

## Medicine Wheel



### East

The East is where we come from. It is the place of beginnings; where we come from the spirit world into this one. It is where the sun comes up each day. It is the springtime of our lives and represents the physical aspects of ourselves. Life is a gift and to give thanks we offer tobacco.

The teaching that corresponds with this direction is humility. It is represented by the wolf. The sacred medicine of this direction is tobacco.



### North

The North is the winter of our lives. It is a time to slow down and reflect. This direction represents our mental and intellectual self. Winter is a time when we remain indoors; it is a time for visiting and storytelling. In winter we look forward to the rebirth that spring brings.

The teaching that corresponds with this direction is courage. The animal that is in the north is the bear and the medicine of this direction is sweet grass.



### Centre

The Centre represents the centre of the circle that connects us to all nations, communities, and people. The centre also represents our [inner fire](#).

We all have a fire inside of us that we are responsible for maintaining. We do this through our behavior and through the relationships that we build with ourselves and others. The teaching that corresponds with this direction is love, and is represented by the Eagle.