

2nd Annual Cape Breton Health Research Symposium;
Cape Breton University, Sydney, NS; 18 June 2004

The Medicine Wheel:



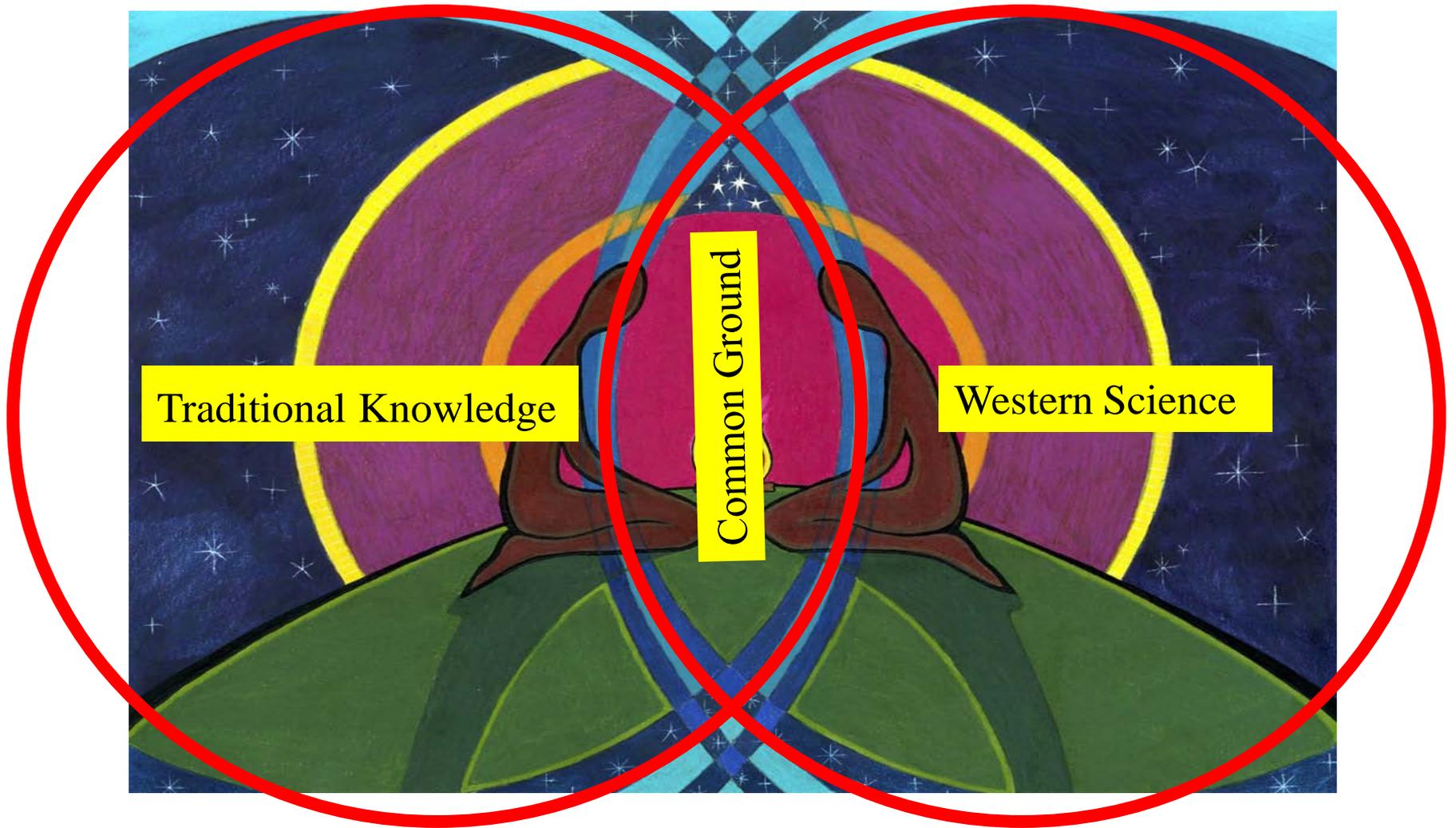
**Health Teachings
and
Health Research**



Jenna Doucette, Bonnie Bernard, Mimi Simon, Carola Knockwood
(Summer Research Assistants in Integrative Science)



What is Integrative Science?



CIHR - IAPH

Community Based Participatory Action Research



Integrative Health & Healing:
co-learning our way to expanding
wholeness through restoration of
relationships with the land

**Institute of Aboriginal
Peoples' Health (IAPH)**

What is Health?

According to Webster's New Dictionary College Edition:

1. Physical and Mental well-being; soundness; freedom from defect or pain or disease; normality of Mental and Physical function.
2. Condition of body or mind as good or bad health.

WHERE'S EMOTIONAL & SPIRITUALITY?

an Aboriginal definition:

the overall well-being of an animate object that includes not only the Physical and Mental aspects but also the Spiritual and Emotional

Derivation of the word Health

Health

Heal

Healing

Whole

Holy

All these words derive from the Old Saxon Root *hal* (or *haelen*), meaning whole (or to become whole). These words also relate to the German word *heilen* and it relates to the Greek word *holos*, meaning whole or entire.

