

Medicine Wheel

West



West is the directions of our spiritual self. It represents the autumn of our lives. It is where the sun sets each day. It teaches us about death. The sun may have set, but it will rise again tomorrow. The west teaches us about change and new beginnings.

The teaching that corresponds with this direction is respect. The animal representing west is the buffalo, and the medicine is sage.

South



This is the direction of our emotional self. It represents the summer time of our lives. It is a time when we follow our hearts. It is a place of passion and growth. It is a time when we are no longer children, yet we are not adults.

The teaching that corresponds with this direction is honesty. Honesty is represented by sabe (big foot). Cedar is the medicine of the south.