



## **Group of Forty**

### **The Medicine Wheel**

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#### **1. Historical and cultural background**

The creation of massive stone structures is a well documented activity in ancient humane societies, starting with the pyramids not only in Egypt but with other kinds of structures like Stonehenge. The native American people from North America have their own tradition and forms. The difference to other cultures is that their created forms do not limit or violate in any way the environment where they are placed. Compared with the stone monolithes build in the form of a tower, the native Americans simply placed many stones on the ground in certain positions and arrangements. One of the most used arrangement is the medicine wheel. Medicine wheels appear all over the northern states and southern Canada, especially in in South Dakota, Wyoming, Montana, Alberta and Saskatchewan. Most of them are to be found in the state of Alberta, Canada, approximatively 70 medicine wheels.

One of these prototypes is found in the Big Horn County, Wyoming. This has a diameter of 70 feet and has 28 spikes and is a part of a vast set of cultural and historical sites created by ancient tribes that lived around 7000 years ago in those areas. This medicine wheel's creation is dated between 1400 and 1700.



The medicine wheel, sometimes known also under the name of "Sacred Hoop" meaning a sacred bond or connection, was used by entire generations of the different native American tribes as a tool for healing and harmonization of health. This incorporates the 4 geographical directions, also "Father Sky", "Mother Earth" and "Spirit Tree" - all of these symbolize dimensions and aspects of health and cycles of life.

In a styled and very detailed form, the medicine wheel was used in her history especially by the American Lakota Indians as a religious symbol. There are thousands of different forms based on stones in the nordic region of the United States called the "Great Plains". Some of the ancestral native American tribes where the existence and use of the medicine wheel has been proved are the Ojibwa and Assiniboine.

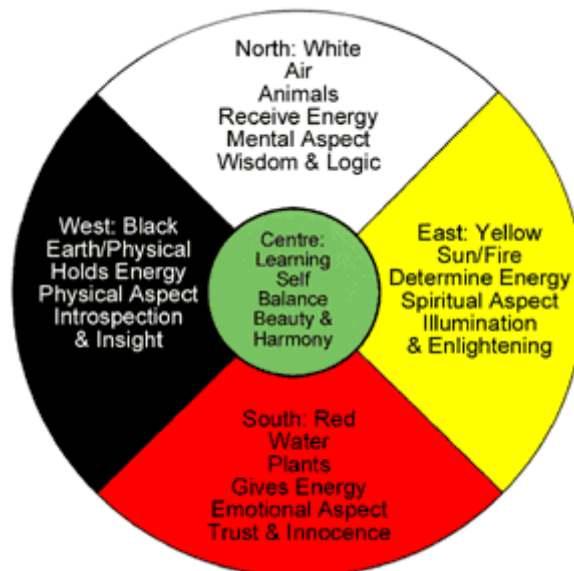
## 2. Known forms, construction and significance

The medicine wheel can take many different forms. It can be a piece of art or an artifact, a painting, or it can be physically built on the ground. Hundreds, even thousands of medicine wheels have been built by the native Americans in the northern states throughout the centuries.

The movement in the medicine wheel and in general in the native American ceremonies is circular, and typically predominantly clockwise, or in the direction of the sun's movement in the sky. This helps with the alignment with the forces of nature, like gravitation, sunrise and sunset.

### Significance of the 4 directions

Different tribes interpret the medicine wheels in different ways. Each of the 4 directions (East, South, West and North) is represented typically through a distinct colour, like black, red, yellow and white, which represents for some, for example the 4 colours of the 4 races of the Earth.



