

Medicine Wheel

Sky



The **Sky** direction represents the celestial bodies and spirit that dwells inside us. Grandfather Sun, Grandmother Moon and the Star Beings all reside in this direction. It teaches us that our spiritual being originates in this direction and this is where our spirit will return to when this journey called life ends.

Earth



The **Earth** direction teaches us about the other being within creations; the swimmers, crawlers, 4-leggeds, flyers and plants. We learn that the substance of our physical being originates in and will return to Mother Earth. In this way we are the same as all parts of creation. This reminds us that we are equal to all of our relations. Just as our blood runs through our veins and is essential for our body systems, so is the water that runs through Mother Earth.