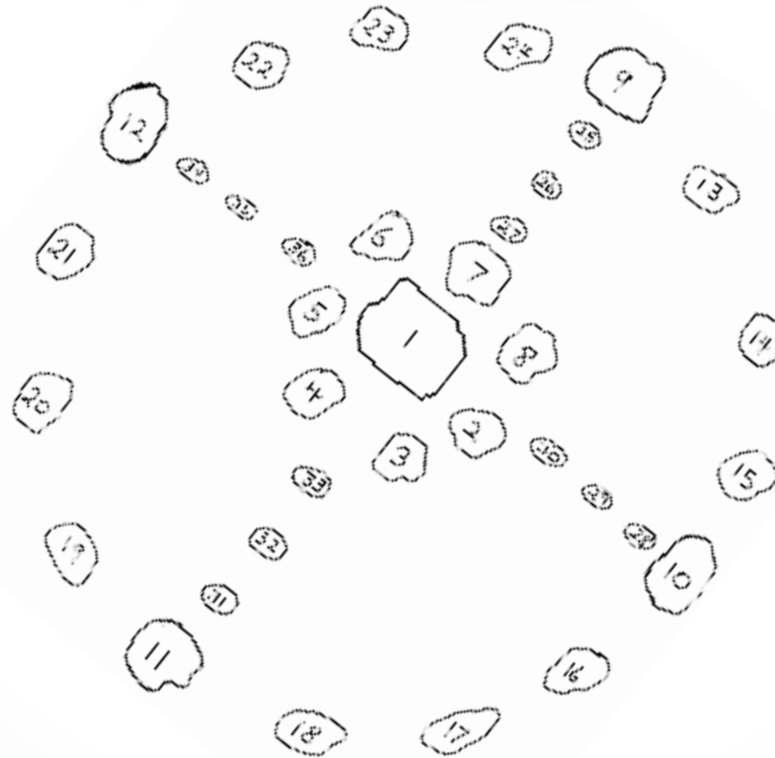


# the Medicine Wheel



First Nations Teachings

# What is a Medicine Wheel?



- The medicine wheel originated with the First Nations people of the prairies. However, it has been incorporated into many aboriginal communities.
  - The medicine wheel can be as big as a foot ball field and made of stones, or it can be a much smaller representation.

# the number four

4 seasons winter, spring, summer, fall

4 directions north, east, south, west (always used in a clockwise direction because that is the way the sun moves, rises and sets)

4 animals deer, eagle, coyote, bear

4 stages of life elder, baby, youth, adulthood

4 medicines sweet grass, tobacco, sage, cedar

4 areas of being mental, spiritual, emotional, physical



4



# the wheel

## Keewatinong - Spirit Keeper of the North

Colour: White

Direction: North

Time of Day: Night

Season: Winter

Stage of Life: Elder

Animal: Deer

Plant Medicine: Sweet Grass

Place: Mind

## Sha'ngabi'hanong - Spirit Keeper of the West

Colour: Black

Direction: West

Time of Day: Evening

Season: Autumn

Stage of Life: Adult

Animal: Bear

Plant Medicine: Cedar

Place: Physical



## Wabanong - Spirit Keeper of the East

Colour: Yellow

Direction: East

Time of Day: Morning

Season: Spring

Stage of Life: Baby

Animal: Eagle

Plant Medicine: Tobacco

Place: Spirit

## Shawanong - Spirit Keeper of the South

Colour: Red

Direction: South

Time of Day: Afternoon

Season: Summer

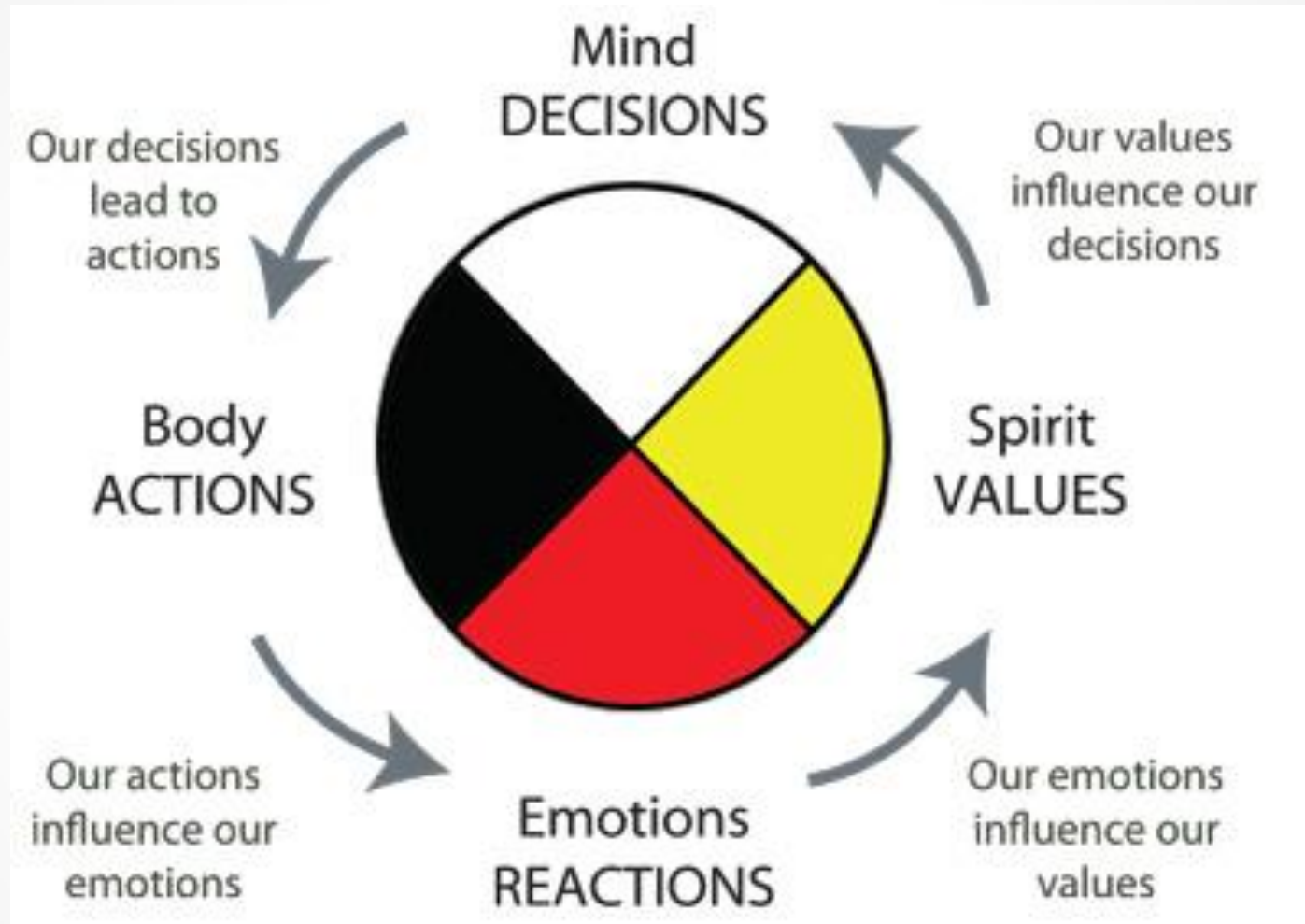
Stage of Life: Youth

Animal: Coyote

Plant Medicine: Sage

Place: Emotion

everything is connected and interdependent



# your personal being

- contemplate your own being (wellness) in each of these four areas
- make your own version of a medicine wheel using pictures, words and symbols to represent your own being in each of the four areas.