Introduction to Medicine Wheel

Many Representations

Healing tool

Teaching Tool

**all have a
cyclic pattern**

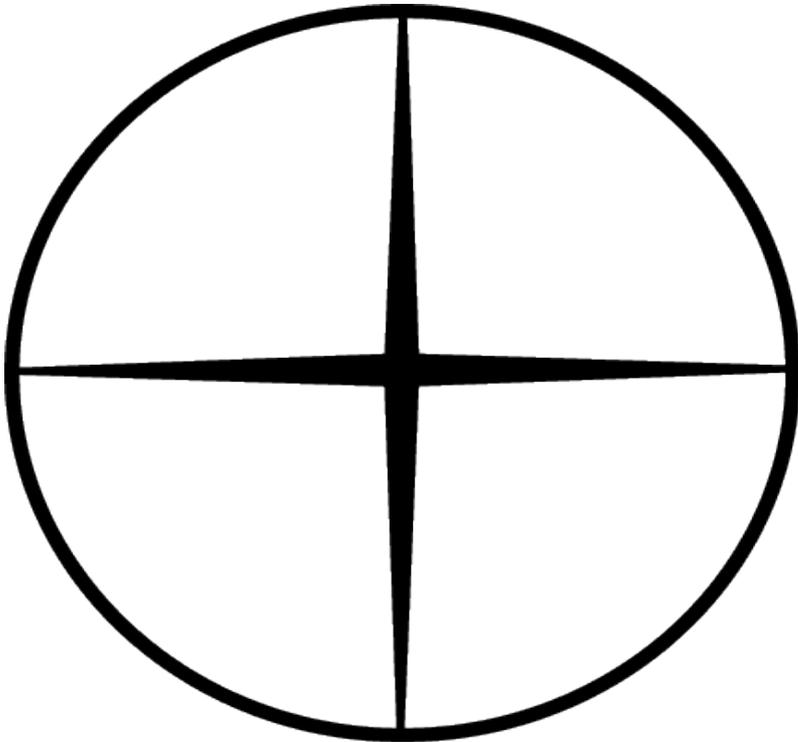


sacred

symbol

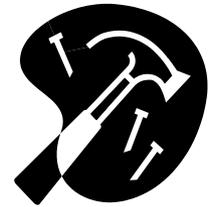
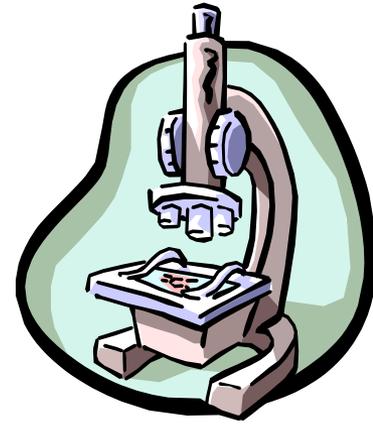
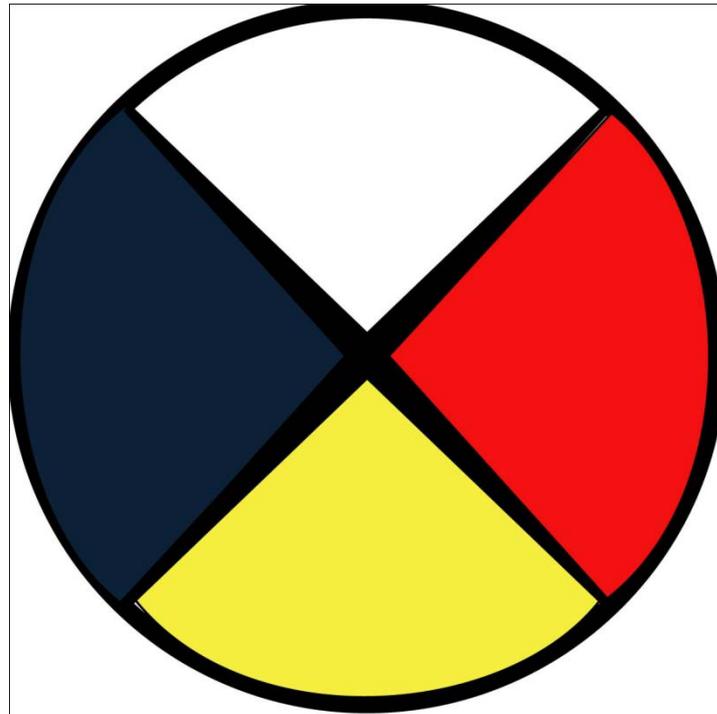
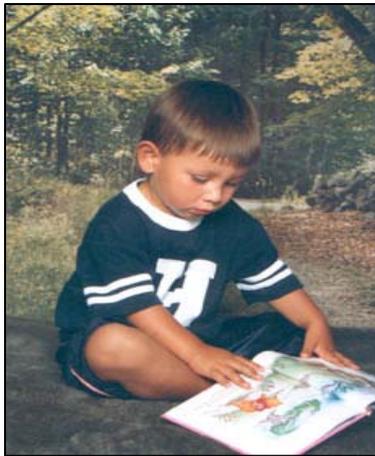
flexible and
limitless

What does the
Medicine Wheel / Mpisun
represent?



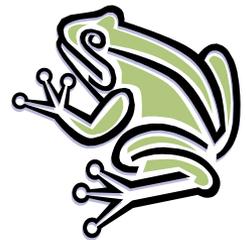
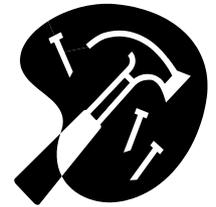
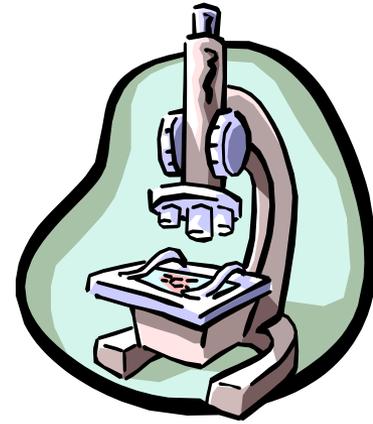
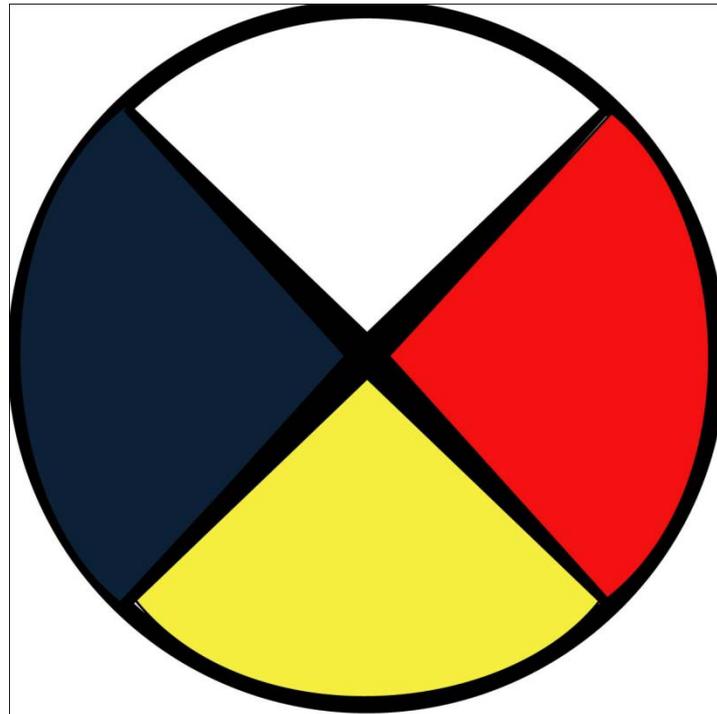
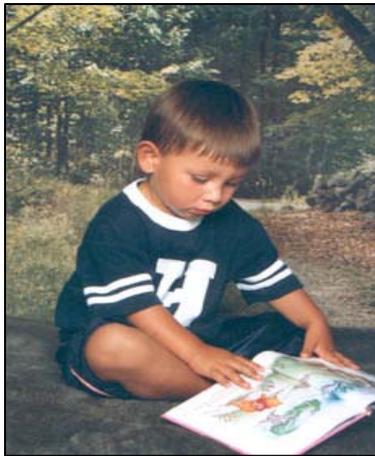
- Wholeness/Mese'k
- Change/Sa'se'wika'sik
- Balance/Tetpaqjoqtesk

The Medicine Wheel



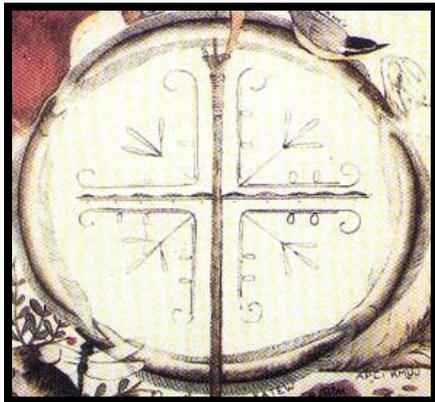
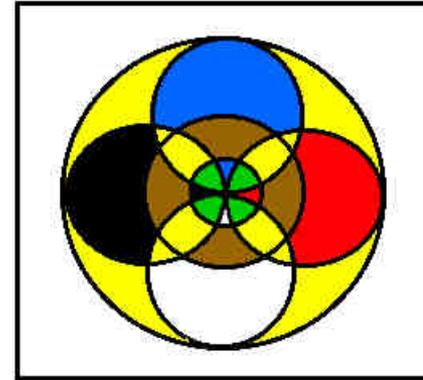
The Medicine Wheel has many different representations of the natural world which surrounds us.

