

Medicine Wheel Teachings

Seven Grandfather Teachings: This is a set of teachings to guide our relationships with ourselves, others, and creation.

Sacred Animal: Sacred animals were chosen by the Creator to represent each direction and human race, and they carry one of the seven grandfather teachings.

Elements: This represents the sacred elements of the universe, including the air, wind, fire and water.

Plant Medicine: A plant medicine is a sacred plant used by the Indigenous People for healing, physically, mentally, emotionally and spiritually.

More: Each direction symbolizes a stage of life from infancy to elder. It also represents a specific season of the year, and time of day from morning to night.

