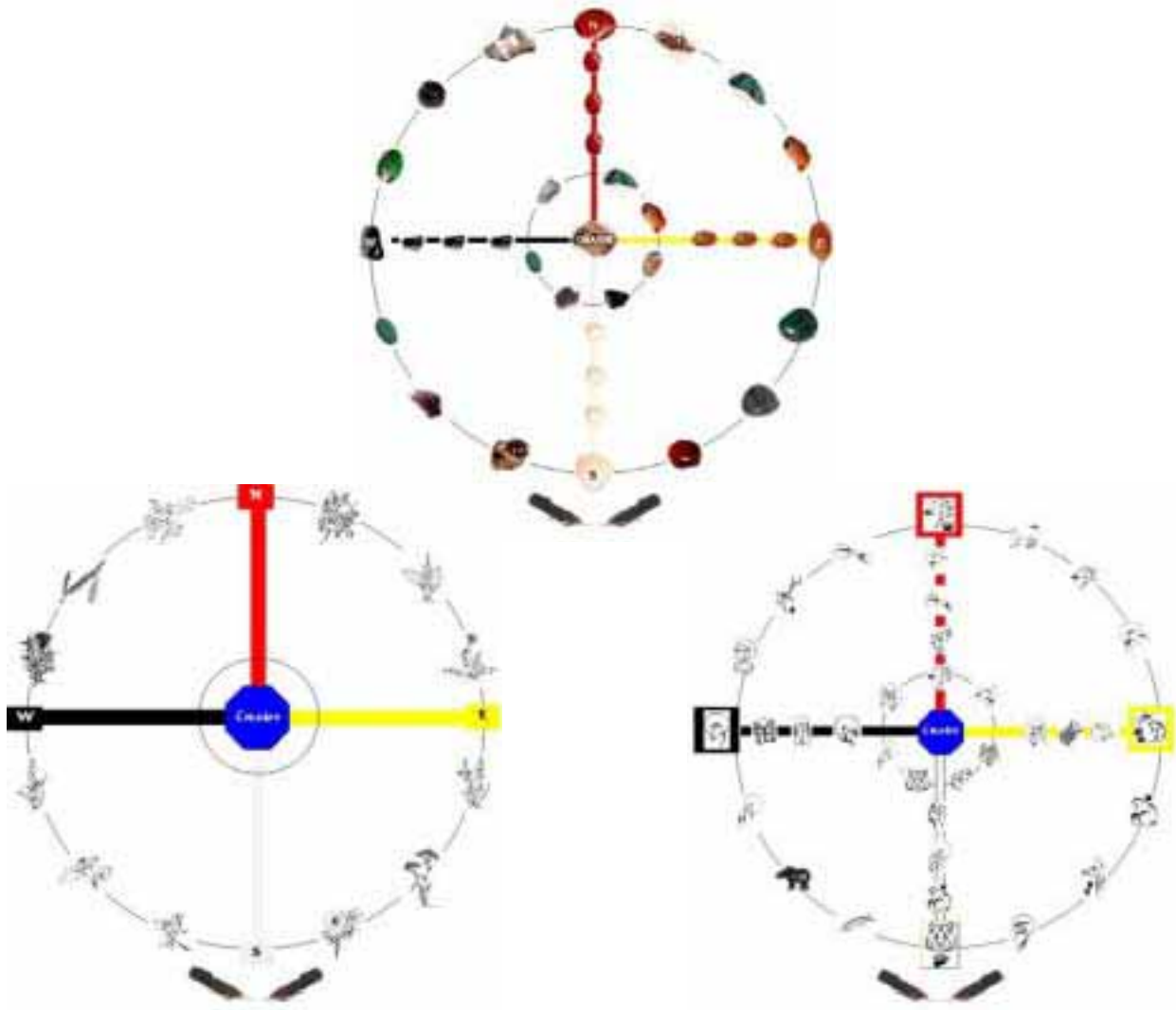


Creating The Sundance Medicine Wheel



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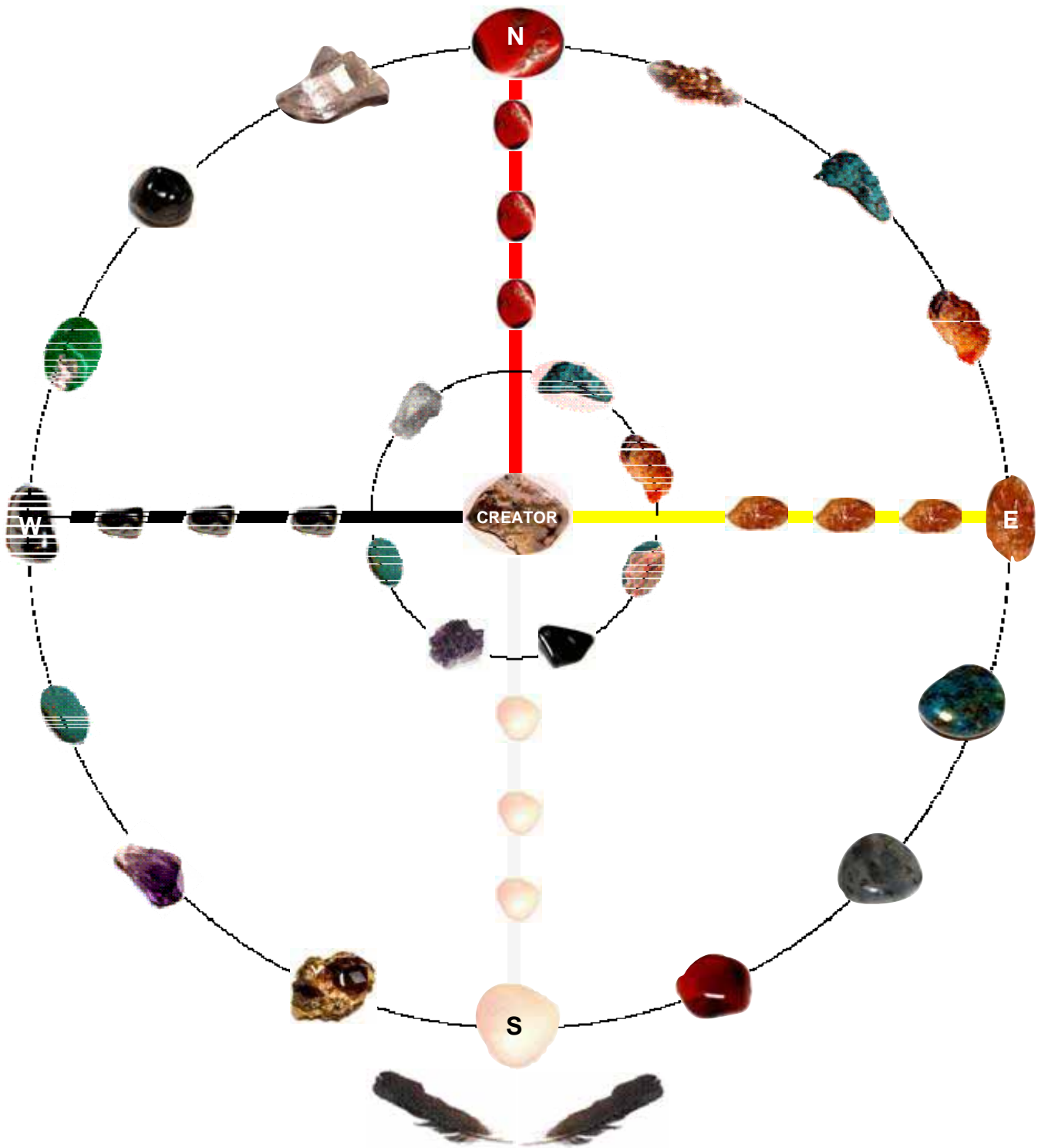


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HOW TO SET UP YOUR SUNDANCE MEDICINE WHEEL

