

## The Medicine Wheel

This is an ancient symbol used by almost all the Native people of North and South America.

There are many different ways this basic concept is expressed: the four grandfathers, the four winds, the four cardinal directions, and many other relationships that see things not normally visible. The medicine wheel can be used to help us see or understand things we can't quite see or understand because they are ideas and not physical objects.

The medicine wheel teaches us that the four elements, each so distinctive and powerful, are all part of the physical world. All must be respected equally for their gift of life.

The medicine wheel teaches us that four symbolic races are all part of the same human family.

The medicine wheel teaches us that we have four aspects to our nature: the physical, the mental, the emotional, and the spiritual.

