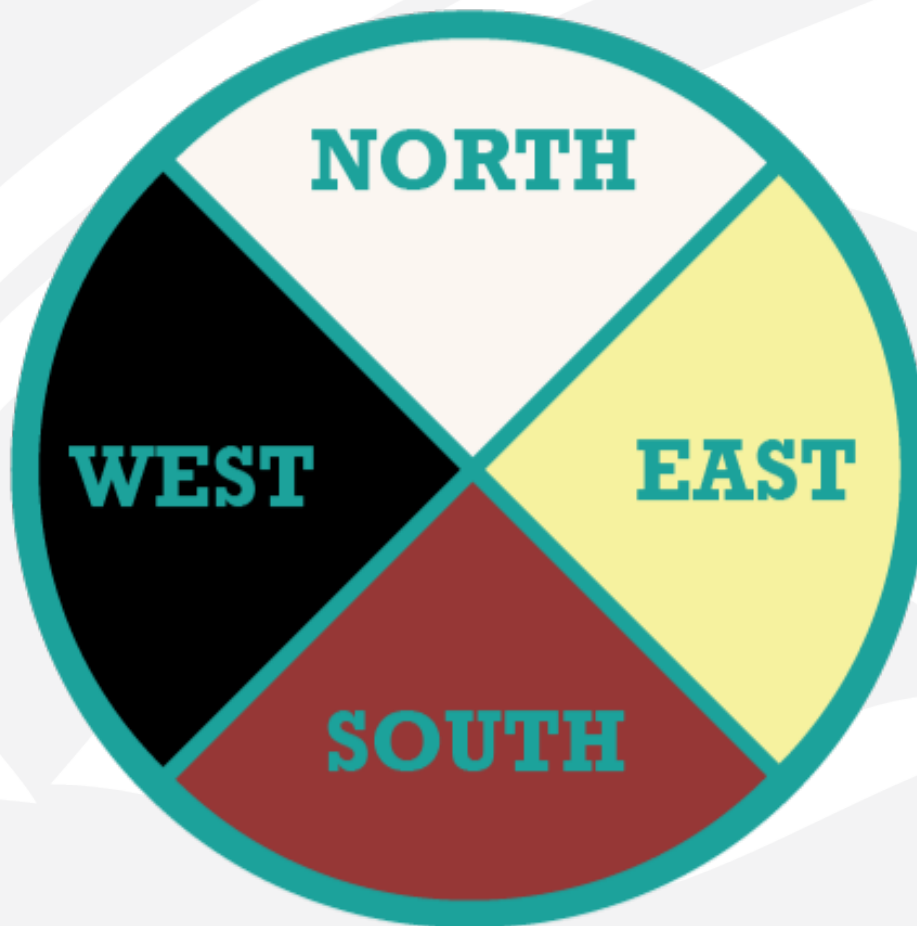


The First Nations Medicine Wheel has four directions and corresponding components of physical, mental, emotional, and spiritual.



East is the direction of the physical body. It also represents change and, as the spring, all that is new in creation. Gifts of the East include light, innocence, spontaneity, joy, purity, hope, courage, birth/rebirth, illumination, vulnerability, guiding others, and devotion to the service of others.

South is the direction of full understanding. It represents courage, preknowledge, and mental processes. Like summer, it is also the path of maturing life. Gifts of the south include generosity, sensitivity, to the feelings of others, love determination, appreciation of the arts, compassion, kindness, idealism, anger at injustice, and the ability to express feelings.

West is the direction of the emotional part of ourselves as we move from daylight into darkness, the unknown, going within, dreams, perseverance, meditation, reflection, contemplation, silence, respect for elders, humility, ceremony, clear self-knowledge, and vision (a sense of possibilities)

North is the time of the elders; it represents the winter and the darkness as well the spiritual and all detachment, insight, intuition made consciously, and justice.

Task: Draw a circle on a large piece of paper. Divide the circle into north, south, east, and west:



- If you can relate to your creative journey to the Medicine Wheel, in what direction is your energy currently focused
- Is there a symbol that represents where you are in your journey? If so, draw the symbol and place it inside the circle within the corresponding direction
- What potential symbol can represent either the beginning of your creative journey or set you back on the path of this journey? If you can think of a symbol draw it and place it outside of the circle beside the corresponding direction
- Is there a symbol that needs to be found or reintegrated? If so, put this symbol within the circle. What gifts would you like to ask of the four directions,? You can either use a symbol or words to represent these gifts