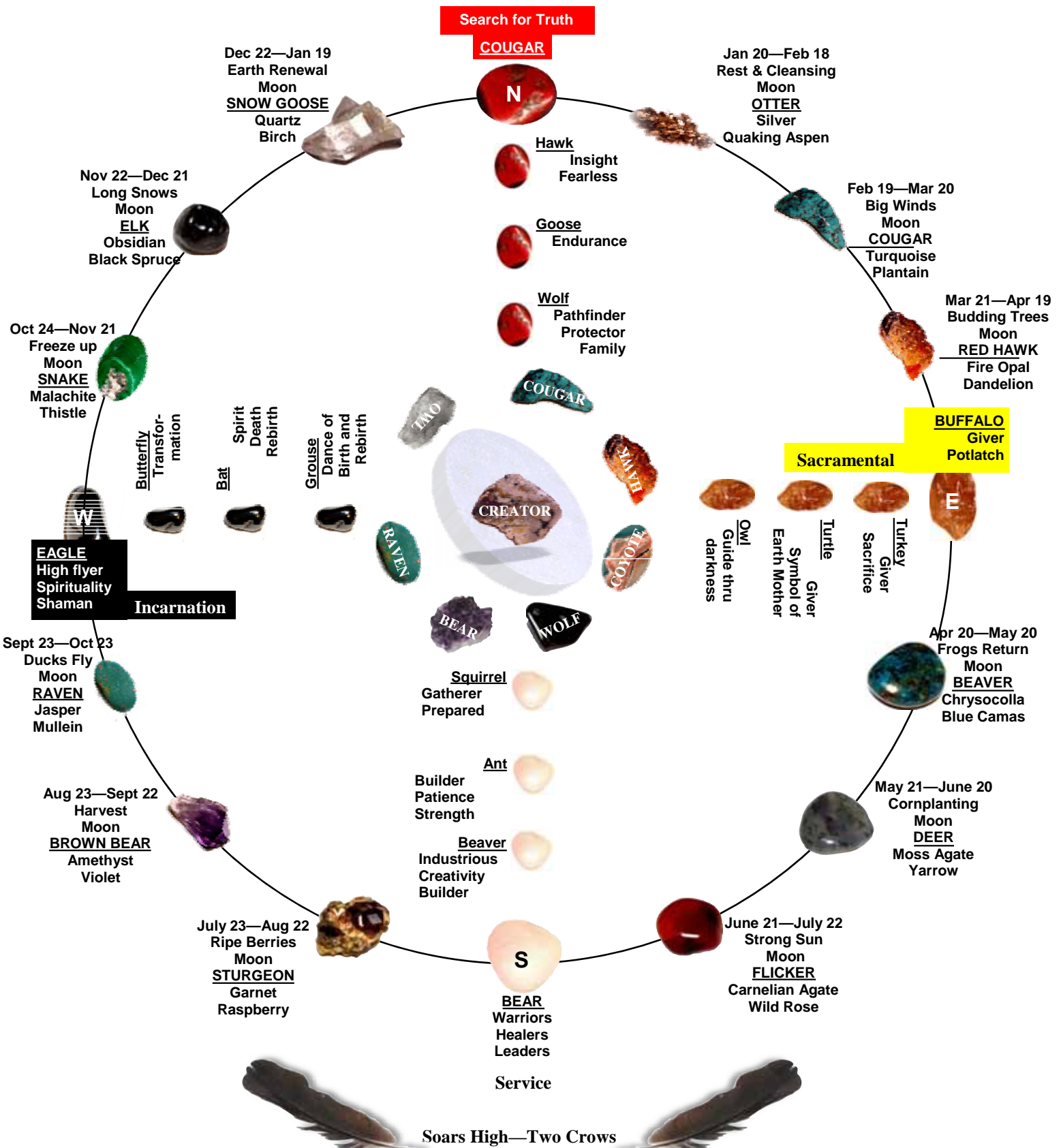
Figure 1

Have you ever said to yourself, “I would like to set up my own Medicine Wheel”, and then asked, “But how do I go about doing that?” Figure 1 in this manual, along with the Medicine Wheel Workbook, will aid you in accomplishing your desire.

Begin with the center stone that represents the Sacred Alter. For more information read chapter three in the workbook. See chapter one in the workbook to aid you in setting up the wheel. The teachings of the outer wheel are in chapter eight. Follow the directions in chapter two for setting up the remainder of your Medicine Wheel.

See chapters four through seven for teachings of the Four Directions, chapter nine for inner wheel teachings, chapter ten for teachings which cycle all four of the directions, and chapter eleven for the Four Sacred Pathways.

