

UNITY OF PORT TOWNSEND



SEVEN WEEK HOME STUDY PROGRAM
SYLLABUS



**THE SUNDANCE MEDICINE WHEELS
ANCIENT TEACHINGS FOR MODERN TIMES**

*From writings of Itswoot Wawa Hyiu - Bear Who Talks Much
Chief Roy I. Rochon Wilson*

*Presented by
Spirit Dancer - Dances With Drums & Soars High - Two Crows*

With the permission of Roy Wilson, portions of his Medicine Wheel Workbook have been edited into this shortened version for use in the Unity of Port Townsend seven week home study program. If you would like the complete writings of Roy Wilson, you are encouraged to purchase either: *MEDICINE WHEELS - ANCIENT TEACHING FOR MODERN TIMES* or *MEDICINE WHEEL WORKBOOK: UNIVERSAL TRUTHS OF THE PHILOSOPHIES AND SPIRITUAL HERITAGES OF THE WORLD AS SEEN IN THE MEDICINE WHEEL*

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INTRODUCTION

How an ancient Native American Spiritual practice can bring healing and wholeness to people today.

Christians receive their spiritual directives from a book they call the Bible. Some Indian tribes carved their stories on totem poles, whereas others beaded their laws into belts. Some tribes received visions from the Great Spirit and placed these teachings on sacred shields or with stones on the ground in what many call Medicine Wheels, and which some tribes call Sacred Hoops. Others call them the Wheel of Life. They are the Indian Bible. Native American Indian people receive their spiritual directives from these ancient Medicine Wheels. They are guides to our lives.

There are many Medicine Wheels. The universe is a Medicine Wheel. Our own solar system is a giant Medicine Wheel. The Earth is a Medicine Wheel. Every nation is a Medicine Wheel. Each state is a Medicine Wheel. Each family is a Medicine Wheel. You are a Medicine Wheel, for every individual is a Medicine Wheel.

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01/29/12 - (after church service) Introduction to study of the Sundance Medicine Wheel

- Grandfather Bear will be here to give the introduction to The Wheel
- Sign-up sheet for seven-week course
- Sign-up for and payment for study materials
 - MEDICINE WHEEL WORK BOOK by Grandfather Bear
 - ✓ \$20.00
 - CREATING THE WHEEL WORK BOOK by Soars High - Two Crows
 - ✓ \$10.00
 - MEDICINE WHEELS Ancient Teachings for Modern Times, by Grandfather Bear
 - ✓ \$15.00 (suggested reading)
 - Song sheets, Responsive Readings, Prayer & Dance
 - ✓ Heleluyan
 - ✓ Mother I Feel You
 - ✓ Oh Great Spirit
 - ✓ Invocation
 - ✓ Coming Together
 - ✓ Mitakoye Oyasin
 - ✓ Prayer to the four directions, East & South
 - ✓ Prayer to the four directions, West & North

Teachings

- February
 - 13th ... Readings, The Circle, The Center Stone, The Inner Circle,..... Lesson
 - 27th ... Readings, Teachings of the East,..... Lesson
- March
 - 12th ... Readings, Teachings of the South,..... Lesson
 - 26th ... Readings, Teachings of the West,..... Lesson
- April
 - 9th ... Readings, Teachings of the North,..... Lesson
 - 23rd ... Readings, The Four Directions,.....Lesson
 - 30th ... Readings, The Outer Circle,Lesson

INVOCATION

LEADER: The Great – Chief – of – The – Above calls us into the circle to praise and worship the spirit of all things

PEOPLE: We come believing in the Spirits's greatness and power

LEADER: Come! Share openly with each other and with the Great Spirit, for in God we find the peace which never ends, and the love which extends to all.

PEOPLE: Alone our hearts are weary; our spirits are saddened. We come to the circle to enliven our hearts and comfort our spirit. It is here we see the face of the Great Spirit. It is here we find strength and courage for our lives in order that we may become in harmony with all things.

PRAYERS TO THE FOUR DIRECTIONS

The following prayers to The Creator in each of the four directions are based on the lessons for life as taught in the Sundance Medicine Wheel:

EAST LIFE LESSON

This is the direction from which Grandfather Sun arrives. Light dawns in the morning and spreads over all. Darkness goes away. A new day begins in innocence. It is the beginning of understanding, because light helps us see things the way they really are. The deeper meaning is that the east stands for wisdom that helps people live good lives. This is why traditional Indian people get up in the morning to pray, facing the dawn, asking Great Spirit for wisdom and understanding. This direction also teaches us lessons about resurrection, new birth, new beginnings, renewal, childhood, illumination and guidance.

PRAYER TO THE EAST

O' Great Maker, who comes out of the East, come to me with the power of the rising sun, let there be light in my world, let there be light on the path I walk. Let me remember always that You give the gift of a new day, and never let me be burdened with sorrow by not starting anew. Let me face new beginnings in life

SOUTH LIFE LESSON

This direction stands for warmth and growing things; because, when the sun is in the south it is highest in the sky. Its rays are powerful in drawing life from the Earth Mother. This is why it is said that the life of things comes from the south. This is also the time of day when one can see the greatest distance. This direction also teaches us lessons about our youth, our passions, emotions, joy, anger, love, compassion, goal setting and determination.

