

Connecting to the Medicine Wheel at the LODGE at SEDONA



Nature moves in circles.

The Medicine World is a symbol of Balance, Perfection, Completeness, and Wholeness.

The wheel is a philosophical system.

It is a map to help us find our way.

It offers protection through its metaphorical power.

The Medicine wheel shows separate forces in complete balance.

The Medicine Wheel exists within us all.

We can use the Wheel to understand life and spirit.

The Wheel is a centering device for our consciousness.

-- Unknown



Within all civilizations there are evidences of stone creations in many shapes. Ancient Circles, Stonehenges, Labyrinths, Spirals, Stone Beings, Ley lines, Mandalas, Crop Circles, Medicine Wheels, Vortexes, and more are found all over the world as a reminder that we are all connected to spirit and are One Together. "*Mitakuye Oyasin*". - means "All My Relations" or "We are All Related" To say this prayer is to express to God gratitude in behalf of everyone and everything on Earth.

All over Sedona you can find these sacred shapes, wheels, vortexes, and natural stone beings in the rocks, in yards, and on sacred places. They are reminders that humanity has left keys and tools to assist those of their spiritual journey to remembering who we truly are and the gifts we have, as well as, very powerful energy instruments. Cultures used them to connect themselves to their relationship with "all their relations" – the minerals, plants, animals, and spirit on the Earth Mother and to the Father sun above (Universe) of being One. "As Above, so Below, so Within" Medicine Wheels creates the connection of Mother Earth, Father Sky, Animals, Plants, and Star Nations that support us on our journey through life and connect our hearts as one. Learning about the Medicine Wheel can assist you in remembering your connections.

The **Vision of the Medicine Wheel** is that all things and beings on the earth are woven together, interconnected to each other, and relate to the Oneness of the Universe. It is an ancient sacred tool that has been used to assist in balancing the energies of the earth and universe. Ceremonies have been done for many sacred purposes with the medicine wheel. Throughout time cultures, tribes, individuals, communities, and nations have gathered together in harmony for the purpose of doing these sacred ceremonies. Medicine Wheels are symbolic of a day, year, lifetime, seasons, meditations, solutions, a grid to the leylines, rites of passages, and much more. Over 30+ people were instrumental in making this Native American Medicine Wheel. The stones come from all directions around Sedona. Many people have walked this land and their connections are felt here on this sacred land. As you walk this wheel set the intentions of assisting humanity for the highest good of all.

As you **walk the Medicine Wheel**, each stone you pass in the Wheel is a tool for an insight to life. The placement, position, color, animal totems, plants, minerals, intentions, and spirit of each stone that is in the wheel have sacred meanings. The Spirit Keeper stones mark directions of North, East, South, and West the path of life, seasons of the cycles, the connections to all corners of the world, and the races within humanity. The Creator Stone in the center symbolizes that Creator is the center of all life that radiates the energies that creates everything else. The Center Circle of stones represent Father Sun, Earth Mother, Grandmother Moon, Elementals of the Earth (Turtle), Water (Frog), Fire (Thunderbird), and Air (Butterfly). The outer 12 stones represents the cycle of the moon and the full moons.

Then **following the path** to the center from each direction are the inner Spirit Path stones that take you from the ordinary reality to sacred space as they teach us about the physical, mental, emotional, and spiritual qualities. The yellow stones of the East Spirit Path are Clarity, Wisdom, and Illumination. The red stones of the South Spirit Path are Love, Trust, and Growth. The Black stones of the West Spirit Path are Strength, Introspection, and Experience. Finally, the white stones of the North Spirit Path are Purity, Renewal, and Cleansing.

As you prepare to walk this Medicine Wheel, be open to the experience and start by setting an intention or gratitude for your experience by clearing any negative thoughts or energies by **“Smudging”**. Smudging consists of burning sage in a bundle or in a shell, then fanning the smoke around yourself with your hand or feathers. You can also add - Sweet Grass for abundance and beauty, and offering tobacco for gratitude are the traditional ways of preparing to walk the Medicine Wheel. **Walking clockwise** around the wheel in the pathway 3 times is also a traditional step to start the energies moving and opening the vortex of energies. Rattles, Drumming, music, songs, dance, and other sounds can add to the walking or stay in a meditative state of gratitude as you walk.

Center Yourself by letting go of anything may distract you and doing something to center your energy by either, drumming, rattling, singing, chanting, breathwork, breathing, sitting in nature, and in a group, hold hands in a circle with left palm up and right palm down sending loving energy through the circle.

