

Creating The Medicine Wheel *A Magical Journey*

When Anne, Dorothy and I first met, Dorothy showed us a picture she'd gotten off the internet of a Medicine Wheel. It's power seemed to reach out to all 3 of us. Let's do it! Of course, I didn't have a clue really of how to go about making the Wheel. The journey we traveled, learning how has been intense. When Anne told us her brother passed on and that she wouldn't be able to help, Dorothy and I quietly gulped and then forged ahead. We had a great internet site about Sun Bear's Vision to help us. It was our guide, our source of information... but, it as I really got into the journey, I found there were gaps.

Then, Carol's book found me. Wow! It was a book written by Sun Bear's wife, Wabun, with Sun Bear. It had *everything!* And so, that is what we're here to do today.

Sun Bear's Vision came to him at a time when he was working toward joining people of like mind, who wished to work together to bring peace and health to our planet. He and his wife wrote the book explaining his vision hoping to, "reach out and help all people relate better to the Earth Mother and to all the rest of the creation around. (The Medicine Wheel), is designed to help us understand that relationship. When you are able to completely blend with all things, then you are truly part of the whole."

A Medicine Wheel is a magic circle that encompasses all of the world. It's essence is about movement and change. It is designed to help people walk in balance on our Earth Mother. Today, an animal Totem will choose you. Your Totem is associated with a specific time of the year on the Medicine Wheel. The qualities of that animal, it's place on the wheel, the color associated with it, the plant, and the stone are qualities that you possess. Getting in touch with those qualities will help guide you as you walk your path on Earth Mother.

Making the Medicine Wheel

Dorothy: Medicine Wheel preface and prayer for Creator)

~(Creator is brought into the circle by the 4 Spirit Keepers.)

Debby:

There are 7 center stones in the Medicine Wheel: Father Sun, Mother Earth, Grandmother Moon and the 4 elemental spirits, Fire, Earth, Air, & Water. These form the 7 powers close to the creator to help build and maintain our home. They will assist us to grow spiritually, physically, mentally and emotionally, if we ask and listen.

Those women that were chosen by their Totems to be in the inner circle, came here today as the core of our Medicine Wheel. We wish to give thanks to Father Sun, Mother Earth, and Grandmother Moon for gifting us with their presence on this special day. The elements, Fire, Earth, Air and Water, are also very necessary to us. How we connect to them and how they connect to each other is important to remember and learn. We thank you for being here.

~As I call your Totem, please step into the wheel and find your place in the Wheel.

1. Lizard, Totem for Father Sun: Lizard is the first stone in the center of the circle, around the Creator. Without light and energy given by Father Sun, Mother Earth could not give birth to her children. Lizard basks in the sun, bringing lessons of cheer, warmth, optimism, and adaptability.

2. Tortoise, Totem for Mother Earth: Made fertile by the sun, our beautiful Mother Earth nurtures and sustains us all. Tortoise lumbers gracefully, with patience, experience and the endurance of the earth herself.

3. Loon, Totem for Grandmother Moon: Grandmother Moon is very ancient. She watches over, guides and assists the children of Mother Earth. She teaches
~about the intuitive, introspective side of our nature. She brings dreams and visions. Loon is a bird that swims and dives. It has 3 calls– the yodel, the wail &

an eerie laugh. Loons bring lessons of transformation, maneuverability, mystery and fidelity.

4. Thunderbird, Totem of Fire: Fire is essential to our lives. It's flames warm our bodies and souls. Fire relates to our will, the ability to be direct, active and assertive. It represents our spirit, passion, power and transformation. Thunderbird people are actively glowing with the radiant energy of the sun. Like the fire and the sun, they have the capacity to purify themselves and those they touch by reducing matter or spirit to its basic components and then rebuilding with what proves to be real.

5. Turtle, Totem for Element Earth: Stable, solid, practical—Giving one a place to stand, without the solid foundation of Earth, there would be no place for the water to flow. Turtle, moving slowly and deliberately – grounded, Turtle is totally connected to Mother Earth's energy. Turtle and Frog work together to stay in balance. Otherwise, Turtle might put her roots down so solidly she would never budge!