Examples of representation of the 4 directions:

- **Stages of life:** birth, youth, maturity, death
- **Seasons:** spring, summer, autumn, winter
- **Aspects of life:** spiritual, emotional, intellectual, physical
- **Elements of nature:** fire (or sun), air, water, earth

- **Animals:** eagle, bear, wolf, buffalo or many others
- **Ceremonial plants:** tobacco, sweetgrass, sage, cedar
- **Central values of life:** *woksape* (wisdom), *woohitika* (courage), *wowacintanka* (spiritual strength and force) and *wacantognaka* (generosity)

### How were the medicine wheels being built

The medicine wheels were built by positioning of stones in a certain pattern on the ground. The majority of these follow a certain common pattern where there is a center with a pile of stones concentrated there; then there is an exterior circle formed by other stones; then there are "spokes" of the wheel which are lines formed by stones that are coming from the center of the circle. Almost all medicine wheels found until now have at least two or three of the mentioned elements in common (central pile and the center, spokes and the exterior circle), but beside this pattern there are also other variations based on it and each medicine wheel is unique and has its own style and characteristics. The spokes are often not set up symmetrically and don't have the same length. Some of the medicine wheels show one main spoke that is longer and more important than the others and this emphasizes the direction that it shows (see meaning of directions). There are versions where the spokes and the connections they form are starting from the center and extend themselves even farther than the outer border represented by the exterior circle, there are also other forms which show even paths and entries into the two circles, where for instance there is an entry in the exterior circle that leads up to the center, or there is also an interior concentric circle beside the exterior one. There are forms where the spokes have attached to them smaller circles at their ends outside the exterior circle or simply are placed additionally around the exterior circle and their whole construction and have a certain purpose and importance.

### Special characteristics and the purpose of the medicine wheel

Medicine Wheels were built and used for a long time and each one has unique characteristics. The archeologists have not been able to determine with exactness with what purpose these were built and they were not successful in presenting generally their functions or their meanings. For instance, one of the medicine wheels discovered is 4500 years old and was built by many successive generations that added additional functions and characteristics to the circles. Due to the very long existence of the base structure, archeologists sustain that its function and purpose can change over time and that it is doubtful that they will ever find the original purpose or reason for its construction after all.

Generally, those who analyzed the medicine wheels declare that just like other stone structures found on the planet, they are used for ritual ceremonies and specific traditions. There is proof of ceremonies including dancing inside the medicine wheels. Other were used probably as a part of a visionary journey ritual with a shamanic source. The astronomer John Eddy declares and presents the theory that some medicine wheels have even an astronomic meaning or purpose, since the main longer spoke shows in a direction of a certain star system or constellation in a certain period of the year and that this implies that the medicine wheels present a way to mark certain periods and days of the year, just like a calendar. It is also remarkable that this theory is proposed to be valid for all stone formations and structures built by man on Earth.

Here are some examples of medicine wheels built by Group Of Forty members all over the world:

California:



Sant Pere de Ribes, Spain



San Martin de Los Andes/Lago Puelo Argentina



Costa Rica:



### 3. Summary and conclusions

The medicine wheel plays an important role in the culture and spirituality of the native Americans.

It also represents a very important tool used by the native American Indians to profoundly understand the reality, the creation, the life and the purpose of life, the personal individual purpose and that of the own collective and society in relationship with the environment and the context of experience we all have here on Earth. The medicine wheel represents a base to anchor the consciousness at personal, collective and planetary level in the context of the life experiences on this planet and beyond in an even larger context of creation. For example, its relationship to the alignment of the Earth in the solar system, in the galaxy and the role of our planet in creation and its greater cycles in this larger context. Between the people representing the native American culture and civilization this larger consciousness has been kept alive. It is a larger awareness about existence and life not only related to Mother Earth, the spirit of the planet and the connection of man with this spirit and all earthly kingdoms and planes, but also the awareness about life itself on this planet and the role of the humans and the Earth in a larger context of creation at the solar system, galactic and universal level.

The medicine wheel is a portal, a bridge and a path to anchor oneself to the dynamic and the cycles of creation and evolution at the personal, collective, planetary, galactic and universal levels. This implies that there is an opening and an energy vortex that allows and holds a connection between all bases of this anchoring and alignment, meaning a strong and deep connection with all that represents Mother Earth and Father Sky, that is the energies that come from the sun and the galaxy and from other cosmic alignments in a larger context of this universe.