Sundance Medicine Wheel



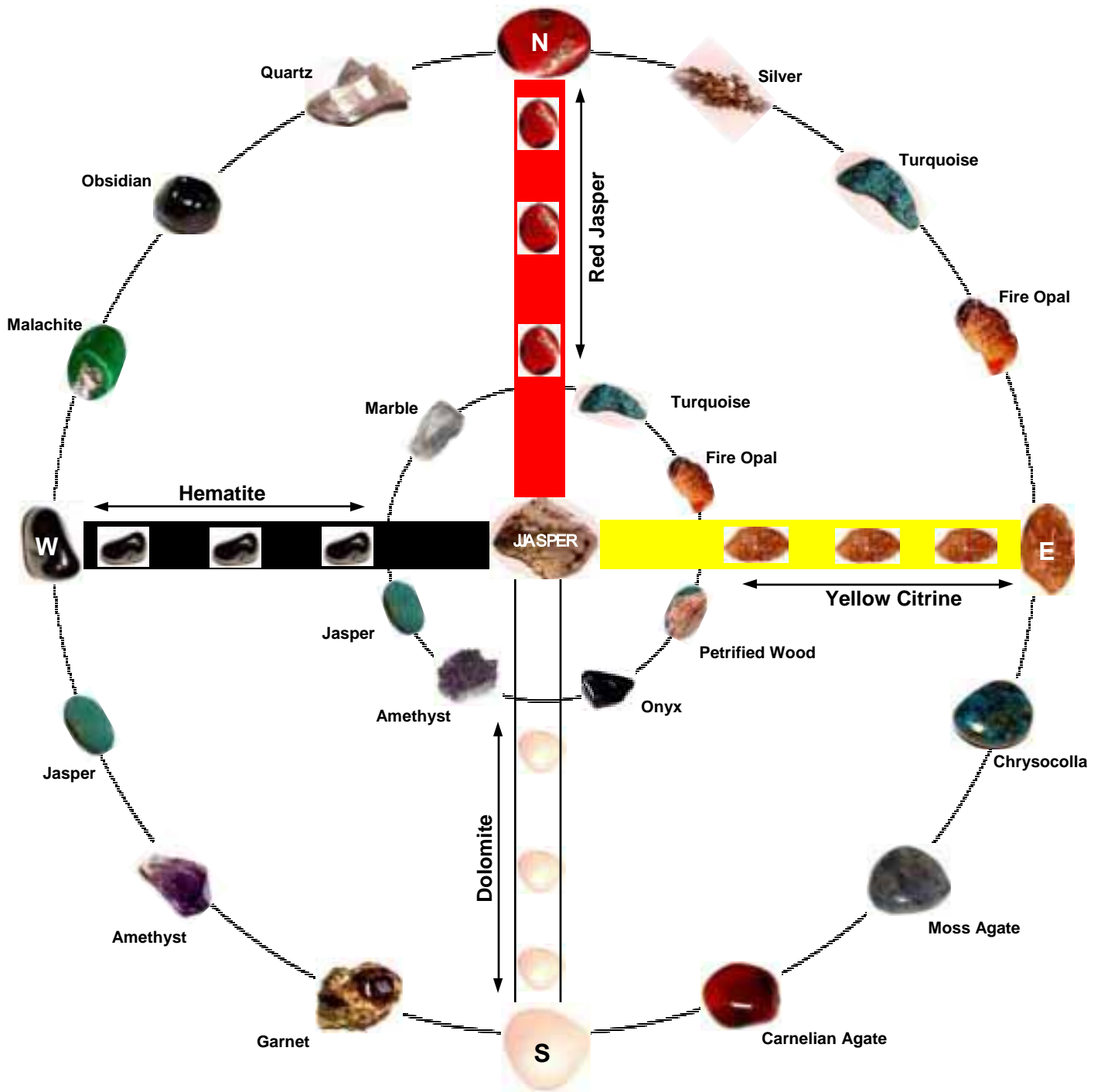
SUNDANCE MEDICINE WHEEL MINERAL TOTEMS

Figure 2

It is traditional to use a Jasper stone as the center stone for the Sacred Alter, but any stone is appropriate because it represents the Creator of all things. Thus, any item can represent the Creator. You may place an Eagle feather there, or any concept or idea. When I flew to Washington D.C. to discuss the "Cowlitz River Basin Comprehensive Plan" this plan became the Sacred Alter. The remainder of the Medicine Wheel then served as my guide in the ensuing deliberations.

The components of the Medicine Wheel are made up of mineral totems, animal totems, and plant totems. More information regarding the mineral totems for the outer wheel may be found in figure 3, and in the book VOICES FROM THE EARTH MOTHER. Figure 4 offers information regarding the mineral totems of the inner wheel. The mineral totems of the Four Pathways represent the colors of the Four Directions: Yellow or Amber, White, Black, and Red.

Sundance Medicine Wheel



Mineral Totems

Figure 2

SUNDANCE MEDICINE OUTER WHEEL MINERAL TOTEMS

Figure 3

The totems of the outer wheel are representative of our own personal medicine powers. Remember, you are the wheel, and the wheel is you. All of these medicine powers are within each of us.

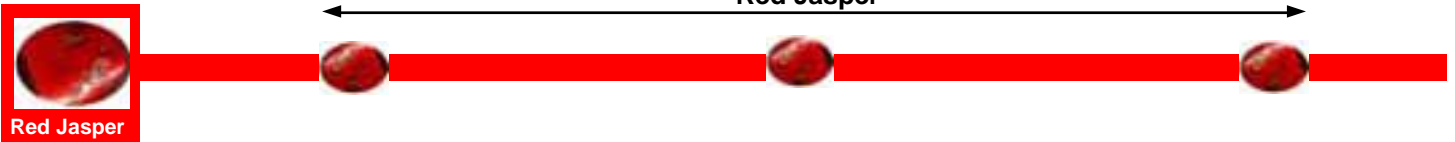
Dates are given for each of the mineral totems in figure 3. The date of your own birth will align with the dates of one of those medicine totems. That is your birth totem. These are the medicine powers that flow most naturally through your life; but it is important that you remember that all of the medicine powers are resident within you, for you are the wheel and the wheel is you.

