

Walking the Medicine Wheel: A Guide to Healing Trauma and PTSD

The Medicine Wheel is an ancient Native American symbol that represents the four directions, the four elements, and the four stages of life. It is a powerful tool that can be used for healing, both physical and emotional.



Walking the Medicine Wheel: Healing Trauma & PTSD

by John Vigor

★★★★☆ 4.8 out of 5

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Enhanced typesetting : Enabled
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Walking the Medicine Wheel is a journey of self-discovery and healing. It is a way to connect with your inner wisdom and to find your path to a more balanced and fulfilling life.

The History of the Medicine Wheel

The Medicine Wheel has been used by Native Americans for centuries. It is believed to have originated with the Lakota people, who used it as a way to teach their children about the world around them.

The Medicine Wheel is a symbol of the interconnectedness of all things. It represents the balance between the physical and spiritual worlds, and the importance of living in harmony with nature.

The Symbolism of the Medicine Wheel

The Medicine Wheel is a circle divided into four quadrants. Each quadrant represents a different direction, element, and stage of life.

- **East:** The east is the direction of new beginnings. It is associated with the element of air and the stage of life known as childhood.
- **South:** The south is the direction of growth and development. It is associated with the element of fire and the stage of life known as adolescence.
- **West:** The west is the direction of change and transformation. It is associated with the element of water and the stage of life known as adulthood.
- **North:** The north is the direction of wisdom and reflection. It is associated with the element of earth and the stage of life known as old age.

The Medicine Wheel also has a center point, which represents the self. The center point is a place of balance and harmony, where all things come together.

How to Use the Medicine Wheel for Healing

Walking the Medicine Wheel can be a powerful way to heal trauma and PTSD. The process of walking the Medicine Wheel helps you to connect

with your inner wisdom and to find your path to a more balanced and fulfilling life.

To walk the Medicine Wheel, you will need to find a place where you can be alone and undisturbed. You may want to find a park, a forest, or a beach. Once you have found a place, sit down and take some time to center yourself.

Once you are centered, begin walking around the Medicine Wheel. Start at the east and walk clockwise around the circle. As you walk, focus on the direction you are facing and the element that is associated with that direction.

As you walk, pay attention to your thoughts and feelings. Notice any areas where you feel stuck or blocked. These areas may be where you need to focus your healing work.

When you have completed the circle, return to the center point and sit down. Take some time to reflect on your journey. What did you learn about yourself? What insights did you gain? What areas need further healing?

Walking the Medicine Wheel can be a powerful tool for healing trauma and PTSD. It is a journey of self-discovery and healing. By walking the Medicine Wheel, you can connect with your inner wisdom and find your path to a more balanced and fulfilling life.

Additional Resources

- The Medicine Room
- Four Directions Medicine Wheel

- Native Wellness Institute

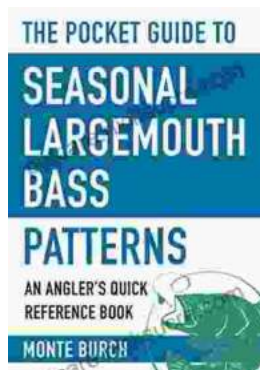


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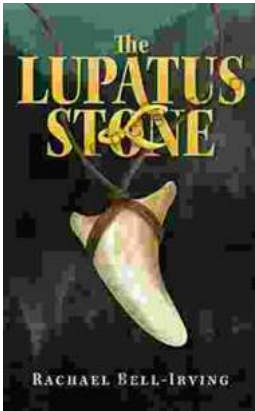
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