



# **Medicine Wheels: Ancient Teachings for Modern Times**

Roy I. Wilson

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This illuminating guide to the Native American ritual of the Medicine Wheel makes an ancient spiritual practice available to everyone. Roy Wilson, Cowlitz Chief and Spiritual Leader in Washington, combines Sun Bear's Zodiac (outer circle) and his own vision. The Four Pathways are used to experience the God within. It is important to note that all Pathways go through the Creator, which includes the Creator in the center, surrounded by seven Spirit Messengers: Cougar, Hawk, Coyote, Wolf, Bear, Raven, and Owl; the four Gatekeepers: Buffalo in the East, Bear in the South; Eagle in the West; and Cougar in the North; the twelve Spirit Helpers: Turkey, Turtle, and Owl on the East Pathway; Beaver, Ant, and Squirrel on the South Pathway; Butterfly, Bat, and Grouse on the West Pathway; and, Hawk, Goose, and Wolf on the North Pathway.



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