

LEGEND

Medicine wheel represents the *Circle of life* that symbolizes the natural cycles of birth, growth, and death in a clockwise direction. *East* will be to the viewer's right, *south* on the bottom and *west* on the left. In native culture we start in the east and rotate to the south and west, arriving at the *north* circle on top.

EAST (yellow)

From the East, we begin to seek *knowledge*, the direction where everything is fresh and new. Greet the sun each morning and appreciate the potential for new learning experiences. The new day that enables us to see the miracles and harmony of the Creators creations. The sacred plant of this direction is "*tobacco*". As we offer our prayers and thoughts to the spirit world of our Creator, we give thanks and offer this sacred plant. The smoke carries these visible thoughts to those honored spirit beings.

SOUTH (red)

From the south we experience *growth*, the direction where everything in life is replenished and in full bloom. To taste the ripe fruit of appreciation and not take what we have for granted. The sacred plant of this direction is "*cedar*", the purifier for the body and the protector from evil.

WEST (black)

From the west we encounter *reflection* and spiritual *insight*, the direction where dreams and visions allow you to go within and appreciate yourself and your Creator. The sacred plant of this direction is "*sage*", the purifier for the body and to keep you in good health.

NORTH (white)

From the North we experience the *purity*, the direction where the secrets to many cures are found for *healing*. The white snow resembles the white hair of our elders, and is an honoring wisdom. "*Sweet Grass*", the scared plant that will keep you free from evil and make your travels safe.

Many Tribes do not have a medicine wheel so this legend has been borrowed from other tribes.

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|-----------------------------|------|-----------------|-------|-------------|
| 4 Colors of Man | EAST | Yellow | SOUTH | Red |
| | WEST | Black | NORTH | White |
| 4 Natures of Man | EAST | Physical | SOUTH | Emotional |
| | WEST | Mental | NORTH | Spiritual |
| 4 Phases of Health | EAST | Physical | SOUTH | Social |
| | WEST | Intellectual | NORTH | Spiritual |
| 4 Seasons | EAST | Spring | SOUTH | Summer |
| | WEST | Autumn | NORTH | Winter |
| 4 Basic Elements | EAST | Water | SOUTH | Wind |
| | WEST | Earth | NORTH | Fire |
| 4 Races of Man | EAST | Yellow | SOUTH | Red |
| | WEST | Black | NORTH | White |
| 4 Hills (stages) of Man | EAST | Childhood | SOUTH | Adolescence |
| | WEST | Adult | NORTH | Elder |
| 4 Grandmothers Grandfathers | EAST | Beginning | SOUTH | Going Along |
| | WEST | Getting Started | NORTH | Going Home |
| 4 Times of Day | EAST | Sunset | SOUTH | High Noon |
| | WEST | Sunrise | NORTH | Night |
| 4 Directions | EAST | Yellow | SOUTH | Red |
| | WEST | Black | NORTH | White |
| 4 Sacred Plants | EAST | Tobacco | SOUTH | Cedar |
| | WEST | Sage | NORTH | Sweetgrass |

The medicine wheel teaches Balance, and helps people discover themselves and their path.