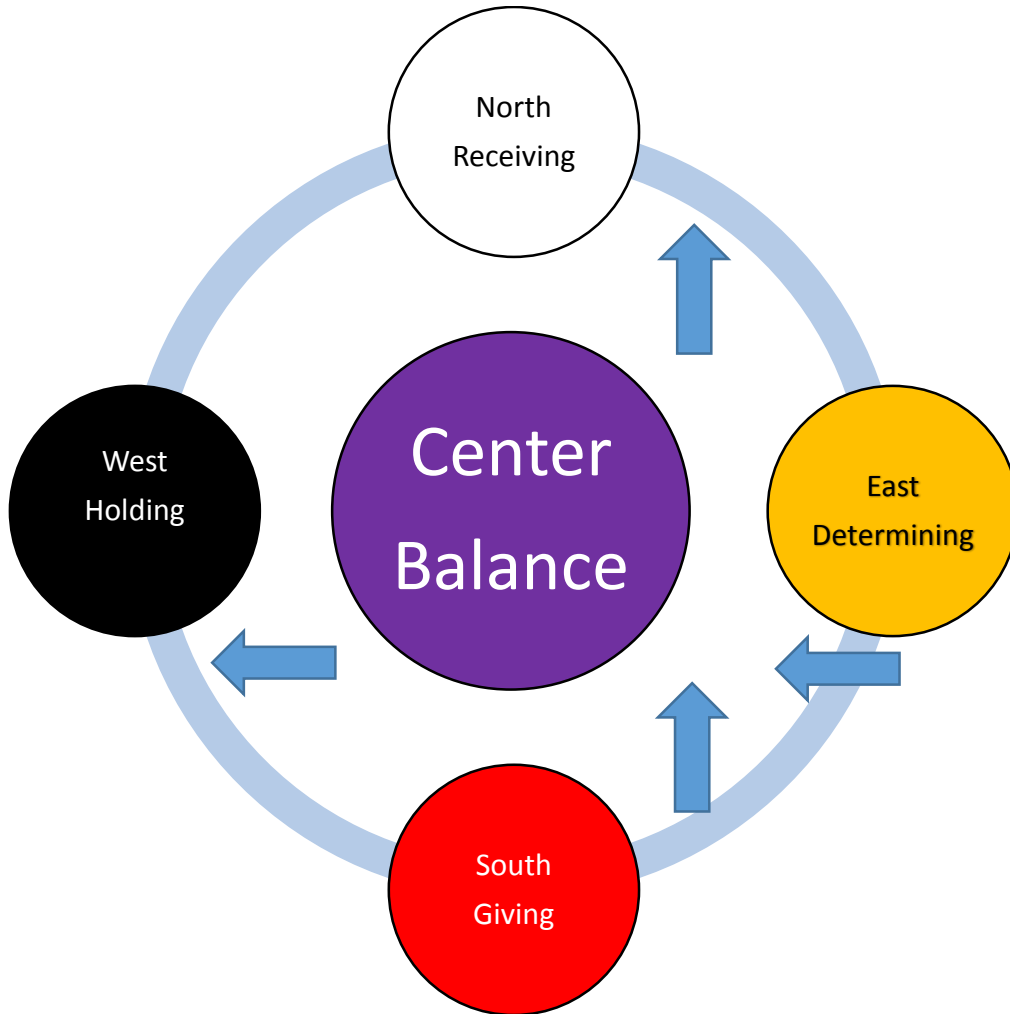
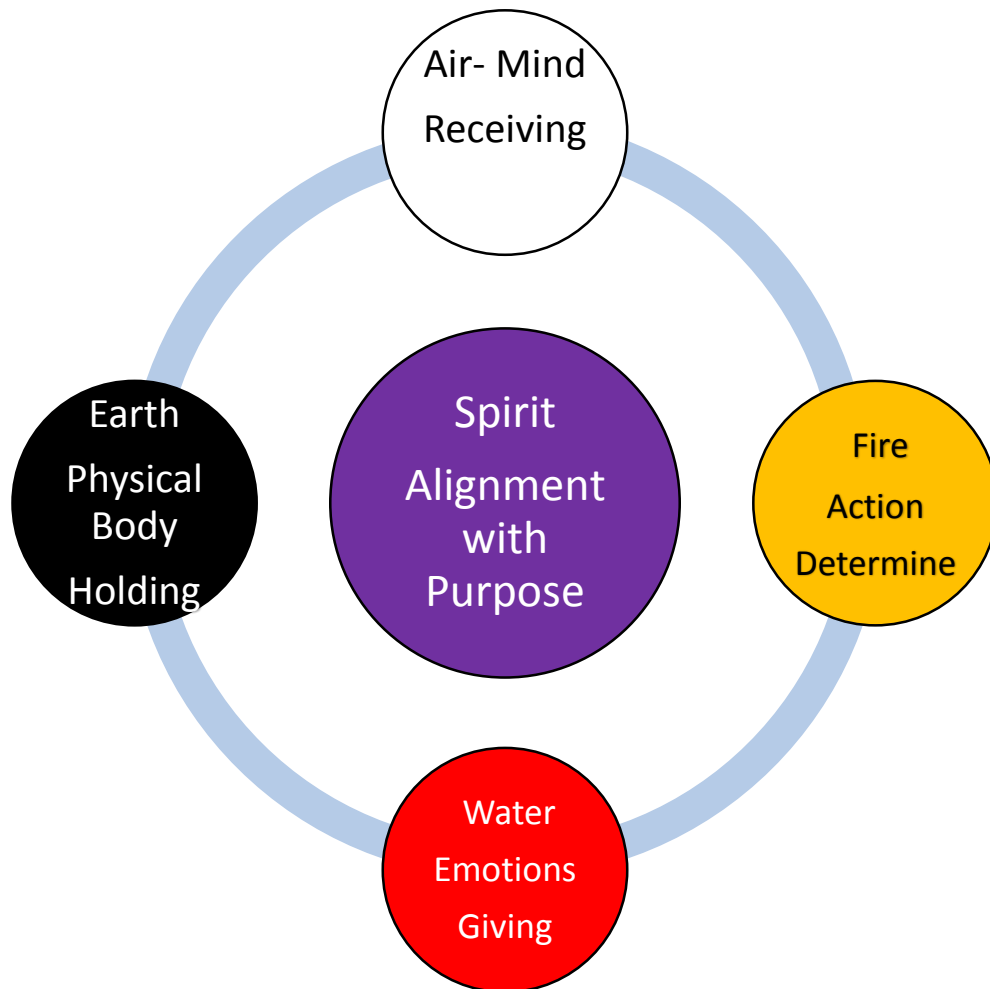