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The native American Masters understood the deep connection between all that is and the holographic aspect of existence and experience, of creation itself. The medicine wheel represents the main tool to integrate and focus this larger awareness for all members of the collective and the mirroring of this belief and understanding in the way of living together. The spiritual evolution and the developing of one's own being play a main role in the culture and belief systems of the native people on Earth in general and they integrate the awareness that there is a connection between this process and the cycles of experience, life and creation at all levels. The majority of the native American tribes is aware of the existence of extraterrestrial beings and even in their role in the galaxy and on this planet-one example is the strong connection between the culture of the native Americans (for instance the Hopi, Lakota) with our brothers and sisters from the Pleiades, and not only them. For the natives, these being are a part of the same family.

There are great native American Masters who are beside us in this process to help us to integrate the same greater awareness about existence, the cycle of life, the creation itself in the context of experience here on this planet and all that Mother Earth and her kingdoms represents. They are here to bring us their teachings and their profound wisdom that play a very important role in the Sacred Triangle, equally important as the energies and teachings of the Masters of The White Brotherhood and those of our galactic brothers and sisters, including the Arcturians.

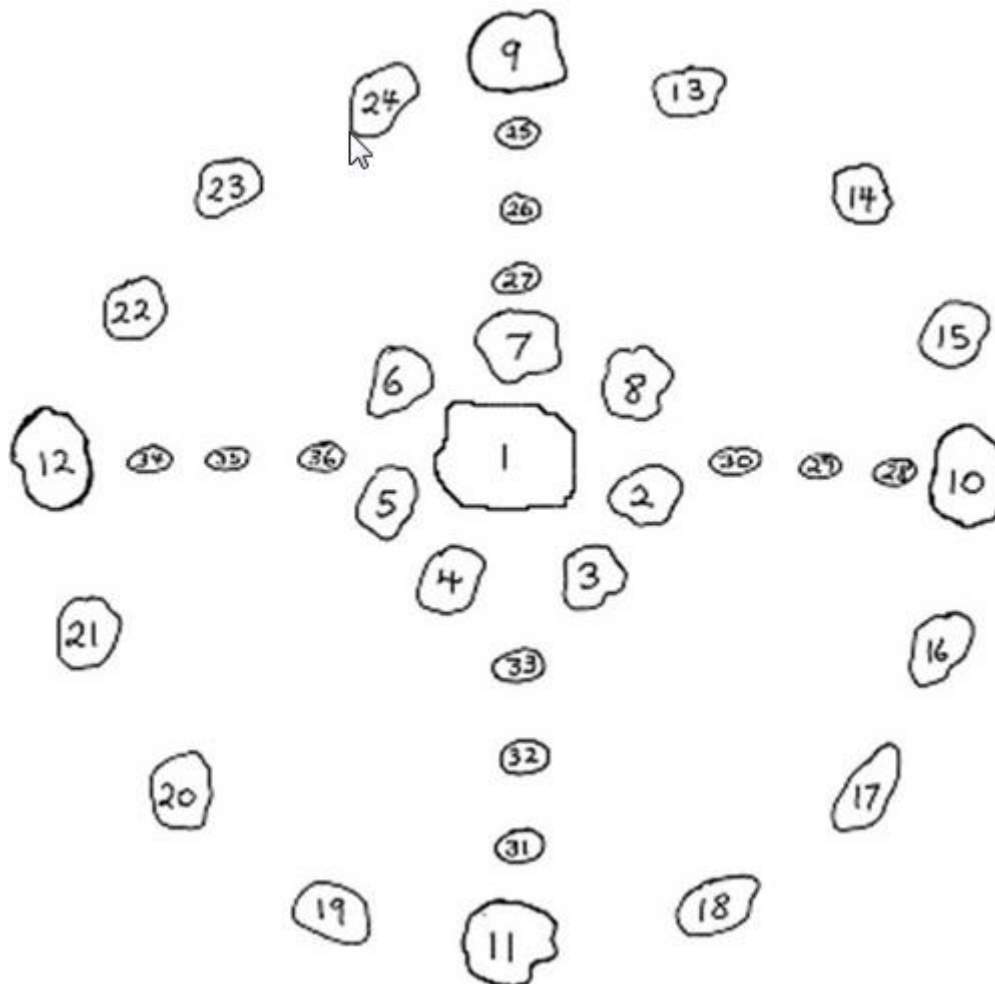
Juliano says that the medicine wheel has been introduced on Earth by the Pleiadeans and the Arcturians, more exactly the element of the circle in general in the human spirituality.

