



BASIC EXPLANATION OF FLAG

Basic Medicine Wheel Teachings

The Medicine Wheel and the Four Directions

The Medicine Wheel, sometimes known as the Sacred Hoop, has been used by generations of various Native American tribes for health and healing. It embodies the Four Directions, as well as Father Sky, Mother Earth, and Spirit Tree—all of which symbolize dimensions of health and the cycles of life.

The Medicine Wheel can take many different forms. It can be an artwork such as artifact or painting, or it can be a physical construction on the land. Hundreds or even thousands of Medicine Wheels have been built on Native lands in North America over the last several centuries.

Movement in the Medicine Wheel and in Native American ceremonies is circular, and typically in a clockwise, or “sun-wise” direction. This helps to align with the forces of Nature, such as gravity and the rising and setting of the Sun.

Meanings of the Four Directions

Different tribes interpret the Medicine Wheel differently. Each of the Four Directions (East, South, West, and North) is typically represented by a distinctive color, such as black, red, yellow, and white, which for some stands for the human races. The Directions can also represent:

- **Stages of life:** birth, youth, adult (or elder), death
- **Seasons of the year:** spring, summer, winter, fall
- **Aspects of life:** spiritual, emotional, intellectual, physical
- **Elements of nature:** fire (or sun), air, water, and earth
- **Animals:** Eagle, Bear, Wolf, Buffalo and many others
- **Ceremonial plants:** tobacco, sweet grass, sage, cedar

13 MOON Cycles

The 13 moon cycles is natural time, also helps generate the magnetic energy of Mother Earth in the vibrational energies of life, and regulates the water and the women’s menstruation cycles as the women are the symbol of life and life givers.

The Eldest women who practice cultural and are respected by the people are the title holders and law enforcement.

Sun

The sun is the energy of life. The sun is the light and our star in the constellation of the universe.

Bear

The bear is the king of the animals on the land where we live. The bear is one of the oldest of the clans. The bear clan is in most cultures of the world.

Eagle

The eagle is the messenger to the Creator.

Salmon

The salmon is the king of the water, water is the life blood. We are the salmon people.

Light Blue Circle

The sky is what seals life. The sky is the air we breathe.

Four Arrows

The four colors represent the races of people and our purposes of life.