Offerings are a way to give gratitude. Start by blowing your breath into a pinch of tobacco, bringing it to your heart, to your crown of your head, and then raise your hand above you, blessing it as you release it into the air at the Directions or each stone. Offerings from your heart for the 7 directions - to the East, South, West, North, Father Sky, Mother Earth, and yourself (Center Creator). Call in your Guides, Angels, Ancestors, Loved Ones, Spiritual Beings, Guardians, Ascended Masters, Overseers, GateKeepers, and Spiritual Energies to assist you on your journey around the wheel. Also can use cornmeal, prayers, thanks, hair strands, water, or other as a gift of gratitude.

Walk the wheel after you have set your intentions, prayers, and smudged - enter through the left side of the East spirit path and head towards the center. Give gratitude for the stones along the way and notice the ones that you connect with. The East also represents the New Beginnings, Springtime, Childhood, Innocence and excitement of the new experience. Give gratitude in the center to the creator and then follow the path to the South. At each corner direction stop and give thanks to the ones supporting you, then walk around the stone and follow the path back to the center to anchor it within your center before you go to the next corner. South represents the summer, adolescences and learning process of life. West represents time of setting sun, darkness, fall, and adulthood, a place to release or transmute anything that you no longer need in your life. North represents to the age of the elder, winter time, time of rest and maturity, looking back through your journey to see the gifts that you gained from your experiences. Exit through the east again giving thanks to the journey as you start the next leg of your life journey.

Closing the experience by a song, drumming, rattling, prayer, and walking the wheel 3 times counterclockwise to close the portal that was opened and thank all the supporting energies.

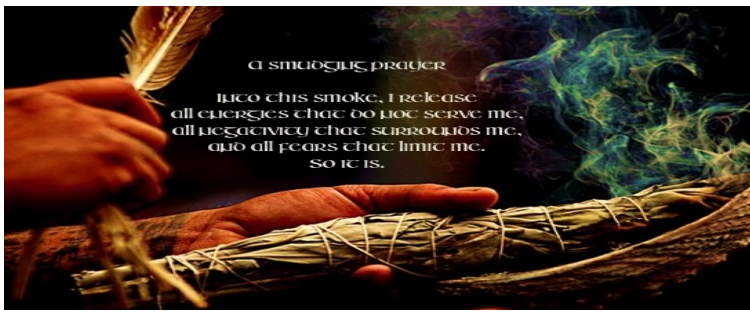


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Special Thanks to Dr. Ryan and the Lodge at Sedona.

In Memory of: Robin, Lori, Pricillia, and our beloved ones who have left this physical plane.

This Medicine Wheel is the UNIFICATION of Humanity

To Schedule – New Moon and Full Moon Ceremonies and special ceremonies will be offered to the guests and community by Crystal Starr Weaver at this Medicine Wheel. Anyone or group wishing to use this wheel or if you would like to have assistance with a ceremony or use this Medicine Wheel for a large group or event on a specific date, **please schedule with crystalstarrweaver@gmail.com / 928-301-9049.**



Native American Smudging / Cleansing Technique

Smudging is the common name given to the Sacred Smoke Bowl Blessing, a powerful Native American cleansing technique. It is a ritual to remove negativity. Smoke attaches itself to the negative energy and removes it to another space. Cleansing is the word traditionally used, but you can think of it as a shift in energy from any bits of negativity to a more positive, peaceful state. Smudging can be used to cleanse an object, a place, or your spirit, mind or body. Native Americans often use smudging in association with other ceremonies.

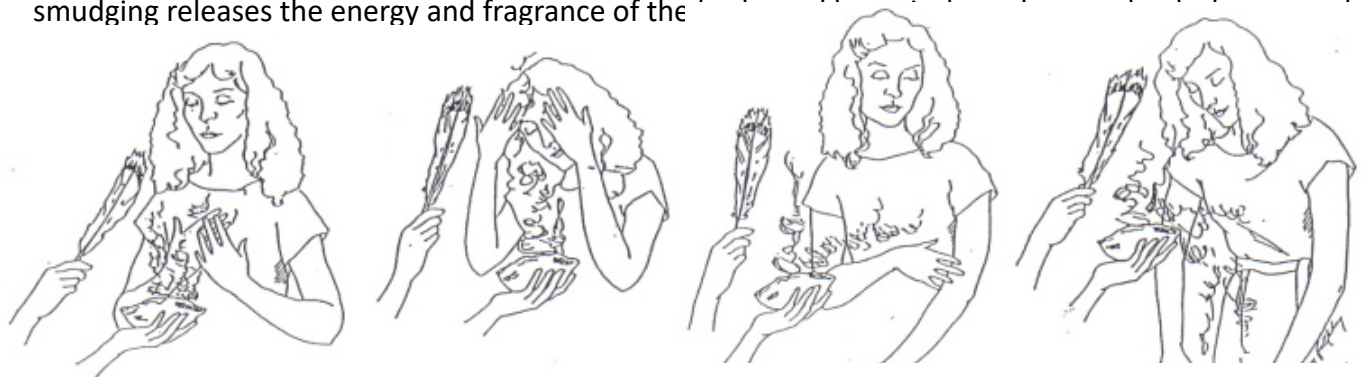
Smudging involves the burning of sacred herbs and grasses. Native elders teach us that, before a person can be healed or heal another, one must be cleansed of any bad feelings, negative thoughts, bad spirits or negative energy – cleansed both physically and spiritually. This helps the healing to come through in a clear way, without being distorted or sidetracked by negative “stuff”. The elders say that all ceremonies, private or tribal, must be entered into with a good heart so that we can pray, sing and walk in a sacred manner, and be helped by the spirits to enter the sacred realm.