#### **4. Construction and the activation ceremony of the medicine wheel**

This presentation is the result of my personal experience in GOF activities, for instance the ceremony of activation and anchoring of a medicine wheel in the PCOL Aufkirchen, Bavaria in Germany where all participants of the May 2013 workshop participated, where David channeled Chief White Eagle, who led us through the activation.



Below one can see the specific form in Lakota or Ojibwe tradition, after we can orientate ourselves when we wish to build a medicine wheel. Certainly there can be less or more elements, the important aspect is the intention and the creation of the circles:



One places the stones and/or crystals so that the main stones or crystals to be aligned with the 4 geographical directions, the main four elements can be bigger in size, and also the central pile or stone/crystal. Participants then gather around the medicine wheel and connect themselves with Mother Earth and Father Sky, meaning with the energy of Earth and the galactic/universal energies and one express the strong intention of anchoring these energies in the medicine wheel and of the creation of a vortex and portal in this medicine wheel between these energies. For the anchoring and the starting of this energy flow and vortex, the participants strengthen this intention by going around the entire medicine wheel exterior circle clockwise three times. During this, one continues powerfully to express the intention of opening and anchoring of this vortex through visualization and other methods of expressing one's intention-one can use singing, toning and drumming, for instance. The power of the collective in this ceremony is very important, the anchoring is then powerful and the energy vortex and dynamic as correspondently. This vortex and this connection between the dimensions and realities, as well as between the feminine and masculine aspects of creation is maintained through refocusing consciously on the intention of anchoring and flow in the created vortex.

During the initial ceremony, say those of reanchoring and reactivation, one can assign each part of the medicine wheel a new role and meaning that one can work with at personal and planetary level. This way one can work with those specific energies and those can be brought in balance and harmony with the natural and harmonious cycles of existence and creation.

It is very important to express in this process the intention of connecting this activated medicine wheel with the entire medicine wheel network on the planet, so that the power of healing and harmonization can be accelerated and combined.

## **5. Message from Chief White Eagle, chaneled by David K.Miller (GOF Manual)**

*Hey ya ho ya hey ya! Hey ya hoooooooooooo. Greetings! All my words are sacred. I am the **Chief White Eagle**. I welcome this opportunity for you and me to be together.*

*I want to acknowledge that we are creating with you a beautiful circle above this planet. We, the Native Peoples, the Ascended Masters, the higher Grandmothers and Grandfathers are continually participating in a great Medicine Wheel above this planet. We are in the 5th dimension and with our work, we are interacting to bring down the 190 power of Harmonic light that Juliano has talked about. We want you to be participants in a great Medicine Wheel, which is the Medicine Wheel that encompasses the whole Earth. We want you to continue to build Medicine Wheels around this globe in all the different areas that you can reach. You want to increase the power of your Planetary Cities of Light. You want to attract more people and more Lightworkers. One of the greatest ways to do this is to use the Medicine Wheel.*

*I want to say to you that in our teachings, the Medicine Wheel is a sacred space. The Medicine Wheel is a great gift that we have received and you have the ability now to create a sacred space by building your own Medicine Wheel. You can use that sacred space. You can bring your powers into it. The Medicine Wheel can amplify and increase your powers of Harmonic thinking. The Medicine Wheel is a wheel of harmony. Harmony is the opposite of polarization.*

