

# WHEEL OF LIFE

**Cheewa James**

The American Indian Medicine Wheel is a universal power source that leads to a balanced, well-designed life.

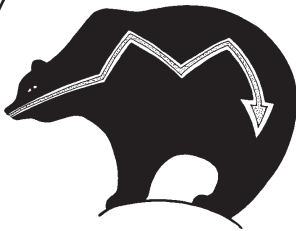
## THE SOUTH

The sun is at its highest point. Passions and emotions flare. In this direction, the finest of human traits develop — generosity, justice, love — and it is here that emotional control is learned. This is the place of the five senses, creativity and appreciation of the arts. Community and service to others are emphasized in the South. The direction also speaks to reverence for the body, physical well-being and vigor.



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The animal is the COUGAR.



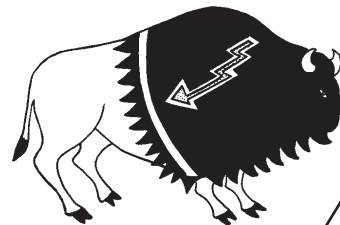
## THE WEST

The sun sets into darkness and silence. Stress and anxiety give way to tranquility. It is the direction of the unknown, of going within, of dreams, spirituality, intuition, prayer, meditation. The connection with nature is found in this direction. This is the place of self-seeking and inner development. It is in the West that morals and ethics are born. We learn here the beauty and value of silence.

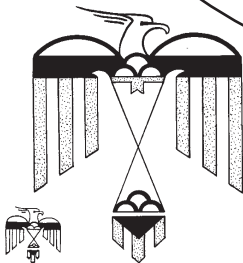
The animals are the BEAR and TURTLE.

## THE NORTH

This is the place of winter, of white snows reminiscent of the Elders' white hair. It is the dawning place of true wisdom. It is the direction honoring intellectual gifts, knowledge, organization, focus and logic. Like the body, which can be trained for great endurance, speed and power, the mind should be trained to become a highly developed instrument. Respect for age resides in this direction, both for the Elder and for the aging process in ourselves.



The animal is the SACRED WHITE BUFFALO.



## THE EAST

The new day comes into the world. It is the place of illumination and all beginnings. It is the direction of childhood and playfulness. It is here that renewal of spirit, living in the moment, spontaneity and uncritical acceptance of others are found. Failure is recognized as only a stepping stone. Strong family foundations reside here. The East provides direction for leadership.

The animals are the EAGLE and MOUSE.