The Medicine Wheel



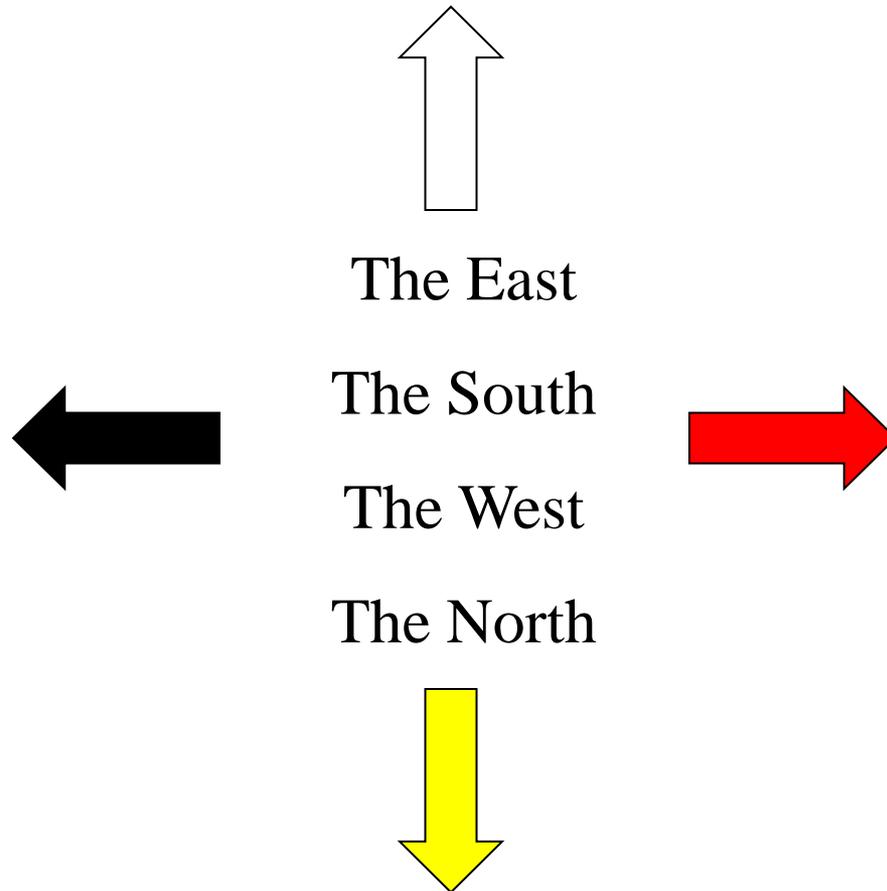
It is a way of organizing thoughts to convey knowledge gained through experience.