6. Butterfly, Totem for Air: Air, the breath of life, breathing out the old, breathing in the new. *Butterfly*, like the Air is always shifting and changing. Butterfly people have the power of transforming the things and the people that they touch. While their energy is one of constant change, like that of the water, the changes that they bring can often be sudden, rather than gradual. They can shift things around like a strong gust of wind bowing from an unexpected direction.

7. Frog, Totem for Water: Quenching our thirst, mother earth's thirst, rehydrating us on a cellular level, without water, most life would cease. Water assists us in releasing the old, allowing it to flow away from us. The emotions of *Frog*, like Water, are constantly flowing. Frog Clan people feel, and feel deeply. They are empathetic, loving and just like the water, can sometimes provide clear reflections to others of just what they are like at any given moment. They also have wonderful songs that can teach us about joy, humor and communicating.

Frog is the last of the inner circle.

Each of the 4 directions has special qualities and lessons to teach. In the vision of the Medicine Wheel, each direction has a Spirit Keeper, a Spirit Being responsible for teaching earth's children the power of the direction.

Each direction is associated with a season of the year and a time of the day. Each has an animal totem and a color. To the North is the Spirit Keeper the Chippewa people called Waboose; to the East is Wabun; to the South is Shawnodese; to the West is Mudjekeewis.

The Medicine Wheel is divided into 12 moons, or months. 3 moons are governed by each of the Spirit Keepers. You begin your journey at one of these moons. Your starting position gives you the strengths, lessons and challenges of one set of totems. It also gives you your beginning elemental clan and your beginning Spirit Keeper.

Would *Golden Eagle*, Totem for WABUN, Spirit Keeper of the East, begin our Medicine Wheel by calling in its moons.

1st – Golden Eagle, WABUN, Spirit Keeper of the East

“I am WABUN, Spirit Keeper of the East. I bring clarity of vision. Ask me to help you soar high, close to the creator to gain wisdom—higher yet till you gain the light of Illumination. As Eagle, I soar higher than any physical being and yet I can see Mouse below. I bring the gift of seeing the whole picture.

Red Tailed Hawk, Totem of Budding Trees Moon, please join me in the Medicine Wheel.

Budding Trees Moon, occurs at Spring. She will teach you about energy, intensity, catalyzing change, fearlessness and optimism. She will show you your leadership quality. *Red Tailed Hawk* demonstrates the joy of freedom and a long clear view.

Beaver, Totem of Frogs Return Moon: Frogs Return Moon will teach you about perseverance, patience, and practicality. Beaver teaches how to make all environments as pleasing as possible.

Deer, Corn Planting Moon: Corn Planting Moon teaches about beauty in yourself, in others, in your environment and it teaches about your own healing abilities. It will point out any cutting edges in your personality, the necessity of balancing time and energy and your ability to create. *Deer* is elusive, graceful, swift moving and empathic. “The gift of joyful days, were always yours to give,
And peaceful happy ways, to teach us how to live.”

2nd–

Coyote, SHAWNODESE, Spirit Keeper of the South

I am Shawnodese, Spirit Keeper of the South. My time of the year is summer, midday, the time of warmth; late childhood and early adulthood. My time is one of rapid growth. As Coyote I am the Teacher, guiding my children through lessons, sometimes tricking them to learn what is needed. But I would much rather lead. I am a wonderful mother that lives in harmony with the environment.

Would Flicker, Totem of Strong Sun Moon, please enter the Medicine Wheel.

Strong Sun Moon teaches about the importance of the emotions and the need for a strong home base. She educates about the law of relationship, family, mothering and nurturing.

Flicker, you are happiness on a rosy wing,
Loving everyone and thing,
Flying freely through the air,
Living life with giving care.

Sturgeon, Totem for Ripe Berry Moon: Ripe Berry Moon teaches how to work from the heart center—how to demonstrate affection and face fears; how to develop leadership qualities. She helps develop courage and power. *Sturgeon*, You swim up the Red Road,—You know where to go,— I want to swim with you,—

I want to know.

Brown Bear, Totem of Harvest Moon: Harvest Moon teaches about discrimination, fair decisions, good sense, perseverance, confidence and the ability to analyze. This energy is balance, rationality and practicality. This is the place in the wheel that will help you truly understand the concepts of work and duty. *Brown Bear*, has a great capacity for creative curiosity. She teaches us balance, inside and out. Brown Bear roams in both worlds, Spirit and Earth.