You are on the cusp of the powers on either side of your birth totem, and these are fairly strong powers functioning in your life. You need to work at cultivating and developing your weakest powers until you bring them into balance with your strengths,. This will bring the wheel of your life into balance and will reward you with the most fulfilling of life's experiences.

Sundance Medicine Wheel Mineral Totems—Outer Wheel

North
Search for Truth

Red Jasper



Jan 20—Feb 18
SILVER

LESSON

Playfulness, Nurturing
Prophetic, Intuitive
Inventiveness, Originality
Humanitarian, Noble
Curious



Feb 19—Mar 20
TURQUOISE

LESSON

Initiative
Speed
Grace
Mystery
Stalking
Territoriality



Mar 21—Apr 19
FIRE OPAL

LESSON

Aware, Insight
Truth, Adaptability
Survival, Deliberation
Optimism, Prayer
Intensity, Openness



East
Sacramental

Yellow Citrine



Apr 20—May 20
CHRYSOCOLA

LESSON

Security, Contentment
Industry, Balance
Comfort, Affection
Fidelity, Orderly
Self-Reliant, Patient
Grounded



May 21—June 20
MOSS AGATE

LESSON

Sensitivity, Grace
Alertness, Protection
Adaptability, Clever
Nimble, Creative
Heart & Spirit Connection



June 21—July 22
Carnelian Agate

LESSON

Protection, Courage
Joy, Relentlessness
Nurturing, Loving
Communication,
Harmony, Relationship



South
Service

Dolomite



July 23—Aug 22
GARNET

LESSON

Determination, Teaching
Leadership, Consistency
Knowledge, Depth
Strength, Generous
Sexual



Aug 23—Sept 23

LESSON

Caution, Fortitude
Bravery, Fairness
Good Decisions, Pleasure
Leadership, Organization
Grounding, Curiosity



