the center of the medicine wheel is the "power source" within the wheel. A wheel is designed to move. However, it will remain stationary without a source of power to make it move. The Center Stone within a medicine wheel symbolizes the Source Of Power that makes the medicine wheel move.

Last month we pointed out that Sacred Objects symbolize a Sacred Power. The object, itself is powerless. The power is hidden behind the symbol and those initiated into a Spiritual Path have the power behind the symbol revealed to them.

As we said last month, the medicine wheel contains layer upon layer of Sacred Symbolism, and one of the things the circle of stones that mark the outer border of the medicine wheel symbolize is our Life Path as we travel from birth to youth then adulthood and old age and finally complete our journey and return back to the Spiritual Realm from which we came. Therefore, the Center Stone within the medicine wheel symbolizes our Creator being at the center of our personal Life Path as we make our journey through the physical world on our way back to our Creator.



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One of the Medicine Wheels most powerful teachings

The Center Stone symbolizes our Creator, the one who created every thing within the great Sacred Circle Of Life—including us. Our Creator is the source of unlimited power within the medicine wheel, and that power is Unconditional Love.

The medicine wheel teaches us that our Creator wants to be at the very center of our lives as we follow the Life Plan he has for each of us. Think about that—our Creator wants to be at the center of all we do. What does that mean to you? If your creator was the center of all we did each day, how would that influence our thoughts, words, decisions and actions?

If our Creator is at the center of our lives, then his power of Unconditional Love will be the controlling factor in our thoughts, words, decisions and actions. That is one of the most powerful and most important teachings of the medicine wheel. The medicine wheel isn't just a simple symbol that we place on many of our Sacred Objects. It is our "guide and teacher" for walking this Sacred Path. The medicine wheel reveals all of the universal Spiritual Laws and Principles our Creator gave us for walking this Sacred Path. And when he placed the center stone in the middle of the medicine wheel, he was telling us he was to be at the very center of all we do as we travel our Personal Life Plan.

Every time I look at the large Center Stone in our medicine wheel at Medicine Wheel Mesa I am reminded that our Creator has a Life Plan for my life and he wants to be at the center of that Life Plan, providing the power to accomplish all I was sent here to do. When I approach the medicine wheel's Center Stone I am in awe of what that Great Stone symbolizes, and I can feel our Creator's presence in a powerful way.

The Medicine Wheel teaches us obedience to our Creator

I have often heard people say, "Oh, there are many paths to our Creator." When I hear someone say that I always respond, "No there isn't. There is only one path to our Creator—and that is the path of obedience." To walk this Sacred Path means we are obeying the things he tells us to do. To walk this Sacred Path means we are placing his plans for our lives ahead of our own plans. To walk this Sacred Path means our Creator is at the Center of our lives, filling us with his power of Unconditional Love. To walk this Sacred Path means we give our Creator control over our thoughts, words, decisions and actions.

Many people are looking for a spiritual path that will conform to their personal plans and lifestyle. They want a spiritual path that reinforces their personal belief system and value system. However, the medicine wheel teaches us that we are to conform to our Creator's will—our Creator isn't to conform to our will. The medicine wheel teaches us that we are to change the way think, talk and act. The medicine wheel shows us that our Creator wants to be the source of power in our lives.

Our Creator sent our spirit's here to the physical world to acquire a physical body so that we could carry out the great personal Life Plan he has for each of us. Each of us was sent here to accomplish a very specific part in helping strengthening the great Sacred Circle Of Life.

We have been given the medicine wheel to show us how to accomplish that Life Plan. Our Creator is to be at the Center of our lives. He is to be the Source Of Power to accomplish that Life Plan. And his unlimited power of Unconditional Love is to change our focus from "self" and what we want to "others" and how we can serve their needs.

Conclusion

As I have said, the medicine wheel contains layer upon layer of symbolism. One of the things the wheel's outer circle of stones symbolizes is our life as we travel from birth to physical death. The Stone in the center of that circle symbolizes our Creator being at the center of our lives as we follow our Life Path.

I encourage you to draw a picture of a medicine wheel, placing a small circle in the middle to symbolize the Center Stone. Take that drawing with you out in Nature somewhere and sit in a quiet place and place that drawing of the medicine wheel on the ground in front of you. Quietly focus on what the Center Stone symbolizes. Ask yourself if our Creator is truly at the center of all your thoughts, words, decisions and actions. Make a commitment to let him control all of those areas of your life. Tell our Creator that you are committed to walk the path of obedience to him instead of the path of obedience to your own selfish desires.

And finally, do this on a regular basis to help keep your feet strongly anchored to this Sacred Path.

Community Corner

Uranium Mining continues to be a grave concern for many and as such we would like to recommend [this link](#) to raise awareness of the concerns. For those who would like to become more involved, the [Running Strong for American Indian Youth](#) is a wonderful organization to engage with through the programs they have established.

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.