

Ningwanuk Meshquajese — Wings of Change

Indian Act Medicine Wheel Knowledge Circle

Round #1 — Gathering from the four Directions

- Take your place according to your season of birth or conception
 - Spring Equinox - March 21 - June 20
 - Summer Solstice - June 21 - September 20
 - Fall Equinox - September 21 - December 20
 - Winter Solstice - December 21 - March 20
- You belong in the Circle of Life - each has a home, direction, path, place, nation
- Recognize the territory
- Give thanks to the four Directions - ask for Guidance

Round #2 — Establishing Relations

- Talk to the members of your Nation - gain a sense of your collective identify

Round #3 — Responsibility for History

- In your Nation Circle, tell stories around your Directional Stone
- Join the large circle and pick up your Stone
 - Silently read your Stone & reflect on the message
 - Start with Spring - introduce your Direction
 - Introduce yourself and tell your Stone Message - put the Stone down
 - * Discuss its impact

Round #4 — Understanding Where You Are

- Nation Circle
- Discuss the messages from Mind, Body, Heart and Spirit places
 - East - Spring - Air - remember - beginnings - light - body - physical/material - well being - land - laws
 - South - Summer - Fire - Feel - love/trust/growth - heart - emotions - nurture - family - cultural - celebration
 - West - Autumn - Water - Imagine - dream - visions - introspection - spirit rituals - ceremonies - traditional teachings
 - North - Winter - Earth - Think/Act - Healing - decisions - governance - mind organize - community/nation - relations - take action

Round #5 — Meeting Ground

- Visit other territories - take risks - see from another perspective

Round #6 — Taking Responsibility

- Return to your place
- Offer reflections
- How can you begin to make a difference?

Round #7 — Closing Round

- What have you lived together & learned
- How do you feel?
- What are you taking with you?
- Megwetch, Tansi, Ekosi, Thank you