

# Medicine Wheel Ceremony



**Council of Love**

*“Humankind has not woven the web of life. We are but one thread within it. Whatever we do the web, we do to ourselves. All things are bound together. All things connect.”*

## Chief Seattle

“The Medicine Wheel is representative of American Indian Spirituality. The Medicine Wheel symbolizes the individual journey we each must take to find our own path. Within the Medicine Wheel are The Four Cardinal Directions and the Four Sacred Colors. The Circle represents the Circle of Life and the Center of the Circle, the Eternal Fire. The Eagle, flying toward the East, is a symbol of strength, endurance and vision. East signifies the renewal of life and the rebirth of Cherokee unity.” From Native Spirituality website

### East:

- Burning of Desires/Letting Go
- Home of Rebirth — Insight, Vision, Clarity & Illumination
- Time Element — Spring & Dawn/Morning
- Color of Yellow & Gold
- Element of Fire
- Totem of the Golden Eagle, Cougar, Mountain Lion, Tiger & Wolf

**Example of Gift:** yellow feather, piece of gold or fool’s gold, Sai Baba incense

### South:

- Element of Earth & Crystal
- Home of Youth & the Innocent Child — Playfulness, Trust & Love
- Time Element — Summer & Noon/Afternoon
- Color of Red
- Element of Earth & Crystal
- Totem of Coyote, Porcupine, Otter Deer

**Example of Gift:** piece of red cloth, porcupine quill, a crystal, earth from another location dear to you, an offering of tobacco

**West:**

- Water Bowl
- Home of the Void, the Artist, the Star People — Creativity, Balance, Strength & Introspection
- Time Element — Fall & Sunset / Evening
- Color of Black
- Element of Water
- Totem of Bear, Raven, Crow, Owl

**Example of Gift:** phial of water from a sacred place, shell, crow or raven feather, bear claw, something that inspires creativity within — a small artistic object that you create.

**North:**

- Breath Release
- Home of the Elders — Cleansing, Renewal, Wisdom, Expansion & Union
- Time Element — Winter & Night
- Color of White
- Element of Air, Breath
- Totem of White Buffalo Calf Woman, Egret, Snowy Owl, White Tiger

**Example of Gift:** sacred object/depiction that represents wholeness and completion of the journey, a pine cone, acorn, white quartz rock, white feather