3rd– Grizzly Bear, MUDJEKEWIS, Spirit Keeper of the West

My time is from evening until midnight; Autumn; the adult years. It is the time of slowing down, taking stock of experiences, going within spiritually to gain strength and prepare for winter. *As Grizzly* I am one of the strongest of the bears and yet with all my strength, I am gentle. I am able to live by my own strength. I know the ways of life and the ways of the earth well enough to heal myself and most illnesses. I am the chief of the council of the animals because I have the ability to be introspective about all decisions that must be made.

Would *Raven*, Totem of Ducks Fly Moon, step into the Medicine Wheel.

Ducks Fly Moon helps people to seek deeply to understand the concept of balance in all aspects of life. She is called “The Negotiator” for her ability to experience extremes in order to find the mid point. *Raven* is talkative, social and a trickster; quick changing. Ravens are great communicators and comfortable in most situations.

Snake, Totem of Freeze Up Moon: This is the position to learn how to travel between different realms of creation and how to become a messenger for the spiritual aspects of life. *Snake* teaches you about the extent of your own energies, your ability to create change, your inquisitiveness, desire for truth and your keen sight.

Elk, Totem for Long Snows Moon: This moon is concerned with the welfare of others, and with doing their part to make a just world. People influenced by this moon can bring insightfulness and clarity that others need to see. She is called The Teacher. Elk people have a dramatic flair and good business sense that contributes to their teaching ability.

4th – White Buffalo, Totem for WABOOSE, Spirit Keeper of the North

My time is the time of Winter Solstice, when Father Sun is at the southern most point in his journey– the shortest day of the year. I am the time from midnite to dawn, winter, the elder time of life and around to birth or rebirth. As White Buffalo, I am known as the sacred messenger. I represent the spirit that gives totally of itself and its essence. It was I, White Buffalo Woman who brought the sacred pipe to the people. White Buffalo bringst the renewal of both body and spirit and the purity of her presence to purify the thoughts of all who see her.

Would Snowgoose, Totem for Earth Renewal Moon please step into the Medicine Wheel.

Earth Renewal Moon teaches you to be as clear a receiver and transmitter of energy as the Crystal, as important a communicator of the ancient knowledge as the Birch Tree, and as respectful of tradition and ritual as the Snow Goose. She brings the potential for great power.– Oh Snowgoose, Help me bend my wings in the right path. Let me find your beauty in daily service. Ease the wind for me in my flight thru life. Teach me to ease the wind of others too.

Otter, Totem for Rest and Cleansing Moon: Rest and Cleansing

Moon can help you both to develop your psychic abilities and to uncover the clever, bold, humanitarian and gentle aspects of your own being. Otter can help you truly like people, yourself included and to be more humanitarian in your views.

Communication, intellect and romance are otter gifts.

Swimming in spirit, Peaceful your soul.

At one with all, Complete and whole.

Cougar, Totem for Big Winds Moon: Big Winds Moon can help you to discover your own natural medicine power and the depth of your psychic abilities. In this position you will learn about your deep sensitivity, your yearning for spirituality, your hesitation to express your true feelings, and your need for grounding on the earth. Cougar teaches us about establishing safe territory.

Cougar,

Will you teach me Cougar dreams?

And will you show those realms to me?

I want to search out higher ways

So set my hunting spirit free.

And so, our year is complete- Ho!

(All sit down.)

Ending:

As you travel through your life, you may observe that your beginning totems no longer seem to fit you. Perhaps you came in as a Cougar, but you no longer feel a connection with this animal. When you see a red hawk in the sky, it makes your spirit soar. You begin to take on the leadership of some projects with which you are involved. You notice that you are more direct in your speaking, that you feel less wary of people in general. This means that you have stepped around the wheel. You are no longer standing the place of the Cougar. You are now a person of the Budding Trees Moon, with the red hawk as your animal totem. You have taken one step around the Medicine Wheel, and you have a whole new set of helpers and lessons.

It is important to remember that it does not matter in which direction you travel the wheel, as long as you keep traveling. The only way you can stop your own growth is to cling to the strengths of one position and refuse to let go of them. When you do this, you block your own energies, and you make it more difficult for those around you to continue their journey.