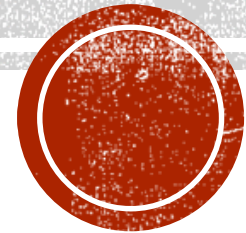


CELEBRATING THE VIRTUAL MEDICINE WHEEL

Jean Walker-Wiley and
Nina Gibson presenting for the

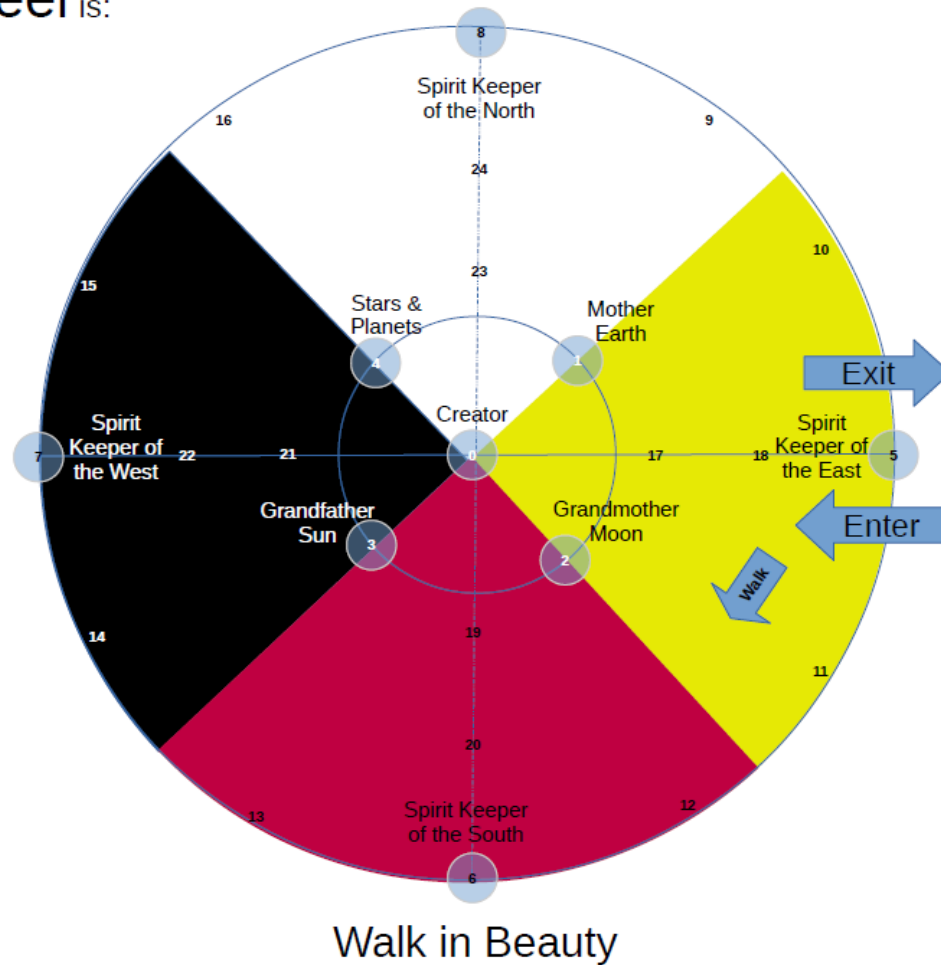
Metaphysical Bible class; June 14, 2020.



The Medicine Wheel is:

Based on Lakota tribe of South Dakota

- A physical manifestation of spiritual energy.
- An outward expression of an internal dialogue.
- A mirror.
- A protection which allows us to gather surrounding energies into a focal point and to commune with Spirit, Self and Nature.
- It helps us to see exactly where we are and in which areas we can develop.
- It is a tool to be used for healing; the betterment of humanity and connecting to Spirit.
- No matter what color, race or creed we are, we are all connected to each other.



The Medicine Wheel is a spiritual space for you and the God Spirit.

- Enter through the East.
- Walk counterclockwise around the medicine wheel for positive energy flow; as many circuits as desired.
- You may stand or sit on the ground in any position, as your spirit encourages, for prayer or meditation.
- Exit through the East.

All are a realization of God.

For more information about Medicine Wheel position numbers **1**, ceremonies and history, please visit:

<https://www.unityoffairfax.org/medicinewheel>



SIGNAGE AT MEDICINE WHEEL ENTRANCE

The Unity medicine wheel is modeled after the Lakota Sioux version; originally drawn by Vicki May and C.V. Rodberg.

The sign was computerized by Dave Wiley and manufactured by John Kell for Unity of Fairfax.

The sign gives a good description of the medicine wheel and directions to walk it. If you click the QR code at the bottom left you will see all the stones interpretations.



HISTORY OF THE MEDICINE WHEEL

- Unity of Fairfax medicine wheel began as a teaching tool for the youth ministry. Originally beside the Mildred Park Center.
- Moved to Meditation garden by the Unity men's group.
- Community brought sacred stones from their travels to bless the wheel.
- Now we have scheduled ceremonies for spring equinox, summer solstice, and fall equinox. Winter Solstice is celebrated with the addition of a bon fire and the calling in of the directions in a more Celtic fashion with drumming and song.
- Called a medicine wheel by Americans of European descent, 1800's to 1900's. Maybe more authentically named "sacred hoop."





BIG HORN MEDICINE WHEEL; ANCIENT SITE

Originally called "Sacred Hoop." Shown here at sun rise.

