

The Medicine Wheel

The four cardinal directions together with the vertical axis have been used in many ancient cultures since the dawn of time to provide a means for creating Sacred Space. Each of the directions has a realm of influence relative to colours, season, time of day, time of life, plants and animals. Since each one of us stand in the centre of our own universe within the Medicine Wheel, we send intention out in all directions, saying that everything in all directions is Sacred. There are *many* interpretations of what represents the Sacred Directions. What is most important I think is to follow your heart, and what feels right to you. This is an *example* to help.

EAST

Colour is red.

East is the rising Dawn, the new beginning.

Season is Spring.

Element is Fire.

Brings us clarity and insight.

Teachings comes from our living teachers, including for example the Dalai Lama.

Animal guardians are the Eagle, Hawk and Buzzard.

Stones are rose quartz, jasper, carnelian, ruby

SOUTH

Colour is yellow.

South is noon, the midday sun.

Season is Summer.

Element is Air.

Awakens laughter, creativity, accesses our joy centre.

Teaching comes from Children.

Animal guardians are Horse, Deer, Dog and Coyote.

Stones are topaz, yellow calcite, limonite, citrine.

WEST

Colour is black. Time of day is sunset and evening.

Season is Autumn.

Element is Water.

Cleansing, insight and prayer.

Teaching comes from our ancestors, those that have walked before us.

Animal guardians are Bear, Badger and Otter.

Stones are black tourmaline, nummite.

NORTH

Colour is white. Time is night.

Season is Winter.

Element is Earth.

Wisdom, stillness, purity.

Teaching comes from Angels, Spirit Guides, the Ascended Masters.

Animal guardian is Bison (Buffalo).

Stones are white quartz, chalk, flint, selenite.

