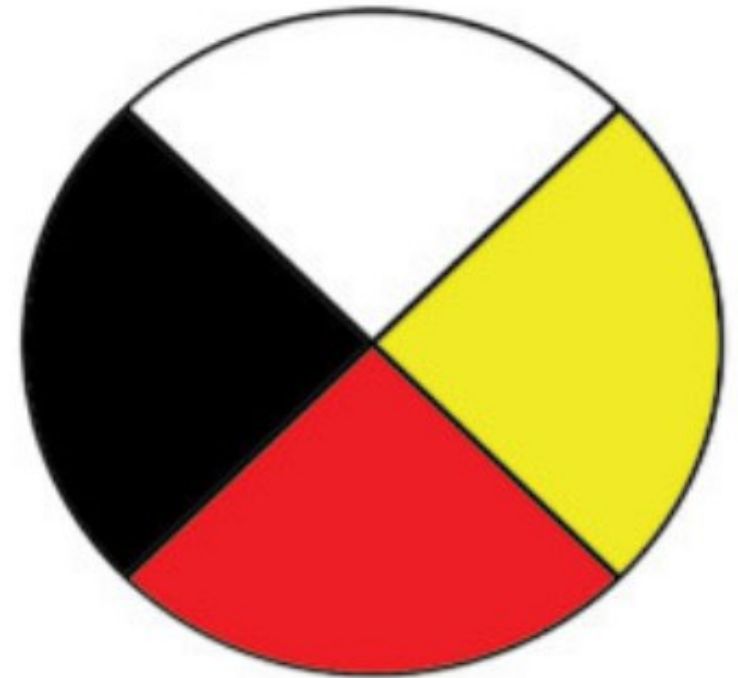


The Medicine Wheel is a representation of how things in the natural world come in fours:

- **Four directions**
(North, East, South, West)
- **Four Seasons**
(Winter, Spring, Summer Autumn)
- **Four Stages of Life**
(Infancy, Childhood, Adulthood, Elder)
- **Four Basic Elements**
(Air, Water, Earth, Fire)
- **Four States of Being**
(Physical, Mental, Spiritual, Emotional)
- **Four Sacred Medicines**
(Sage, Cedar, Sweet Grass, Tobacco)

The Medicine Wheel



Elmwood Community
Resource Centre