PRAYER TO THE SOUTH

O Great Creator, send me the warm and soothing winds of the south. Comfort me and caress me when I am tired and cold. Unfold me, like Your gentle breezes unfold the leaves on the trees. As You give to all the Earth Mother Your warm blowing wind, give to me so that I may grow close to You in warmth.

WEST LIFE LESSON

This is the direction in which Grandfather Sun dances and sets, where the day comes to an end, bringing on the darkness of night. It is the time for meditation, introspection, and prayer. The thunder and rain come from there also. The spirit of the water of life resides in the west. The west is the source of water, rain, streams, rivers, and lakes. Nothing can live without water. It is cleansing and healing. This direction also teaches us about fasting, sacrifice, perseverance, the fall of the year, adults, dreams and visions, and commitment.

PRAYER TO THE WEST

O' Great Life - Giving Spirit, I face the west, the direction of sundown. Let me remember each day that my sun, too, one day will go down. Never let me forget that I must fade into You. Give me a great sky for setting so that when I come to You, I will come in glory.

NORTH LIFE LESSON

This direction brings the cold harsh winds of the winter season. These winds are cleansing winds that cause leaves to fall and the Earth Mother to rest under the cover of snow. If someone has the ability to face these winds like the buffalo with its head steadfastly into the face of the storm, then they have learned the lessons of patience and endurance. Generally, this direction stands for hardships and discomfort to people. Therefore, it stands for trials that people must endure or a cleansing they must undergo. This direction also teaches us about winter, the elders, completion, fulfillment, wisdom, insights, speculation, prediction, imagination, and freedom..

PRAYER TO THE NORTH

O Great Spirit Of Love, come to me with the power of the north. We face what is difficult in life; make me courageous when the cold winds of life fall upon me. Give me endurance and strength for everything that is harsh.

MITAKOYE OYASIN

LEADER: Let all who enter the Sacred Circle rejoice and be glad

PEOPLE: For the Great Spirit has become known to the people
and the people are changed.

LEADER: We are all one. We are all family.

MITAKOYE OYASIN

PEOPLE: The Great Spirit has made us and brought us together
on this our Mother Earth.

LEADER: The Great Spirit has appeared to us and become known.

PEOPLE: And The Great Spirit's people have lived to tell it.

The Prayer

Aho Mitakuye Oyasin....All my relations. I honor you in this circle of life with me today. I am grateful for this opportunity to acknowledge you in this prayer....

To the Creator, for the ultimate gift of life, I thank you.

To the mineral nation that has built and maintained my bones and all foundations of life experience, I thank you.

To the plant nation that sustains my organs and body and gives me healing herbs for sickness, I thank you.

To the animal nation that feeds me from your own flesh and offers your loyal companionship in this walk of life, I thank you.

To the human nation that shares my path as a soul upon the sacred wheel of Earthly life, I thank you.

To the Spirit nation that guides me invisibly through the ups and downs of life and for carrying the torch of light through the Ages, I thank you.

To the Four Winds of Change and Growth, I thank you.

You are all my relations, my relatives, without whom I would not live. We are in the circle of life together, co-existing, co-dependent, co-creating our destiny. One, not more important than the other. One nation evolving from the other and yet each dependent upon the One above and the One below. All of us a part of the Great Mystery.

Thank you for this Life.

HELELUYAN

Heleluyan, heleluyan, he - le, heleuyan

Heleluyan, heleluyan, he - le, heleuyan

MOTHER I FEEL YOU

Mother I feel you under my feet

Mother I feel your heart beat

Mother I feel you under my feet

Mother I feel your heart beat

Hay - ya, Hay - ya, Hay - ya, Hay - ya, Hay - ya, Hay - O,

Hay - ya, Hay - ya, Hay - ya, Hay - ya, Hay - ya, Hay - O, O, O

OH GREAT SPIRIT

Oh great spirit, oh great mystery,
Guide us on the path of the heart
Oh great spirit, oh great mystery,
Guide us on the path of the heart

O — h Grea — t Spir — rit

O — h Grea — t Mystery

O — h Grea — t Spir — rit

O — h Grea — t Mystery

COMING TOGETHER

LEADER: Call us, yet again Creator God, breathing Your own life into our being, You gave us the gift of life: You place us on this Earth Mother with its Stone people and waters, flowers and fruits of the Green people, living creatures of grace and beauty! You gave us the care of our Earth Mother.

Today You call to us: "Where are you; what have you done?"

PEOPLE: (SILENCE)

LEADER: We hide in utter shame, for we are naked. We have violated The Earth Mother and plundered her; we refuse to share Her resources; we seek to own what is not ours, but Yours.

PEOPLE: Forgive us, Creator God, and reconcile us to Your creation.

LEADER: O' creator of love, You gave us the gift of peoples, of cultures, races and colors, to love, to care for, to share our lives with.

PEOPLE: (SILENCE)

LEADER: We hide ourselves in shame and fear. Poverty, hunger, hatred and war rule the Earth; the refugees, the oppressed and the voiceless cry out to You.

PEOPLE: Forgive us, O' God of love, and reconcile us to Yourself and to one another.