Representations

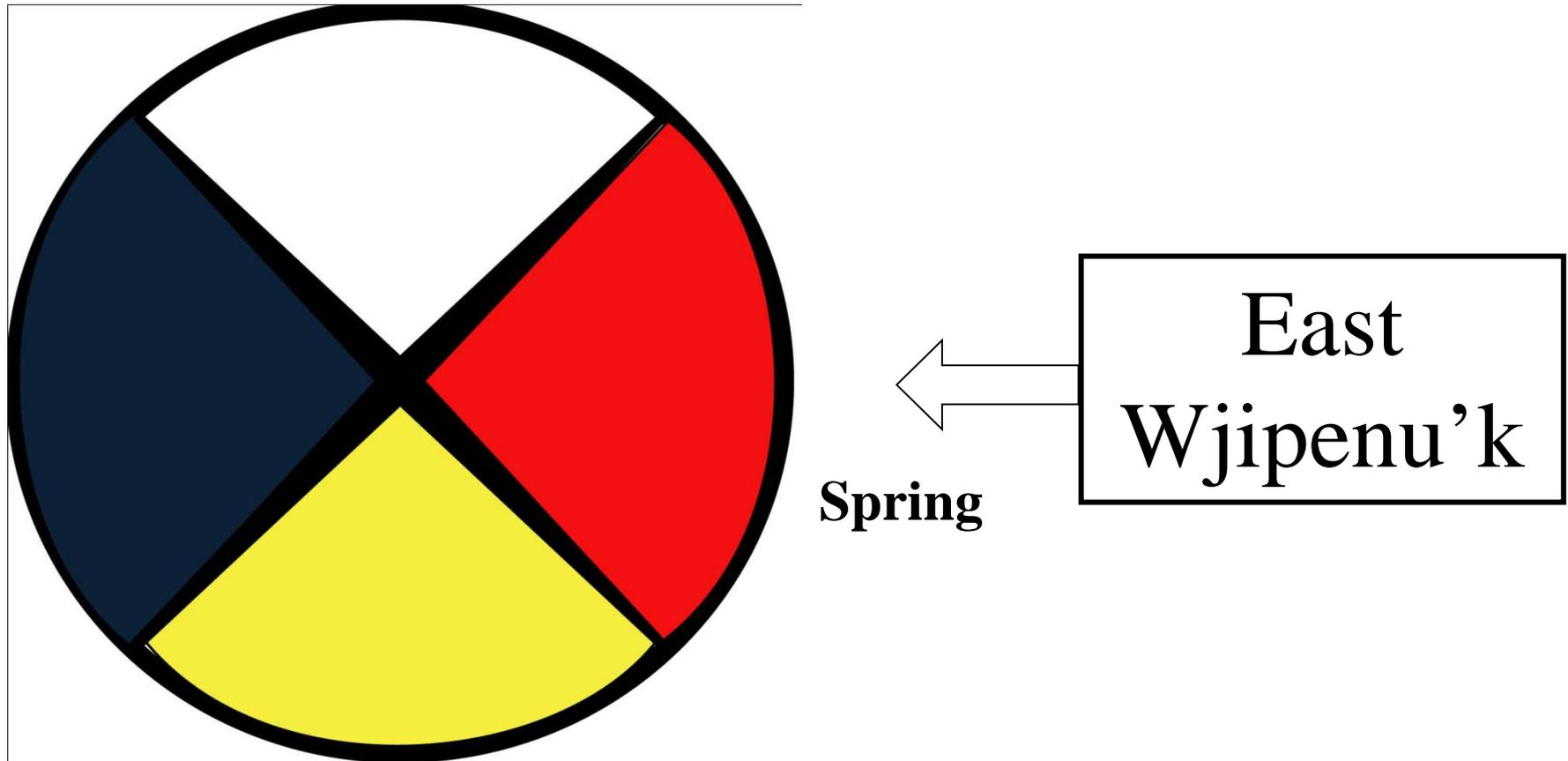


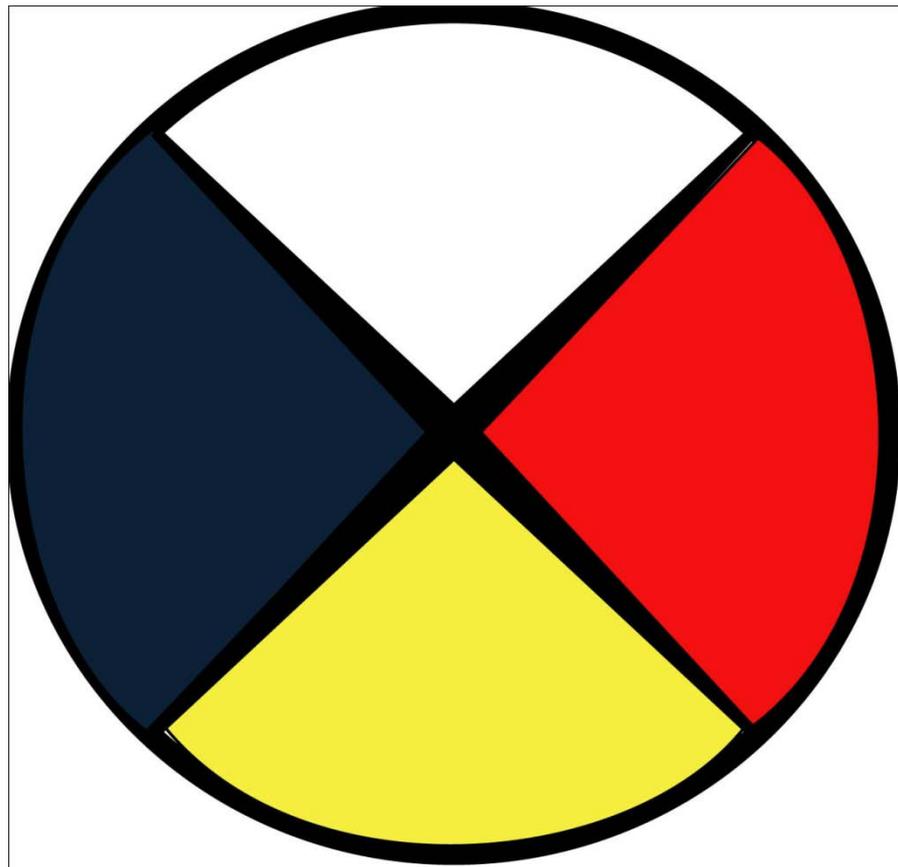
“Teachings and colors may vary, but the basic truths contained within are universal.” – Mary Toulouse

One representation is the concept of the Four Directions.
The wheel is divided into 4 parts. We are taught that there
are Four Directions, also referred to as the Four Winds:



- **Direction of when a new day comes into the world**
 - Rising sun
 - Direction of birth & rebirth
 - Many new journeys begin here because at any time there are new paths in life





Summer



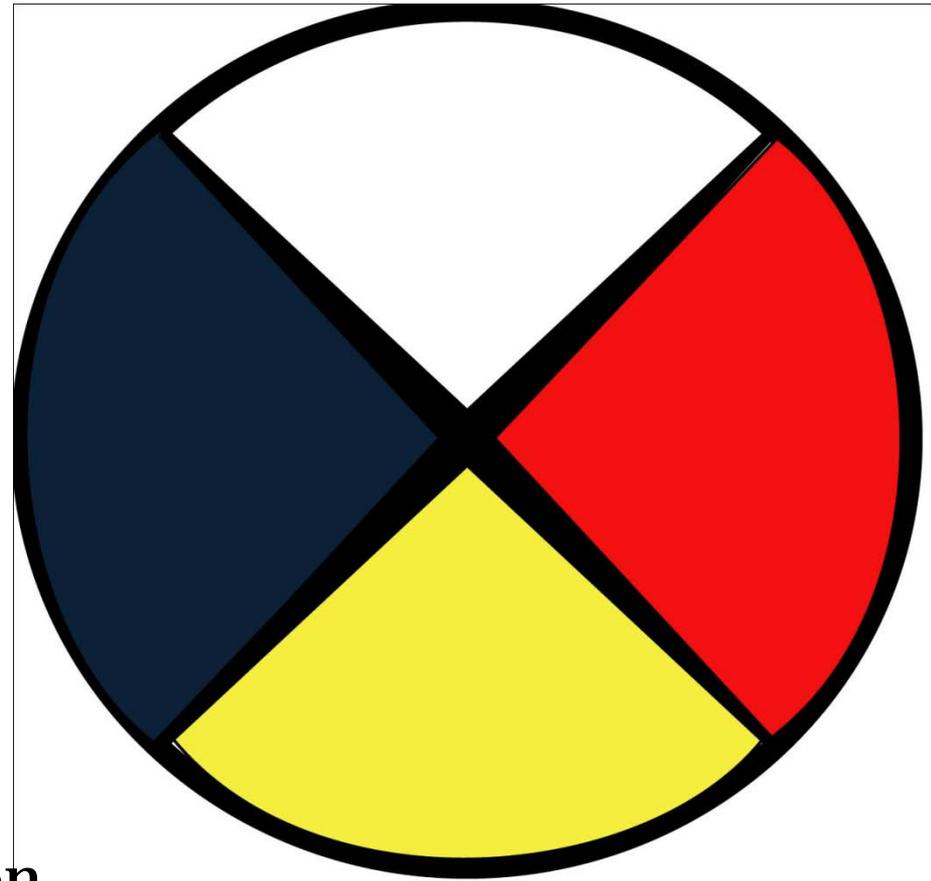
South Senusatek

- Direction of the sun at its highest point
- The place of summer, fullness, youth, physical strength
- A time that people work to prepare for the fall & winter months

Symbolically, it is a time for preparing for the future.

West
Wetkatesenu'k

Fall

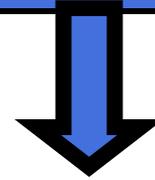


- Direction from which darkness comes
- The unknown, going within, dreams, prayer and meditation
- Important in the development of our self will
- Clear self knowledge

