

The Medicine Wheel's Teachings for Each Season

Why the Medicine Wheel? We are being called to unity, awakened consciousness and a deep connection with the Earth and all of our relations. We are being called to know ourselves and our highest purpose at this time. *We are being called.*

The Medicine Wheel gives us a circle of knowledge and wisdom that we can breathe into our hearts, our lives and our actions. When we live in a circle, we remember that we are connected to all that live on the Earth, we remember that the minerals, plants and animals are our teachers, we hear the stories that the winds bring us, we hear the wisdom of the rocks that have been here since the beginning of time, we listen to the plant's messages of health and vitality, and we listen to the animals as they give us their gifts of love and their lessons of life. The Medicine Wheel is a beautiful circle that holds all of these teachings. It provides us the space for a life-transformative dance.



Spring Qualities That Inspire Our Intentions and Ignite the Flow of the Circle

In the Spring season everything on the Earth that has been resting and incubating bursts into life. The plants and flowers proudly sprout forth and fragrances begin to fill the air. The birds and the animals show us their young as they playfully enjoy the warming of the Earth and the nourishment of the emerging food. The insects sing the songs that Spirit has given them. The wisdom of our natural world is clear. With all of the new life upon her, the Earth is illuminated. As we witness this glory, there is a pull in our souls to birth the ideas and projects that we intuited and incubated in the dark of Winter. It is time to amplify and illuminate our path, our purpose, and our magnificence. The qualities of the Spring that we embrace and embody during our circles are Clarity, Wisdom and Illumination. The Eagle is our primary teacher, and she uses the Hummingbird, the Owl and the Firefly to teach us her lessons.



Summer Qualities That Inspire our Intentions and Ignite the Flow of the Circle

The season of summer is the time when all of the earth's children grow rapidly, coming to maturity, trusting that the promises of the Spring are fulfilled. Summer is the time of reaching outward and growing in the things of the world. It is the time of testing wisdom by bringing it into physical being and helping it grow. As we leave our place of comfort, as we push through a new membrane, as we burrow a new path in our lives, we learn to fully trust our intuition, and the abundance so present on the face of the Earth. Our hearts open to know unconditional love... of ourselves and others, and we begin to experience and honor the path that Creator has set before us. The qualities of the Summer that we embrace and embody during our circles are Growth, Trust and Love. The Coyote is our primary teacher, and she uses the Rabbit, the Salmon and the Wolf to teach us her lessons.



Fall Qualities That Inspire our Intentions and Ignite the Flow of the Circle

In the Fall the plants have come to their full maturity and their blossoms are laden with fruit and seeds for the following season. All of nature, including humans, stop growing and begin to consolidate, and take stock of the lessons learned during the growing season. We begin to look within ourselves to honor our strengths, and to become curious about what must be released to create space for the quickening and the emergence of new aspects of ourselves in the Spring. We honor the experiences and visions that have strengthened our core, and given us the courage to share with others what we have learned. The qualities of the Fall that we embrace and embody during our circles are Experience, Introspection and Strength. The Bear is our primary teacher, and she uses the Whale, the Mouse and the Ant to teach us her lessons.



Winter Qualities That Inspire our Intentions and Ignite the Flow of the Circle

When we enter the Winter season, a time of paradox, everything on the surface of the Earth appears barren and dead. Dead leaves and branches fall to the ground. This letting go provides fertilizer for the growth that is to come in the Spring. Beneath the surface the roots are quickening, gathering in the energy of what lies above. Our personal cycles are much like what you see on the Earth. We are getting ready to go within – into the delicious dark. We surrender what is no longer needed or no longer empowers us. We dream, we meditate, we dance in the mystery in order to energize and manifest what will burst forth in the light of Spring. The qualities that we embrace and embody during the Winter are Cleansing, Renewal and Purity. The White Buffalo is our primary teacher, and she uses the Raccoon, the Earthworm and the Dolphin to teach us her lessons.

About the Teacher



Cyndy "Snake Dancer" Paige received her name from Spirit in a profound Vision Quest experience. Snake is often seen as a healer and teacher in both Native American and western medicine traditions. Cyndy is of Muscogee Creek and Choctaw heritage and is a Council member of the Buffalo Trace Society. She has completed a several-year, initiatory-type apprenticeship with a Cherokee medicine woman, and studied extensively with a Lakota shaman, a master drummer, a Grammy nominated sound healer, a pioneer in the world of past life regression, and numerous healers. She has a private healing practice, facilitates one-year shamanic apprenticeships, solo vision quest experiences, solstice and equinox retreats, numerous workshops, and is a guest speaker at conferences and independent schools. Cyndy also creates, and assists others to create, Native American medicine tools such as drums, rattles, medicine bags and other ceremonial objects. She humbly honors her teachers, both seen and unseen.