In many traditions, smudging involves a four directions ceremony or prayer. It, thus, sends specific kinds of smoke or prayer into the four different directions. Of course, different tribes have different smudging prayers, but the smoke is typically directed or programmed to do a specific action or a specific direction, aiding in divination. However, in general smudging is used to maintain balance and shield against negative energy. As has been noted above, it is often used as a cleansing agent.

Smudging is an age-old tribal tradition which has been used for centuries to create harmony and peace. There are many different shamanic smudging ceremonies, and different tribes use a variety of herbs for smudging. There is no “right” or “wrong” way to do it.

Smudging is very effective when you’ve been feeling depressed, angry, resentful or unwell, or after you have had an argument with someone; if you’re going to have a special ritual or ceremony, as part of a general spiritual housecleaning, or to clear your crystals of any negative energy.

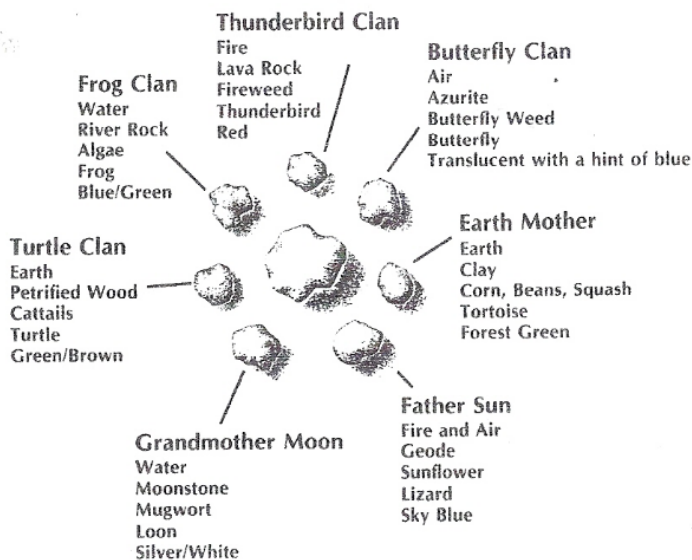
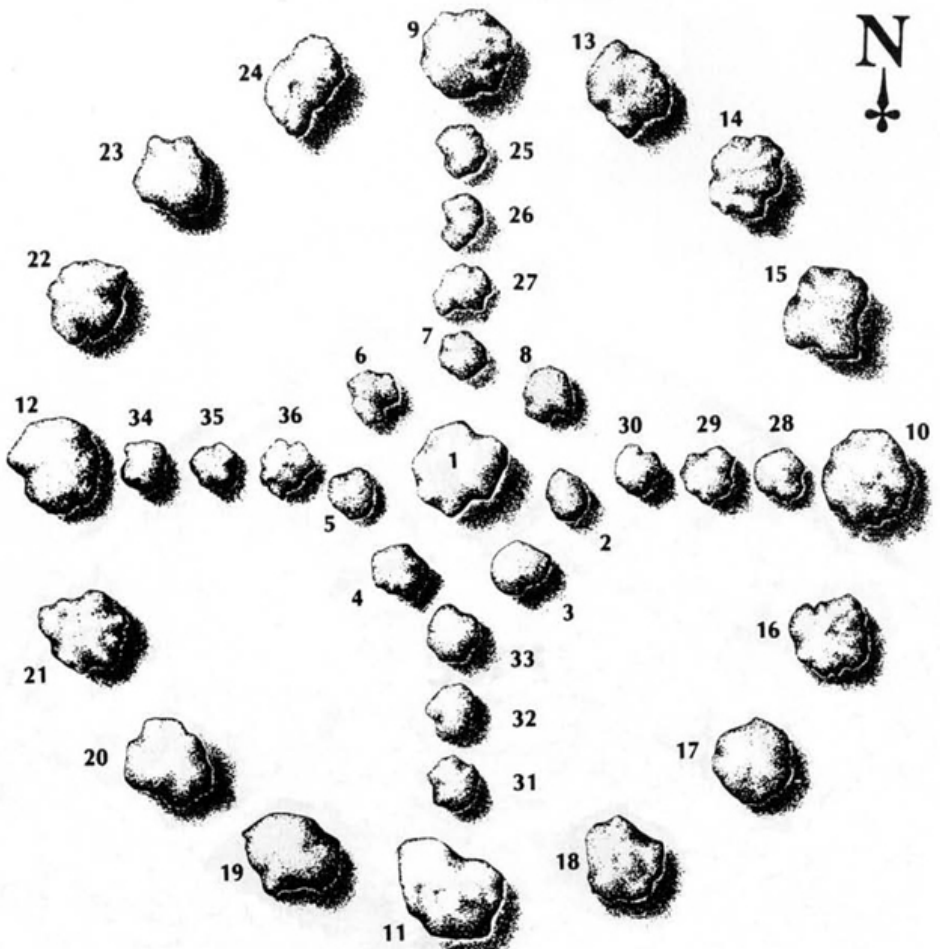
You can use smudge sticks (herbs that are tied into a bundle for easier handling), braided herbs and botanicals (like sweetgrass) or loose herbs like mugwort (burned on charcoal or in a firepot). Shamanic smudging releases the energy and fragrance of the