Sept 23—Oct 23
JASPER

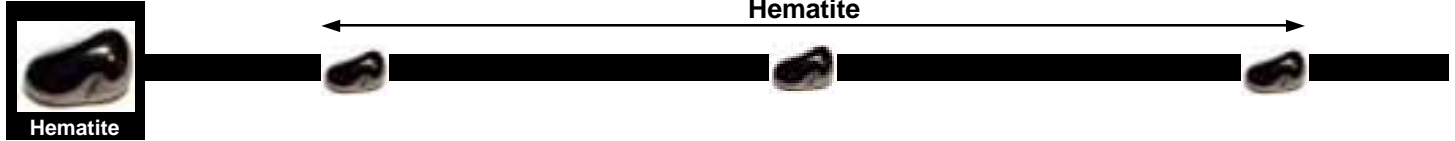
LESSON

Messenger, Spiritual
Intelligence, Community
Assistance, Wary
Encouragement, Mystery
Balance, Duality



West
Incarnation

Hematite



Oct 24—Nov 21
MALACHITE

LESSON

Mystery, Adaptability
The Feminine
Transformation, Healing
Life Force, Sensitivity
Sensuality, Psychic



Nov 22—Dec 21
OBSIDIAN

LESSON

Confidence, Strength
Joy, Agility
Speed, Protection
Justice, Wisdom
Responsibility



Dec 22—Jan 19
QUARTZ

LESSON

Beauty, Gregariousness
Tradition, Transmitting
Receiving, Keen Vision
Personal Evolution
Ceremony



Figure 3

SUNDANCE MEDICINE INNER WHEEL MINERAL TOTEMS

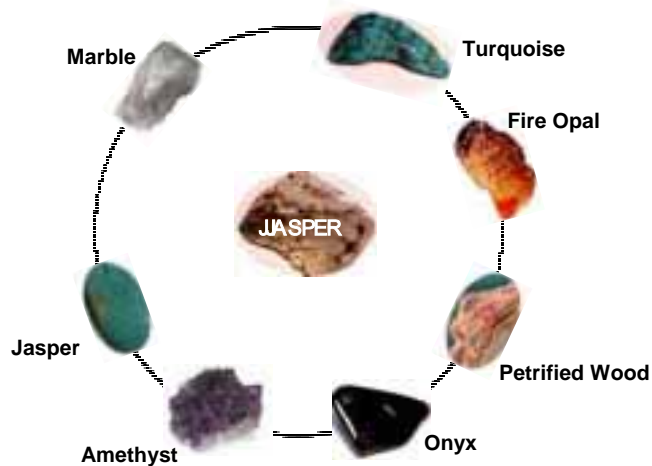
Figure 4

The mineral totems of the inner wheel represent the medicine powers of the Great Spirit, The Creator, or God.

Just as you and I have our medicine power totems, so likewise, Great Spirit has His/Her medicine power totems. The question may be asked, "How does the Great Spirit, or God, give His/Her powers to all forms of life on Mother Earth, to you and to me?" This can be understood by studying the seven powers of the inner circle. You may find it quite interesting to compare the Native American teachings of the seven totems with the Christian teachings of the gifts and ministries of the spirit, with the seven charkas of Hinduism, and with the Tree of Life in ancient Judaism's Kabalism. No doubt, there are teachings from other cultures and traditions that also correspond to these. They are out there for you to discover and enjoy.

Four of the seven totems, in the inner wheel, are also in the outer wheel of our personal totems. This reminds us of the ancient teaching that we were created in the image of God. We are "chips off of the old block." They suggest powers of our own divinity. We are children of Great Spirit, or God.

Sundance Medicine Wheel Mineral Totems—Inner Wheel



Center—Jasper
Creator



Turquoise

LESSON

Protection, safety, ceremonial, rainmaking, healing, spiritual, preventive healing stone



Fire Opal

LESSON

Hope, life force, visualization, spirit travel, intense energy, sexuality, power



Petrified Wood

LESSON

Renewal, purpose definition, stamina, protection, health, understanding the Earth changes



Onyx

LESSON

Grounding, respect, clairvoyance, centering, stability, protection, seeing future, earth balance



Amethyst

LESSON

Good judgment, justice and courage, dreaming, catharsis, spiritual attunement



Jasper

LESSON

Blessings, grounding, harmony, longevity, stimulation, clarification, balance



Marble

LESSON

Old wisdom, knowledge, mystery, paradox, the shadow, the feminine, listening, the unknown