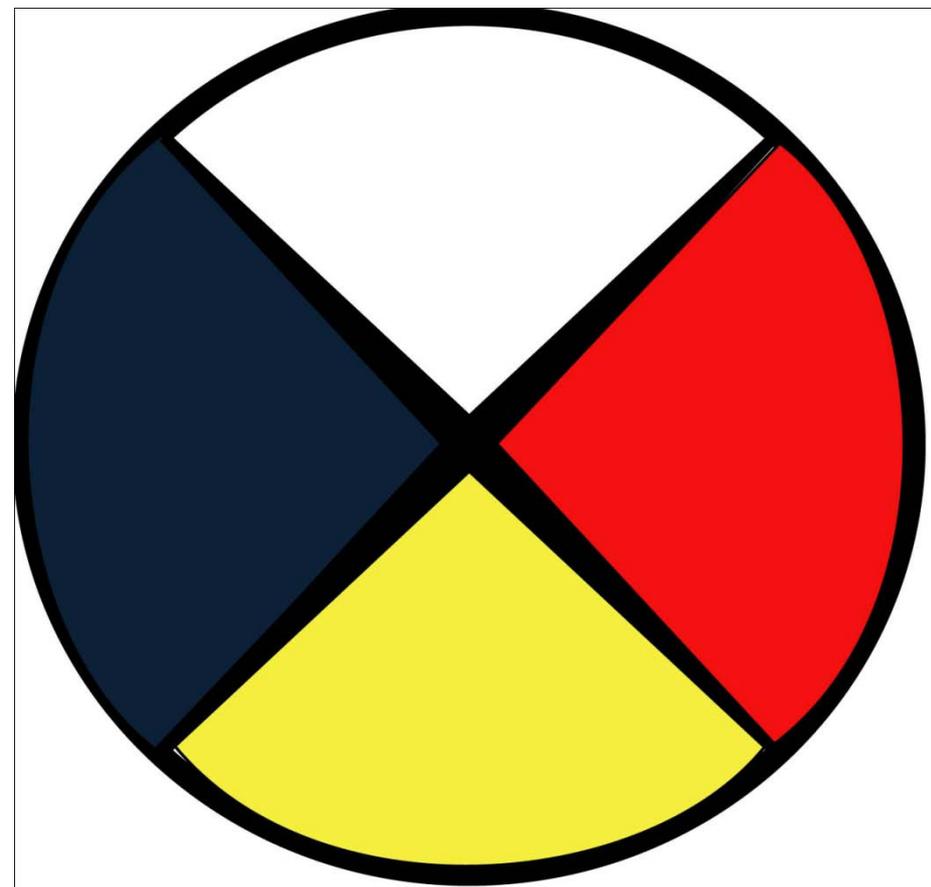
Thunder & lightning often come from the West. Symbolically it is the direction of power.

North
O'watnu'k

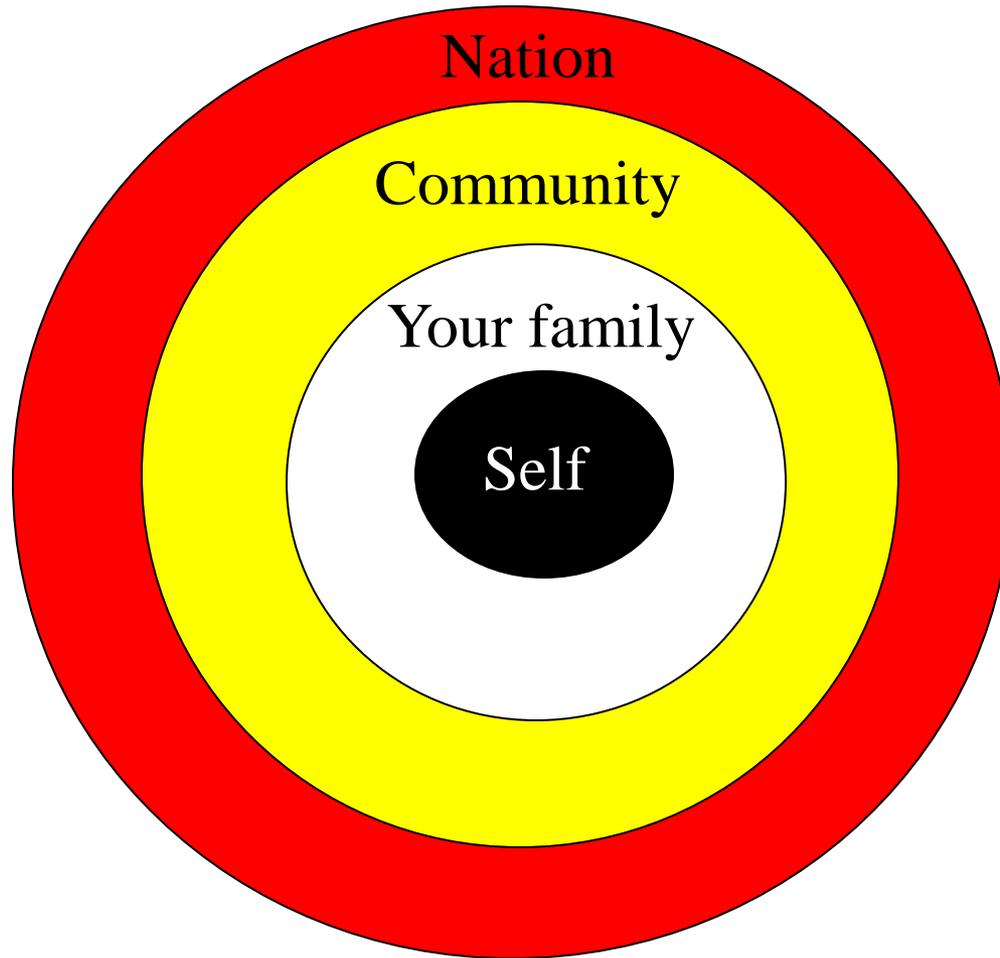
Winter



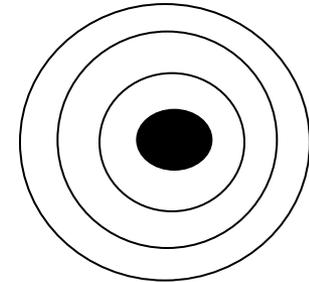
- Place of winter snow that reminds us of the hair of our Elders
- Dawning place of true wisdom
- Completion
- Organizing



The Path to Healing



The Path to Healing: Self



Another representation is the concept of the four aspects of human nature.

The Wheel is divided into 4 parts
with
You in the center of the wheel.

The Medicine Wheel teaches that you are in the center. In your individual wheel, there are four parts that represent you .

As a healing tool the Wheel teaches us to recognize and work with these aspects to bring Wholeness into our lives.

- in the East there is Spiritual
- in the South, Emotional
- in the West, Physical
- in the North, Cognitive or Mental

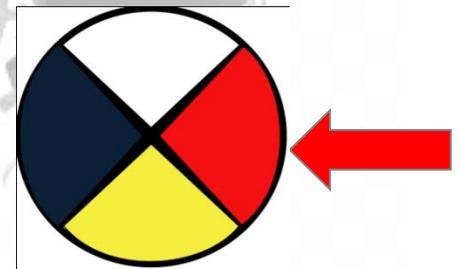


MKI-168 Medicine Wheel Journey

The Medicine Wheel: A Healing Tool

The East : Spirituality

- Spiritual practices
- Relating to nature
- A belief in higher power, God, Niskam , Creator
- Smudging, singing, dancing



The Medicine Wheel: A Healing Tool

The South: Emotional

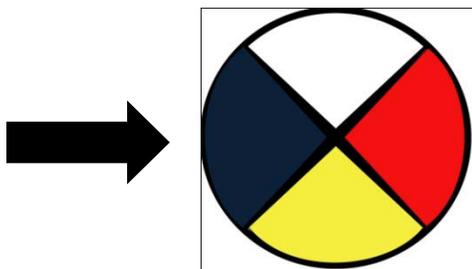
- Positive Self Image
- Positive Self Esteem
- Self Love
- Positive Environment



The Medicine Wheel: A Healing Tool

The West : Physical

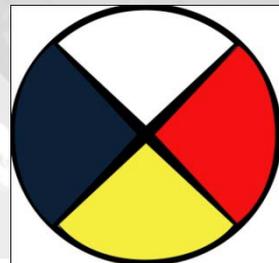
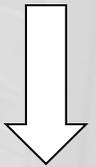
- physical activity
- a **BALANCED** daily diet
- getting enough sleep.



