

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.

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.