# Basic Medicine Wheel Template



# Sacred Human Medicine Wheel Template



## Steps to a personal Medicine Wheel Session:

1. Set aside some time, at least 30 minutes to an hour or more to go deeply into this process. Be sure to take a journal. You may also want a divination tool.
2. Set up the wheel structure, even 5 small stones or crystals on your desk or in the floor in front of you will work.
3. You may want to smudge yourself with sage or incense.
4. Call in the archetypal forces in each direction using your template.

- 5. Go to the center either physically or in your mind's eye and focus on the purpose of your intention or what you would like assistance with.**
- 6. Next you will want to get guidance from one or all of the elements, depending on your purpose. If you can, sit with your back to that doorway meditation and allow guidance to flow. Know that your guides may also use this time to instruct you on blocks that still need to be cleared from your path. Just be in a state of allow, and trust that your guidance is coming. The whole universe feels your presence and is happy you are doing this work. If you have difficulty hearing on your own at first, pull a card to get the information rolling. Then journal with the information and see what comes up.**

# Characteristics of the Elements

In order to better understand why the elements fit well in this configuration and work the way they do, it is good to know a little more about them. Below is a brief description of the function and characteristics of each element.

## **Earth – The Ability to Stand on Your Own**

Structure and Form  
Abundance and Fertility  
Beauty and Aesthetics  
Body Wisdom  
Containment and Wholeness  
Foundations  
Grounded-ness  
Cycles and Timing  
Nature  
Stewardship and Tending  
Touch

## **Air – The Gift of Mental Focus**

Breath and Communication  
Focus  
Freedom and Peace  
Meditation and Prayer  
Perspective  
Power of Intention  
Soaring  
Thoughts  
Vibration  
Vision  
Whole Brain Integration

## **Spirit – The Unified Field**

Co-Creation  
Connection to Higher Self  
Compassion  
Creativity and Sacred Union  
Desire  
Divine Feminine and Masculine  
Grace and Trust  
Life Purpose  
Personal Divinity  
Personal Responsibility  
Power of Choice\*

## **Water – The Ability to Run Clear, Clean and Current Energy**

Emotional Awareness and Maturity  
Ebb and Flow  
Nourishment  
Holding Space and Floating  
Play  
Power of Love  
Regeneration  
Source  
Relationship to Others and Self  
Surrender

## **Fire – The Power of Action**

Dynamic and Energized  
Growth  
Illumination  
Life Force  
Passion  
Movement and Action  
Radiance and Warmth  
Sensuality  
Spark of Life  
Transformation  
Strength of Will

\*Adapted from Elemental Forces of Creation Oracle by Lisa Michaels