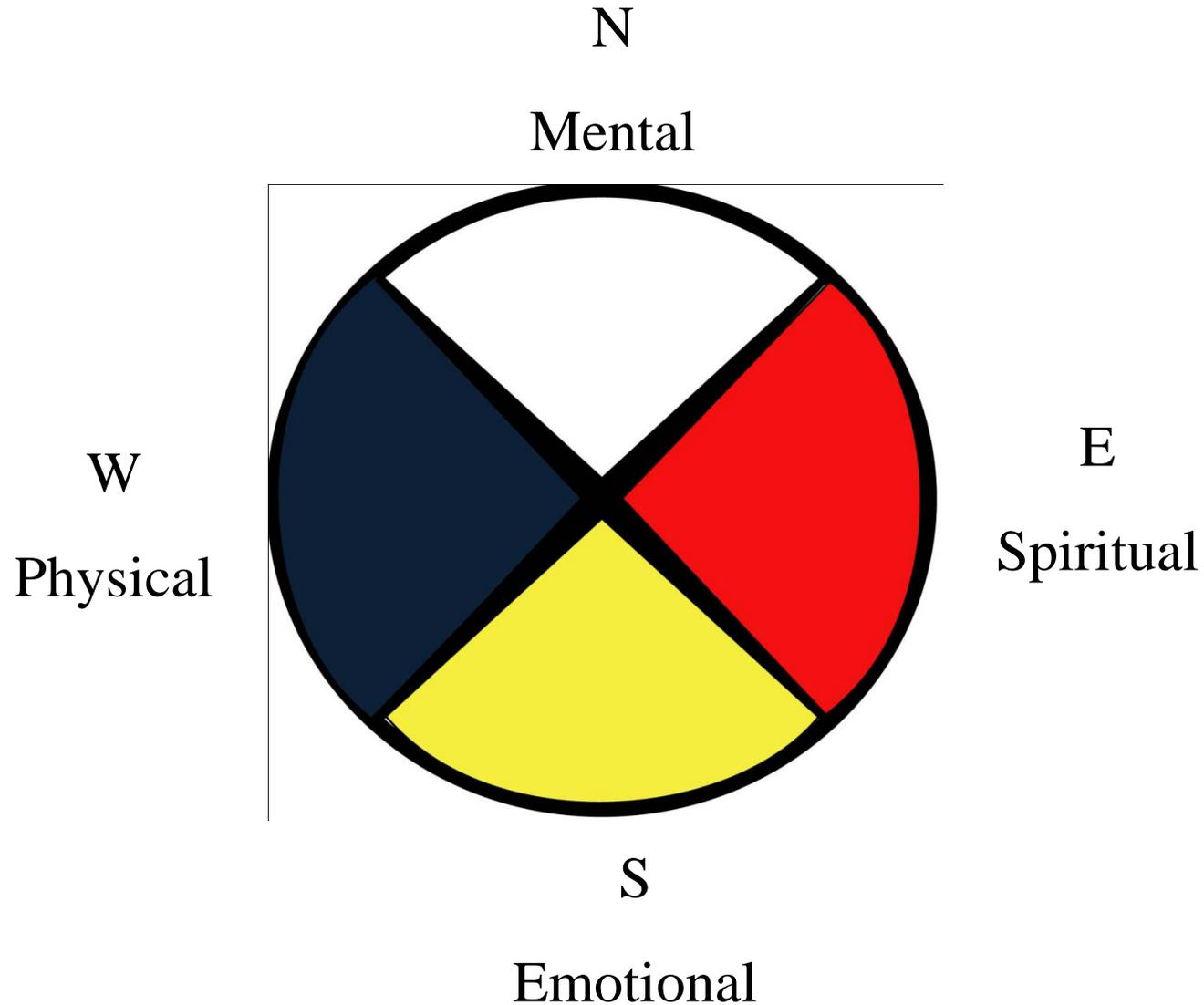
The Medicine Wheel: A Healing Tool

The North: Cognitive/Mental

- Quality time with family
- Learning from Elders / Teachers
- Listening to oral stories / history



