

## The Medicine Wheel. . . A Circle of Life . . . a reflection

A Medicine Wheel is simply a way of making sacred space more real and more visible. Ancient peoples believed that the Medicine Wheel in itself had great power and helped create change and healing. Medicine Wheels were circles that were made all over the world. They come from the most ancient cultures and remain alive to the present. They were found throughout history in almost every culture. Medicine Wheels were always a place of sacred ceremony and ritual.

The Medicine Wheel creates an axis and an atlas to sacred space. It is a mapping of the sacred landscape we live in. The Medicine Wheel is spinning. It is rotating like the Earth. The things in your life are spinning and you are the centre.

Some thoughts are common, such as the principle that Life is a Circle and that the Four Directions stand for North, South, East and West. A Circle is also used in other practices considered pagan with the same four directions and colours.

A Medicine Wheel is a physical manifestation of Spiritual energy, an outward expression of an internal dialogue. It is a mirror in which we can better SEE what is going on within us. It is a wheel of protection that enables us, and allows us to gather surrounding energies into a focal point. There, we can commune with Spirit, Self and Nature ALL the elemental forces of Creation!

It helps us with our "Vision," to see exactly where we are and in which areas we need to develop in order to realize and become our full potential. It is a place of knowing that we are all connected to one another. And by showing us the intricacies of the interwoven threads of life, we can better see what is our part in it all. It helps us understand that without our part in this tapestry, the "Bigger Picture" is not as it should be.

We add colour, dimension and life to each other, to all of life. No matter what colour, race or creed we are, we need each of us to create a beautiful existence and expression of the Whole.

It is a model to be used to view self, society, nation or anything that one could ever think of looking into. The Wheel, once we learn how to dance within it, offers a picture of Life and helps to add clarity to a foggy view. Like so many other things...it is a tool to be used for the upliftment and betterment of mankind, healing and connecting us.

Please remember that all that I share with you here, although mainly from traditional teachings, is also of my own learnings provided from Spirit and my own experiences. It is with an open heart and mind that I ask you receive these teachings. Not all will be for you. Take what you need and disregard the rest or set it aside for another date.

This is an opportunity to grow, and change like the seasons, passing through the sections of the Circle, learning from each.

**all my relations  
Marjorie Beaucage  
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