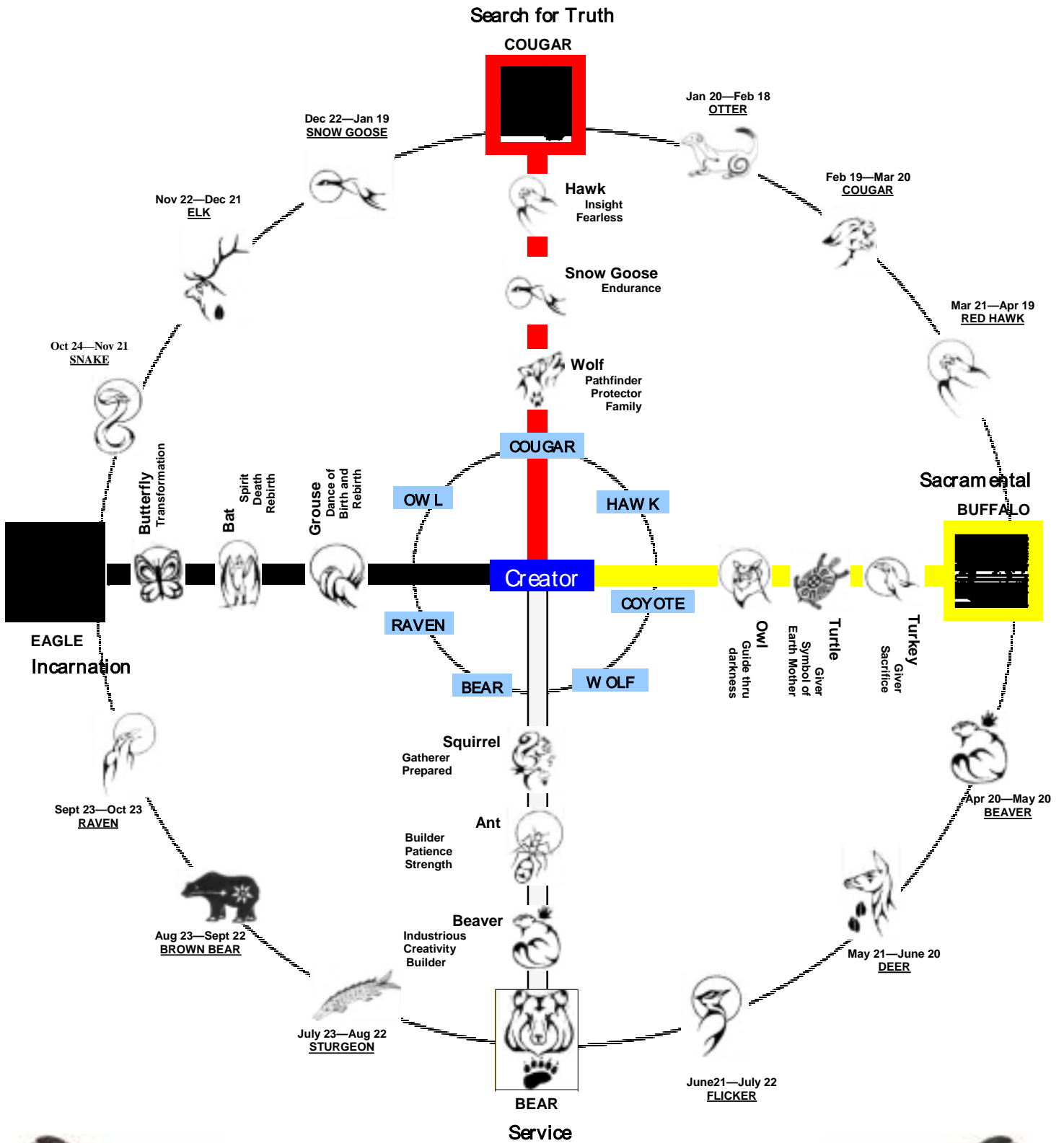
Figure 4

SUNDANCE MEDICINE WHEEL ANIMAL TOTEMS

Figure 5, 6, 7

The animal totems, similar to the mineral totems, represent your own medicine powers. The teachings for the previous figures, regarding the mineral totems, also apply to the animal totems.

Sundance Medicine Wheel



Animal Totems

Figure 5

**North
Search for Truth**



Jan 20—Feb 18
OTTER



LESSON
Playfulness, Nurturing
Prophetic, Intuitive
Inventiveness, Originality
Humanitarian, Noble
Curious

Feb 19—Mar 20
COUGAR



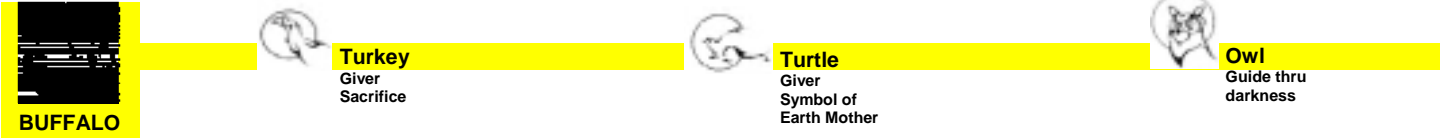
LESSON
Initiative
Speed
Grace
Mystery
Stalking
Territoriality

Mar 21—Apr 19
RED HAWK



LESSON
Aware, Insight
Truth, Adaptability
Survival, Deliberation
Optimism, Prayer
Intensity, Openness

**East
Sacramental**



Apr 20—May 20
BEAVER



LESSON
Security, Contentment
Industry, Balance
Comfort, Affection
Fidelity, Orderly
Self-Reliant, Patient
Grounded

May 21—June 20
DEER



LESSON
Sensitivity, Grace
Alertness, Protection
Adaptability, Clever
Nimble, Creative
Heart & Spirit Connection

