

Sacred Guide

Medicine Wheel Workshop One



The Medicine Wheel

An Introduction

Workshop One: An Introduction to the Medicine Wheel

"Let the medicine of the Sacred Circle prevail. Let many people across the land come to the circle and make prayers for the healing of the Earth Mother."

The Medicine Wheel has been used in many cultures, in many forms, for thousands of years. From the layout of enclosures, mounds and stone circles, to the Tibetan Thangka (Tanka), the Celtic Cross, and even the layout of Cathedrals and Churches.

The Medicine Wheel represents the wheel of life. There is a cross in the centre that represents the four directions: North, East, South and West. The four colours of Man – red, black, yellow and white – and the four seasons – Winter, Spring, Summer and Autumn – are also shown. The teachings of this Medicine Wheel are: balance, harmony and the brotherhood of all humankind.

The Medicine Wheel teachings give us a holistic foundation upon which to base our lives. These teachings show us that there was a time when humans were more closely connected with the forces of nature and the elements of Mother Earth: they lived in harmony with the animals, observing their ways and understanding the lessons they had to share. The plants also held lessons for them; they learned their secrets of power and healing. They respected the wisdom of the rocks, minerals and crystals that have been here since the beginning of time. They listened to the wind and respected the power of thunder and lightning. Each season held meaning and marked the passing of yet another step on the continually revolving circle of life death and rebirth.

The Teaching of Balance

This comes from the placement of elemental powers around the Medicine Wheel. Fire is balanced with Water, which is balanced with Earth, which is balanced with Air. Water nourishes the Earth while Fire cleanses it. Air gives fire the power to burn while water ensures Fire is kept under control. All four elements exist in a balanced relationship.

Balance also comes from the placement of the seasons and the cycles of the day around the wheel. The dormancy of Winter (Midnight) is followed by the new life of Spring (sun-rise) which is followed by the growth of Summer (Noon), which is followed by the harvest of Autumn (Sunset). Each season shares its space on the wheel with all others. No one dominates the other; they exist in balance. The medicine/teaching of this harmony is the ability to accept things as they come and to live and let live as you move within the ebb and flow of life.

As you learn the lessons of the Medicine Wheel, you discover your true potential as a vital physical being who is connected to all other living things on this planet. You learn to release long-buried negative emotions that inhibit growth and change. You expand the boundaries of your intellect as you realise the only limits are those you impose upon yourself.

You come to understand that you are a valued part of creation, beloved by the Creator and brought into being for one purpose: to realise your full potential as a child of the creative spirit.



In this workshop, you will ...

- Have an opportunity to set up a sacred space in nature for self-reflection and personal growth.
- Get a chance to experience Sacred Drumming and chanting for healing and relaxation.
- Experience Guided Imagery and be initiated into the way it offers access to your internal wisdom.
- Create a daily ritual you can use in your own home and garden/community.



Note

I have drawn from the work of Steven and Renata Ash, my teachers, and Kaleo Ching who has developed amazing work and lives in America. He has communicated with me via email and Facebook and supports the workshops, understanding that my perspective will be influenced by his workshop manuals although I may not follow them exactly. I have also been influenced by James Sam and Kathy Callahan, whose philosophies and values have guided my own personal development as well as the workshop programmes.



References

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