Medicine Wheel ~ Balanced



Medicine Wheel ~ Not Balanced

N

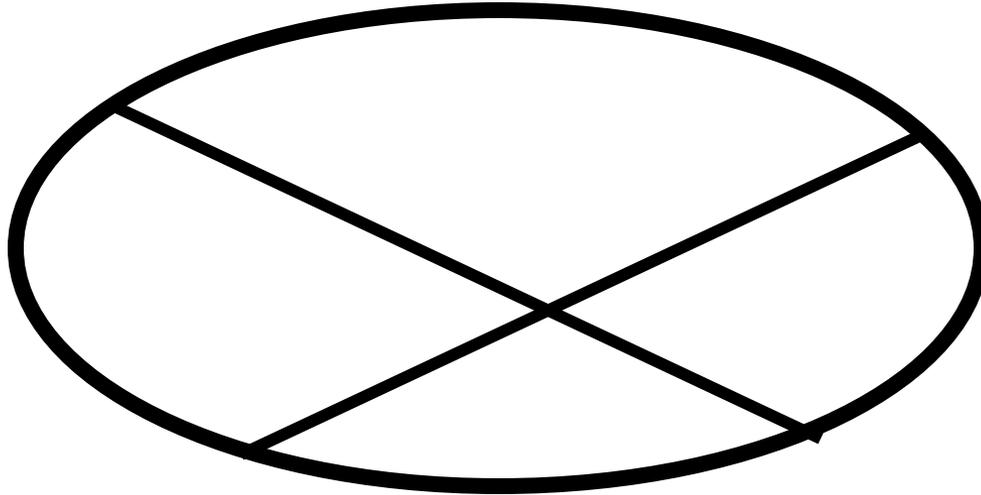
Mental

W

Physical

E

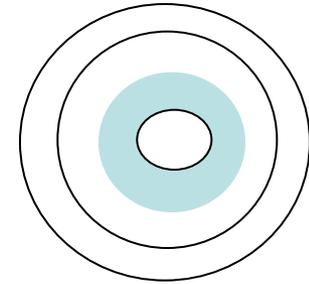
Spiritual



S

Emotional

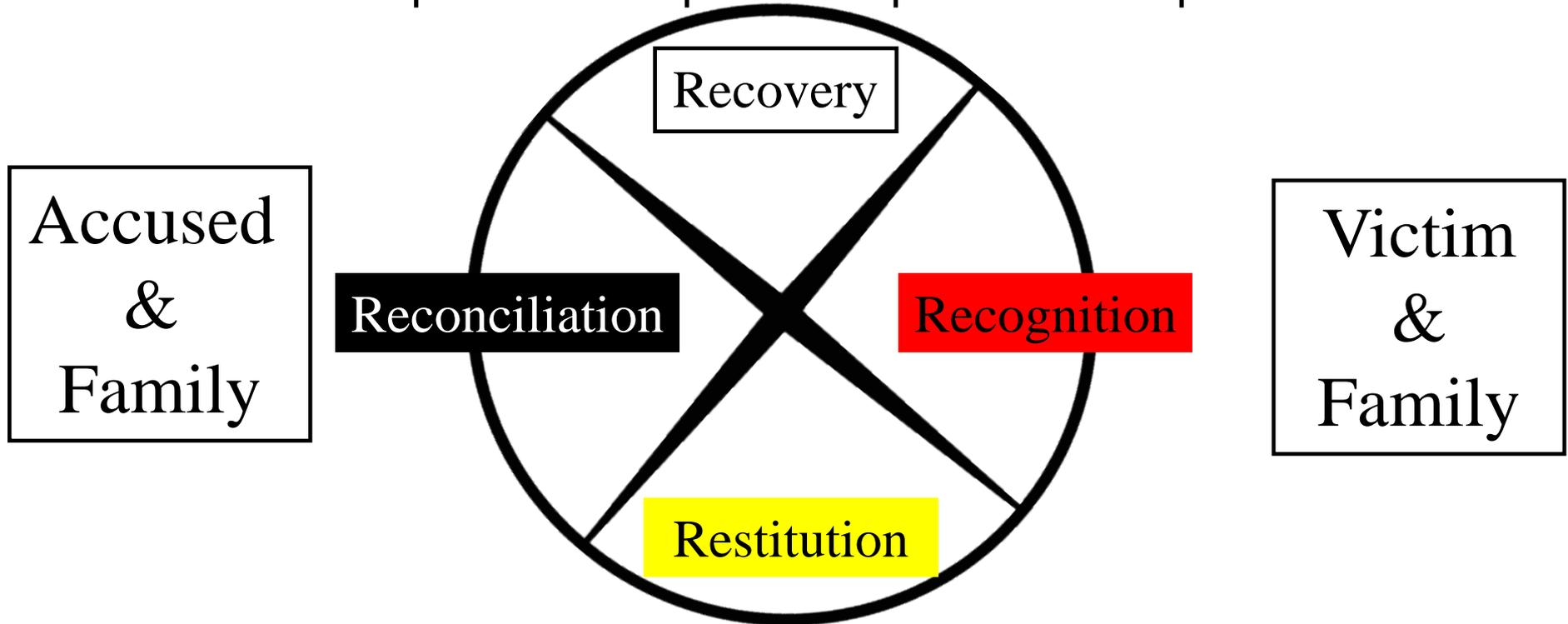
Path to Healing: Family



a healthy family requires
time, individual attention, support and effort

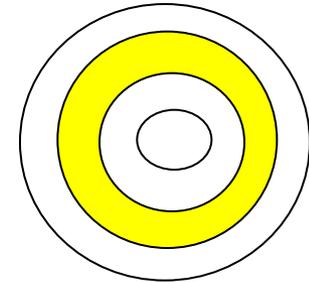
Example of how a Medicine Wheel can be used as a Healing Tool

The process of Apiksiktuaqn includes 4 parts:



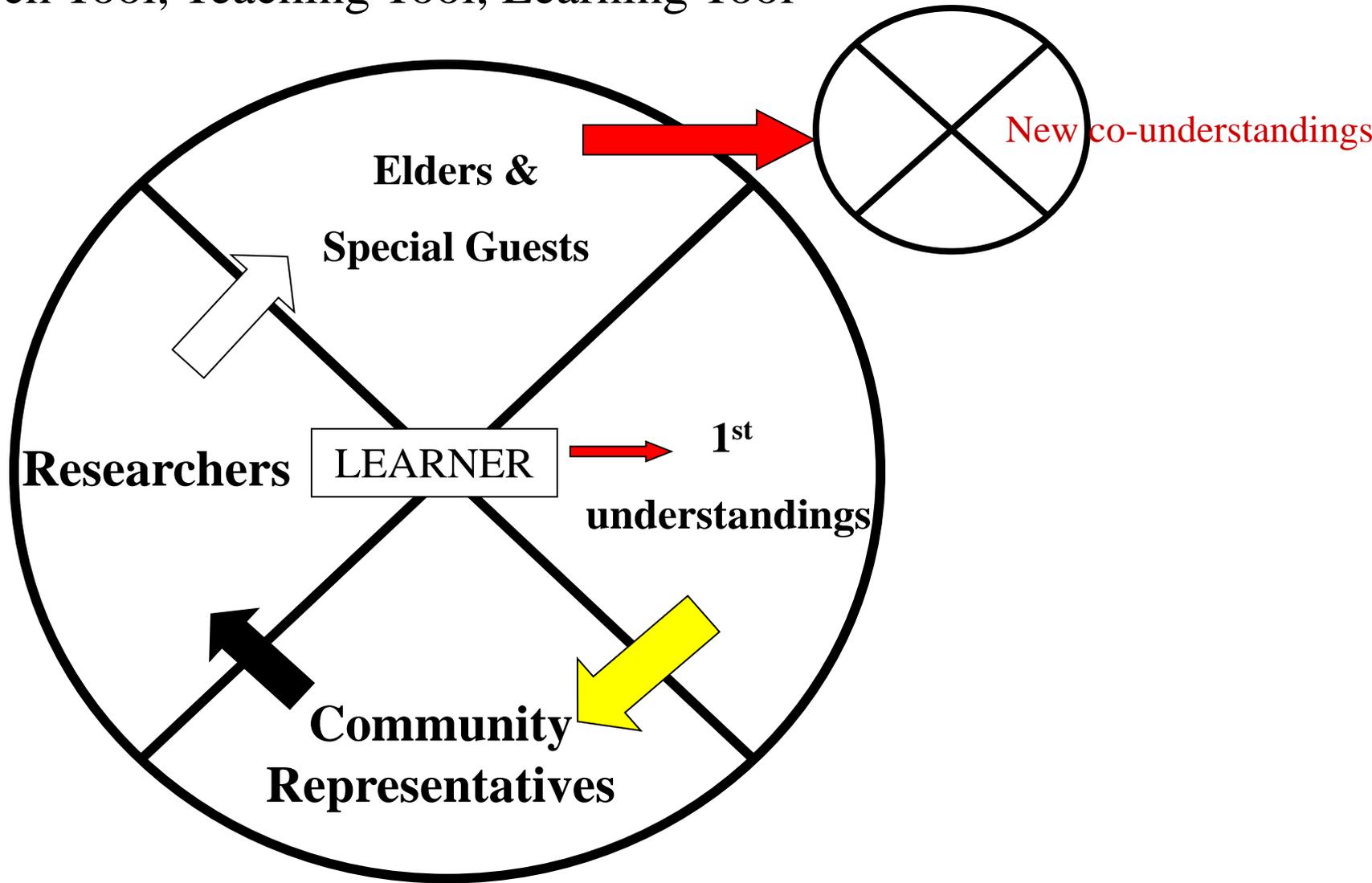
- used if there was a problem between 2 community members
- both the accused and victim, along with their family members and all community members, join together in a circle

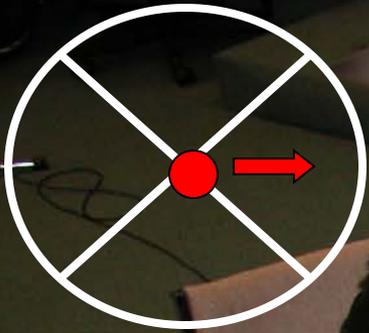
Path to Healing: Community

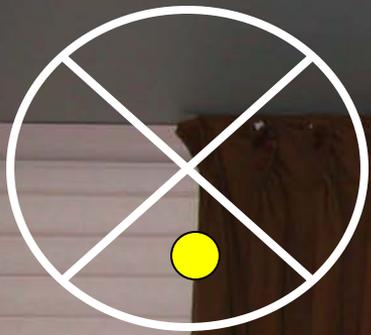


A community is considered healthy when all of the 4 aspects are in balance (ie people/ health, culture, economics and politics).

