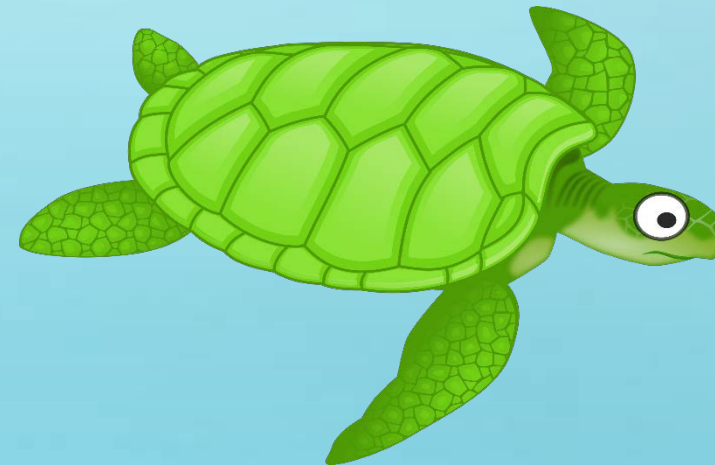


# Medicine Wheel Teachings



# Medicine Wheel History

- The Medicine Wheel was placed on Turtle Island by people thousands of years ago.
- There are many Medicine Wheels found all over North America that date back to over 1000 years ago.
- Used by First Nations people all over Turtle Island for many different teaching tools such as health, ceremony, nature, and life to name a few.



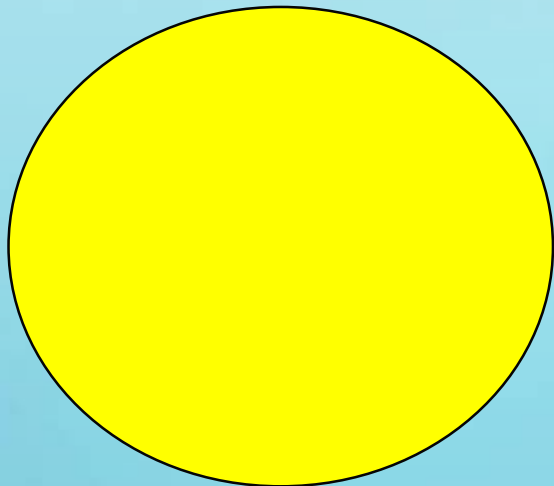
# Why is the Medicine Wheel Important to First Nations People?

- It is used as a teaching tool for many Nations.



# The Symbolism of the Medicine Wheel

- The central cross represents how all things in the natural world come in fours, this includes the four seasons, the four stages of life (birth, adolescence, adulthood, old age/death), the four grandfathers (the teachers), and the four directions.
- To First Nations people, the circle is a representation of life and how everything is connected.