SUN BEAR'S MEDICINE WHEEL

1. Creator
2. Mother Earth
3. Father Sun
4. Grandmother Moon
5. Turtle (Earth)
6. Frog (Water)
7. Thunderbird (Fire)
8. Butterfly (Air)
9. WABOOSE – (WHITE BUFFALO)
10. WABUN – (GOLDEN EAGLE)
11. SHAWNODESE – (COYOTE)
12. MUDJEKEEWIS – (GRIZZLY BEAR)
13. Moon – Snowgoose
14. Moon – Otter
15. Moon – Cougar
16. Moon – Red Hawk
17. Moon – Beaver
18. Moon – Deer
19. Moon – Flicker
20. Moon – Sturgeon
21. Moon – Brown Bear
22. Moon – Raven
23. Moon – Snake
24. Moon – Elk
25. Raccoon – Cleansing
26. Earthworm – Renewa
27. Dolphin – Purity
28. Hummingbird – Clarit
29. Owl – Wisdom
30. Firefly – Illumination
31. Rabbit – Growth
32. Salmon – Trust
33. Wolf – Love
34. Whale – Experience
35. Mouse – Introspectio
36. Ant – Strength





The Spirit Keepers

Waboose

North
Earth
Alabaster
Sweet grass
White Buffalo
White
Winter
Midnight
Elder and Newborn



Mudjekeewis

West
Fire
Soapstone
Cedar
Grizzly Bear
Blue and Black
Autumn
Twilight
Adult



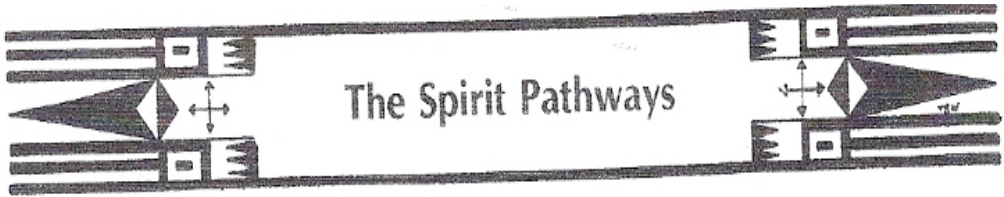
Wabun

East
Air
Pipestone
Tobacco
Golden Eagle
Gold and Red
Spring
Dawn
Child



Shawnodese

South
Water
Serpentine
Sagebrush
Coyote
Yellow and Green
Summer
Midday
Adolescent and Young Adult



The Spirit Pathways



Cleansing: Sodalite, Echinacea, Raccoon, Pale Green



Renewal: Peridot, Red Clover, Earthworm, Dark Green



Purity: Herkimer Diamond, Trillium, Dolphin, White



Strength: Amber, Nettle, Ant, Golden Yellow



Illumination: Calcite, Wild American Ginseng, Firefly, Fluorescent



Clarity: Mica, Rosemary, Hummingbird, Clear

Wisdom: Jade, Sage, Owl, Jade Green

Experience: Hematite, Olive, Whale, Steel Gray

Introspection: Lapis Lazuli, Chamomile, Mouse, Royal Blue



Love: Rose Quartz, Hawthorne, Wolf, Rose



Trust: Lapidilite, Borage, Salmon, Lavender



Growth: Flourite, Comfey, Rabbit, Violet