Elevation of 9,642 feet, near the crest of the Bighorn Mountains, North Central Wyoming.

Used by native indigenous people for nearly 7,000 years.

Circular alignment of limestone boulders.

One could sight the once-yearly dawn, or [heliacal](#), risings of the key stars Aldebaran, Rigel, and Sirius,

Scientist John Eddy theorized the structure was used as an ancient astronomical observatory and calendar.

Speculated to be used by Shoshone and Crow tribe for fasting, vision quests, and for Sundance ceremonies. Many other tribes have a history with the area.

There are over 70 sacred hoops found in the Alberta, Canada area.



USE AS A SPIRITUAL AND HEALING TOOL

- East: Awareness: Attitudes and Insights—into our own behavioral patterns.
- South: Where you pray for your struggles. Feelings about self and others and how we interrelate; how to change negative life experiences to positive feeling and believing that my behaviors influence all of my relations.
- West: Building on your own life's lessons: Developing the mind—gaining knowledge, integrate the strengths already acquired.
- North: representing preservation: Maintaining positive patterns and view of life as an on-going system. Everyone is spirit, heart, mind and body.
- In past years we have aligned with Earth Wisdom Foundation; a native American lead organization that was formed to heal various areas of Mother Earth through connection of medicine wheels and ley lines. Unity joined their energy network.



CREE MEDICINE WHEEL

The medicine wheel can be used as a teaching tool; with it's goal to walk in balance:

From the East: "see it"—vision it—ceremony, teachings (wholeness).

In the South: "relate to it" physical/ecological—land (interrelationships).

From the West: "figure it out" connect to reason: heart and head (interconnectedness).

From the North: "do it"—mental, cultural, spiritual movement (balance/respect).

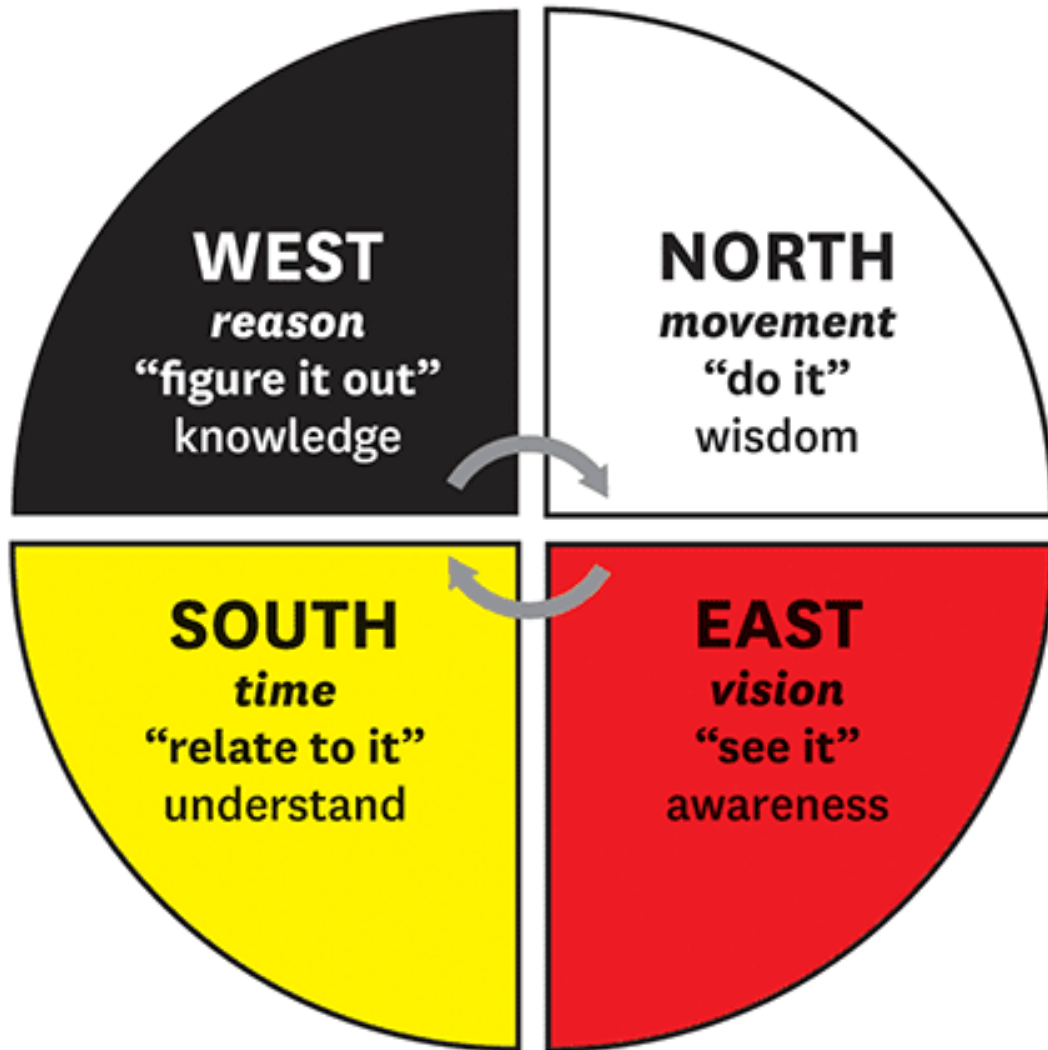


Figure 1: Gifts of the Four Directions