June 21—July 22
FLICKER



LESSON
Protection, Courage
Joy, Relentlessness
Nurturing, Loving
Communication,
Harmony, Relationship

**South
Service**



July 23—Aug 22
STURGEON



LESSON
Determination, Teaching
Leadership, Consistency
Knowledge, Depth
Strength, Generous
Sexual

Aug 23—Sept 23
BROWN BEAR



LESSON
Caution, Fortitude
Bravery, Fairness
Good Decisions, Pleasure
Leadership, Organization
Grounding, Curiosity

Sept 23—Oct 23
RAVEN



LESSON
Messenger, Spiritual
Intelligence, Community
Assistance, Wary
Encouragement, Mystery
Balance, Duality

**West
Incarnation**



Oct 24—Nov 21
SNAKE



LESSON
Mystery, Adaptability
The Feminine
Transformation, Healing
Life Force, Sensitivity
Sensuality, Psychic

Nov 22—Dec 21
ELK



LESSON
Confidence, Strength
Joy, Agility
Speed, Protection
Justice, Wisdom
Responsibility

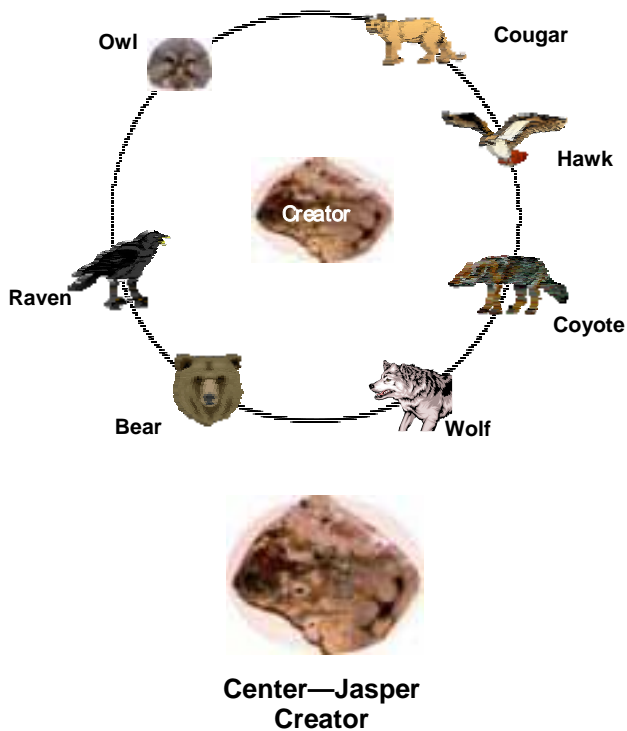
Dec 22—Jan 19
SNOW GOOSE



LESSON
Beauty, Gregariousness
Tradition, Transmitting
Receiving, Keen Vision
Personal Evolution
Ceremony

Figure 6

Sundance Medicine Wheel Animal Totems—Inner Wheel



Cougar

LESSON

Initiative, Speed, Grace, Mystery, Stalking, Territoriality



Hawk

LESSON

Aware, Insight, Truth, Adaptability, Survival, Prater, Intensity, Openness, Optimism



Coyote

LESSON

Trickster energy, Honor, Wildness, Endurance, Trust, Survival, Creativity, Mystery



Wolf

LESSON

Love, Healing relationships, Fidelity, Forgiveness, Intimacy, Community, Cunning, Generosity



Bear

LESSON

Bravery, Caution, Fortitude, Fairness, Good decisions, Pleasure, Leadership, Grounding



Raven

LESSON

Messenger, Spiritual, Intelligence, Community, Assistance, Wary, Balance, Mystery, Duality



Owl

LESSON

Old wisdom, knowledge, mystery, paradox, the shadow, the feminine, listening, the unknown