*You have all experienced enough of polarization. I know that many of you have discovered that polarization is tiring, irresolvable. It wears out the systems. Welcome any opportunity to be able to experience harmony. Know that the Medicine Wheel can assist you in experiencing harmony with your personal incarnational cycles, with the Earth and with the galaxy. We are particularly interested in working with the Medicine Wheel in creating harmonious energy for the Earth. We know that our prayers can be more powerful when they are done in the Medicine Wheel. I see many new Medicine Wheels being developed around the planet. I see many of the Medicine Wheels already in existence in the Group of Forty become connected.*

*Think now of your own Medicine Wheel. I know many of you have a Medicine Wheel now. Think of it at this moment. If you don't have a Medicine Wheel, visualize where you will want to put it. You can put it in your house. It can be built even in your living room. It could be built in your backyard. Visualize the Medicine Wheel that you have or that you are going to have and connect with that Harmonic Light and Harmonic energy in that wheel. Let that light and that energy from your Medicine*

*Wheel radiate and emanate throughout the planet. Let it emanate also off the Earth and emanate into the ethers so that you are able to attract to your higher personal energies of healing in this incarnation and also higher planetary powers for the Earth healings that you have been sent here to do. Use the Medicine Wheel for attracting also the great powers you are developing to experience galactic connections and for attracting a greater galactic energy.*

*Hey ya hooooo. Hey yaaa hoooo. Hey ya hooo.  
Using the Medicine Wheel will be a powerful way for you to experience 2012. You will be able to come into a powerful Harmonic energy field using the Medicine Wheel. We are all related. I am **Chief White Eagle**. Ho!*

## **6. How can we use the medicine wheel for personal and planetary healing?**

Now we understand better the harmonizing, balancing and aligning force of the Medicine Wheel. This represents the undifferentiated potential of harmonization and balance that we consciously used and focused for healing on personal and planetary level and as well specified and focused on a certain aspect that needs harmony and balance.

We can use this potential for healing and transformation on the personal level. If we embrace this energy and light completely, many higher beings and also our own guides and teachers can send us energy and informations through this vortex. By understanding and being aware of the potential of this sacred place to attract these energies in a balanced and harmonious way, we can focus with our consciousness through expression of our intention these energies on each step of our realignment with the divine in ourselves in general, on our return into unity with our own divinity, leaving the separation behind, and bringing our masculine and feminine aspects in balance. That means, we become an integrating part of this harmonization force more and more because we align ourselves step by step with this creational harmony and balance as we return in unity with all that is. We can focus this healing potential on every problem related to all our lower bodies of the human being in a holistic way, by integrating in this process of harmonization all these bodies, while we are fully aware of their deep, intrinsic connection between themselves: mental, emotional, etheric, physical.

At the planetary level we can focus this potential of harmonization, alignment and healing on the transformation and healing of all traumas based on separation that are still existent in nature, in the plant and animal kingdom, or as a result of extreme natural phenomena like storms, earthquakes or droughts and floods, we can include this beautiful potential of course in our Biorelativity meditations.

Especially the accelerated potential created by a network of many medicine wheels, for instance those created by the GOF members around the planet, represents a powerful source of healing and harmonization for the Earth, for the elements of this planet, in order to bring them in the same balance and harmony while connecting them with this sacred potential offered by the Medicine Wheels. This global network can be used also to send informations and etheric or energy patterns from one place to another on the planet-for instance to balance drought regions or regions with severe floods, in general those parts who present complementary extreme

manifestations of the Earth's elements, to bring balance and harmony between these regions.

## 7. Resources

- <http://www.wikipedia.org>
- <http://www.nlm.nih.gov/nativevoices/exhibition/healing-ways/medicine-ways/medicine-wheel.html>
- <http://www.medicinewheel.com/>
- GOF Manual