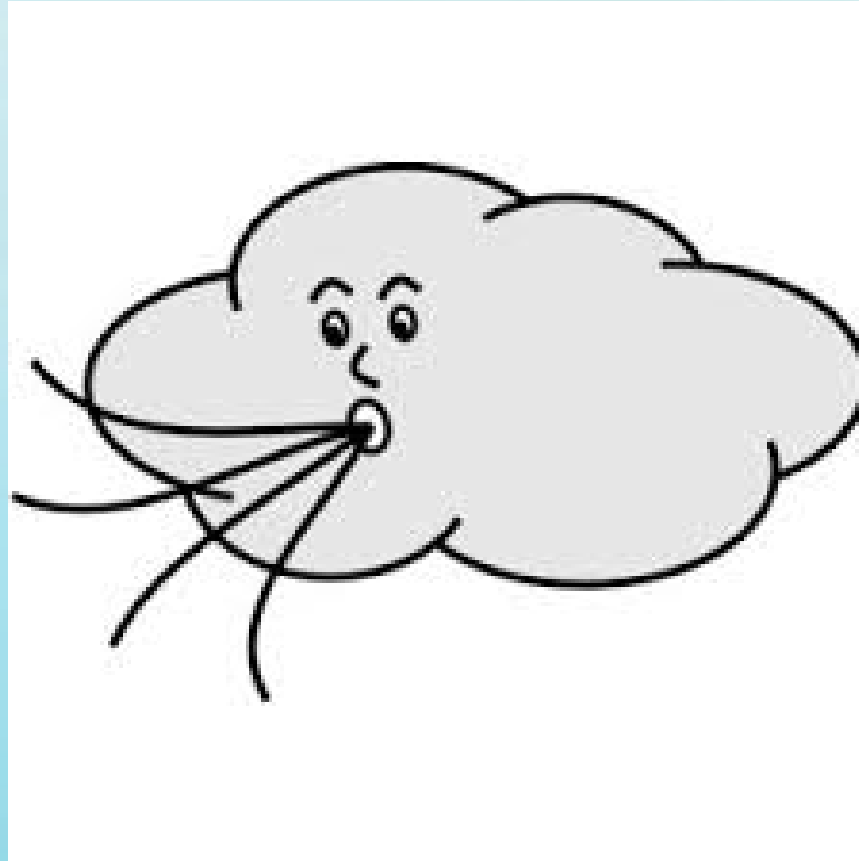


# What Are the Four Elements?

## Fire

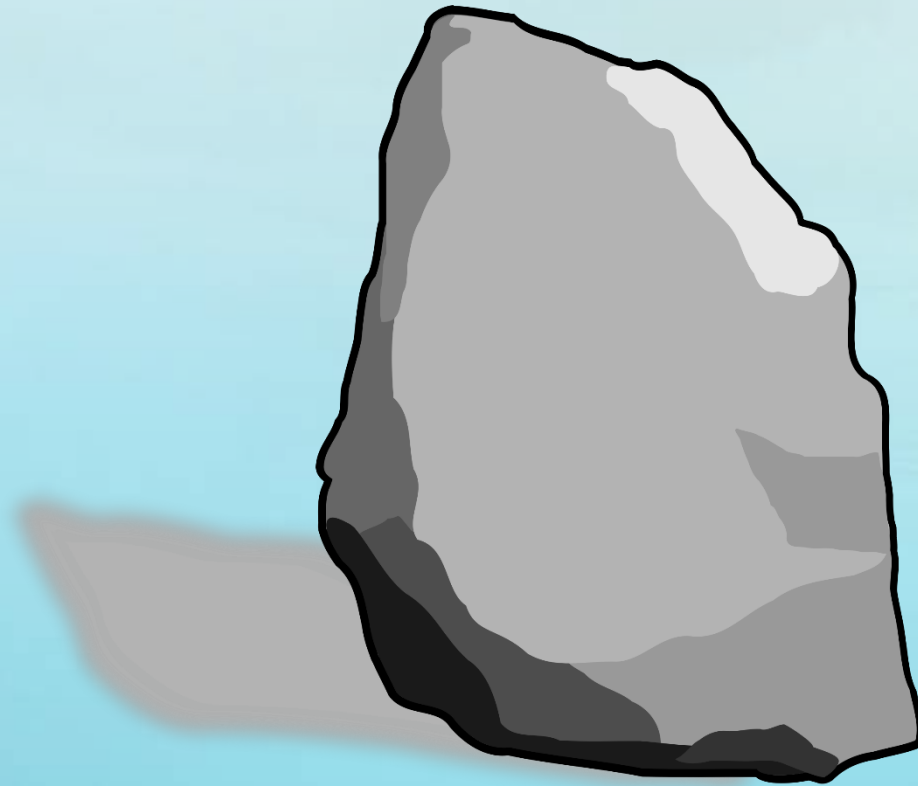


Fire is needed for survival; it is the heart of people. It provides us with life, warmth, & protection. We all have fire within ourselves, within our families, and within our communities. Fire cleanses and renews life.



## Wind

The wind is here to protect us. Negatives are blown away. It is important to our lives and needs to be recognized as our protector. The wind also helps keep the soil clean by blowing the used topsoil away for new soil to grow.



## Rock(s)

Rocks are considered to be the wisest of the four elements because of all that they have seen: Floods, drought, and fire. They possess a lot of knowledge and that is why they are used in the sweat lodges. Stones that have spirits within them are very heavy and cannot be broken by humans. When the spirit has left, the rock becomes light and easy to break apart.





## Water

Water is one of the four elements in the medicine wheel. It provides life for all living things. It is life-giving and life-sustaining. Water is, therefore, an important part of many ceremonies such as sweat lodges.

Who Can Remember?  
What Are the Four  
Elements?