Figure 7

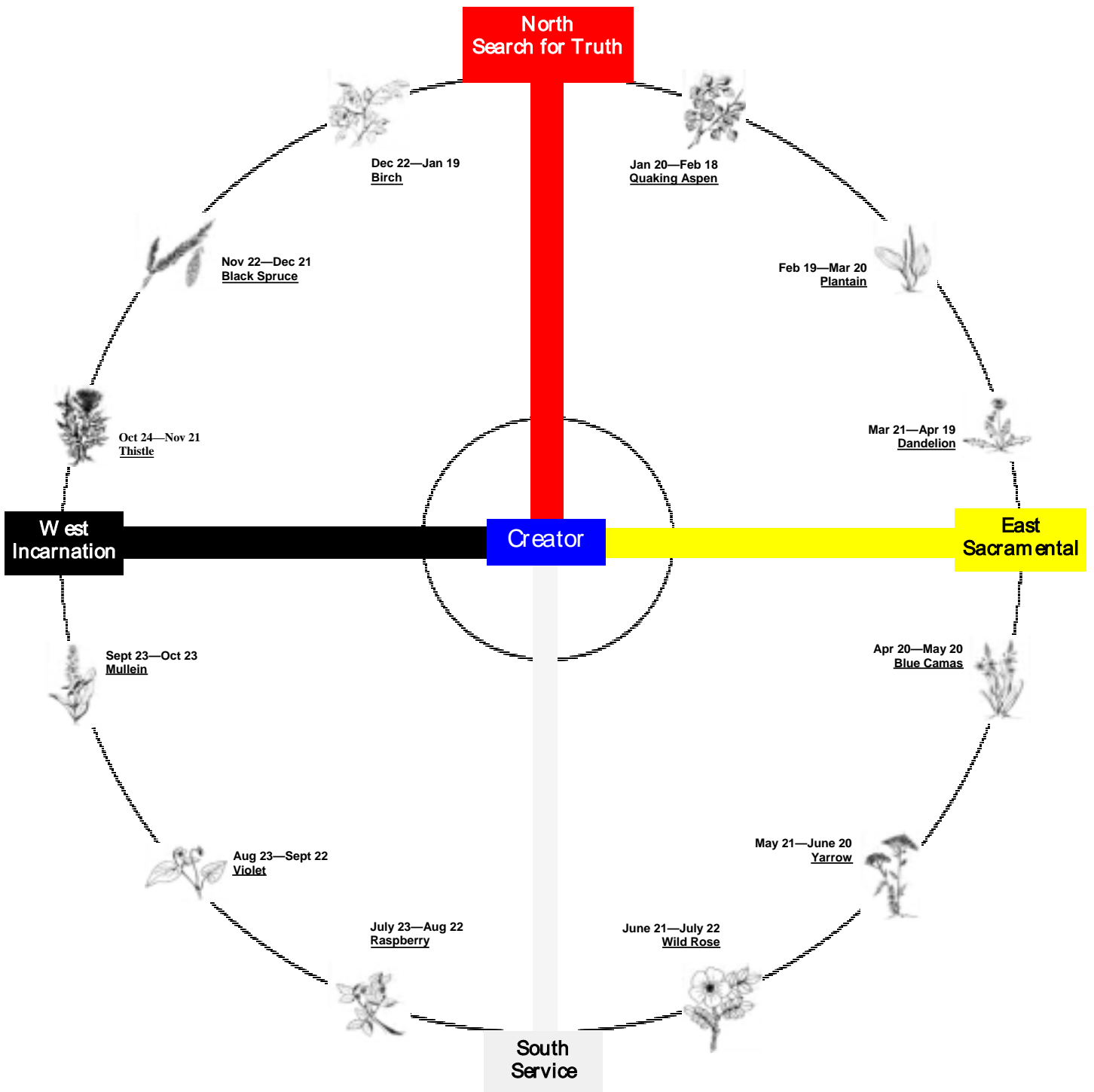
SUNDANCE MEDICINE WHEEL PLANT TOTEMS

Figure 8, 9

The plant totems, similar to the mineral totems, represent your own medicine powers.

The plant totems not only speak to aspects within your personality and character, as do the mineral and animal totems within the wheel of your life, but they also speak to healing powers that you possess. You may feel that you have never experienced some or any of these healing powers in your life; but that simply states that you have not been aware of their existence within you, and therefore, you have not cultivated and developed them for use in your community. They are there! They may be realized as latent powers, residing within you awaiting your call upon them for use. To better understand these, read about them in the book, VOICES FROM THE EARTH MOTHER.

Sundance Medicine Wheel



Plant Totems

Figure 8

Sundance Medicine Wheel Plant Totems—Outer Wheel

North Search for Truth

Jan 20—Feb 18
Quaking Aspen



LESSON
Good for congestion
Allergies
Asthma
Toxicity
Relaxing
Playfulness

Feb 19—Mar 20
Plantain



LESSON
A master healer
Cools
Sooths
Heals
Blood cleanser
Skin and Pain relief

Mar 21—Apr 19
Dandelion



LESSON
Nutritional
Soothing
Healing
Calming
Cleansing
Alkalizing

East Sacramental

Apr 20—May 20
Blue Camas



LESSON
Good for balancing
Purgative
Stimulation
Nutritional
Sustaining

May 21—June 20
Yarrow



LESSON
Tonic
Diuretic
Anesthetic
Digestion
Strengthener
Cleanser
Alleviates menstrual pain

June 21—July 22
Wild Rose



LESSON
Helps cure colds and Flu
Astringent
Tonic
Soothing
Calming

South Service

July 23—Aug 22
Raspberry



LESSON
Cleansing
Stimulating
Astringent
Balancing
Helps in pregnancy
Delicious fruit

Aug 23—Sept 23
Violet



LESSON
Heals toxicity
Blood cleanser
Relieves sore throat
Cooling
Soothing
Breathing problems

Sept 23—Oct 23
Mullein



LESSON
Messenger, Spiritual
Intelligence, Community
Assistance, Wary
Encouragement, Mystery
Balance, Duality

West Incarnation

Oct 24—Nov 21
Thistle



LESSON
Nutritional
Heals brain
Heals internal organs
Reduces fever
Increases milk during nursing

Nov 22—Dec 21
Black Spruce



LESSON
Antiseptic
Expectorant
Inhalant
Helps colds
Strengthening

Dec 22—Jan 19
Birch



LESSON
Good for skin
Arthritis
Kidney
Bladder
Digestion & cleansing
Communication
Ancient wisdom

Figure 9