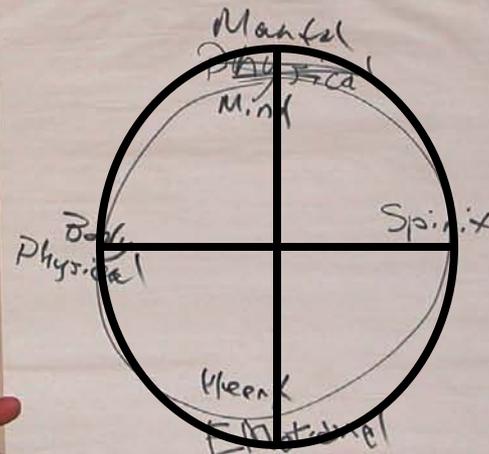
Research Tool, Teaching Tool, Learning Tool

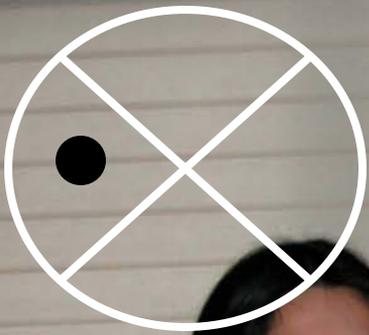






Ken Paul

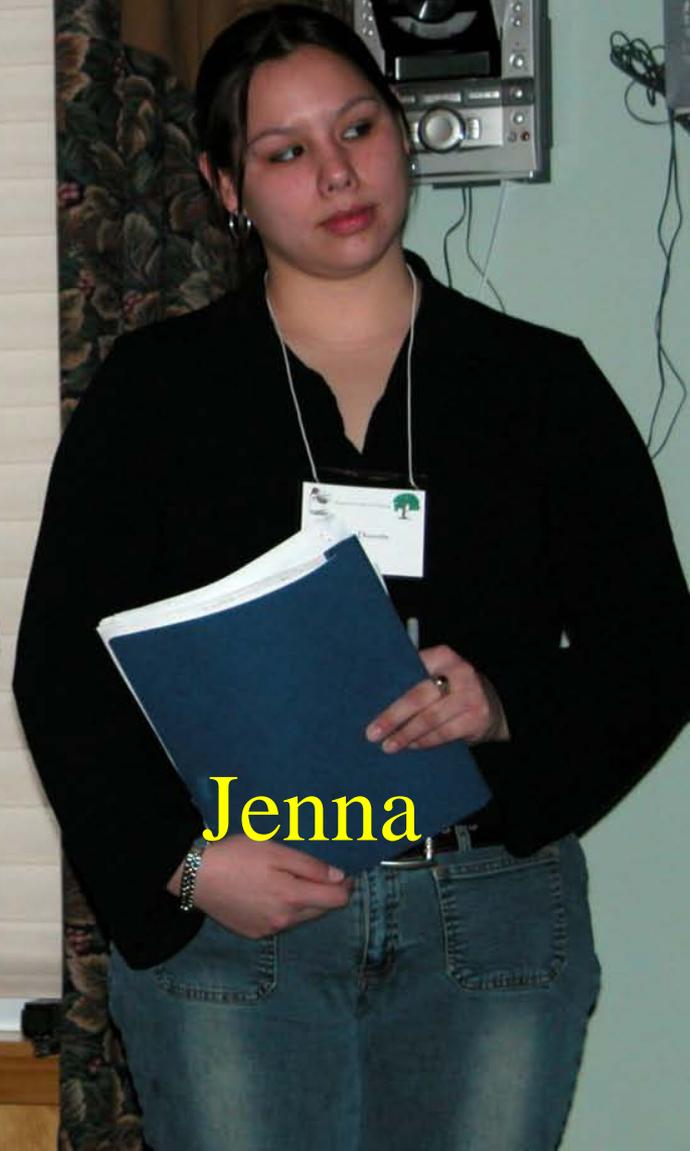




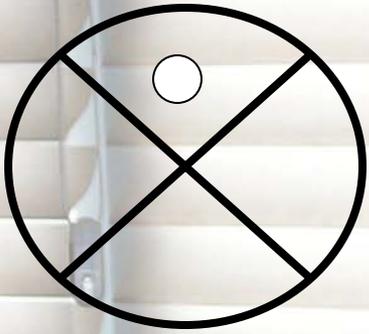
Carola



Mimi



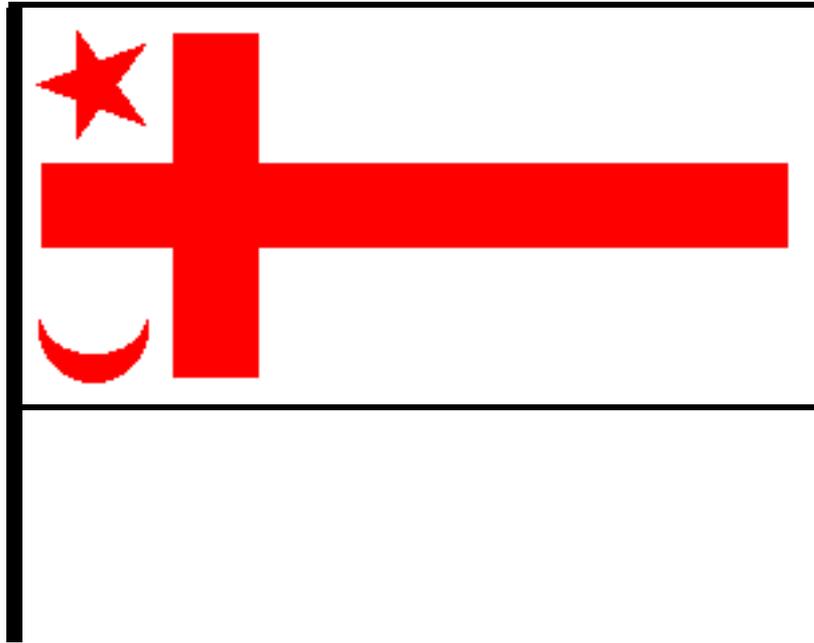
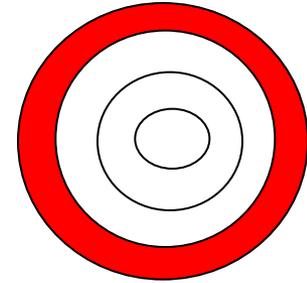
Jenna



>PH'



Path to Healing: Nation



In order to heal a nation, you need time.

For Example: Residential Schools



HEALTHY COMMUNITY & NATION



Politics

Gift: Honesty

Mind



Body
Gift: Sharing
Economics



Spirit
Gift: Respect
Culture



Heart

Gift: Caring

Community Health





HEALTHY COMMUNITY & NATION



Politics

Gift: Honesty

Mind



Body
Gift: Sharing
Economics

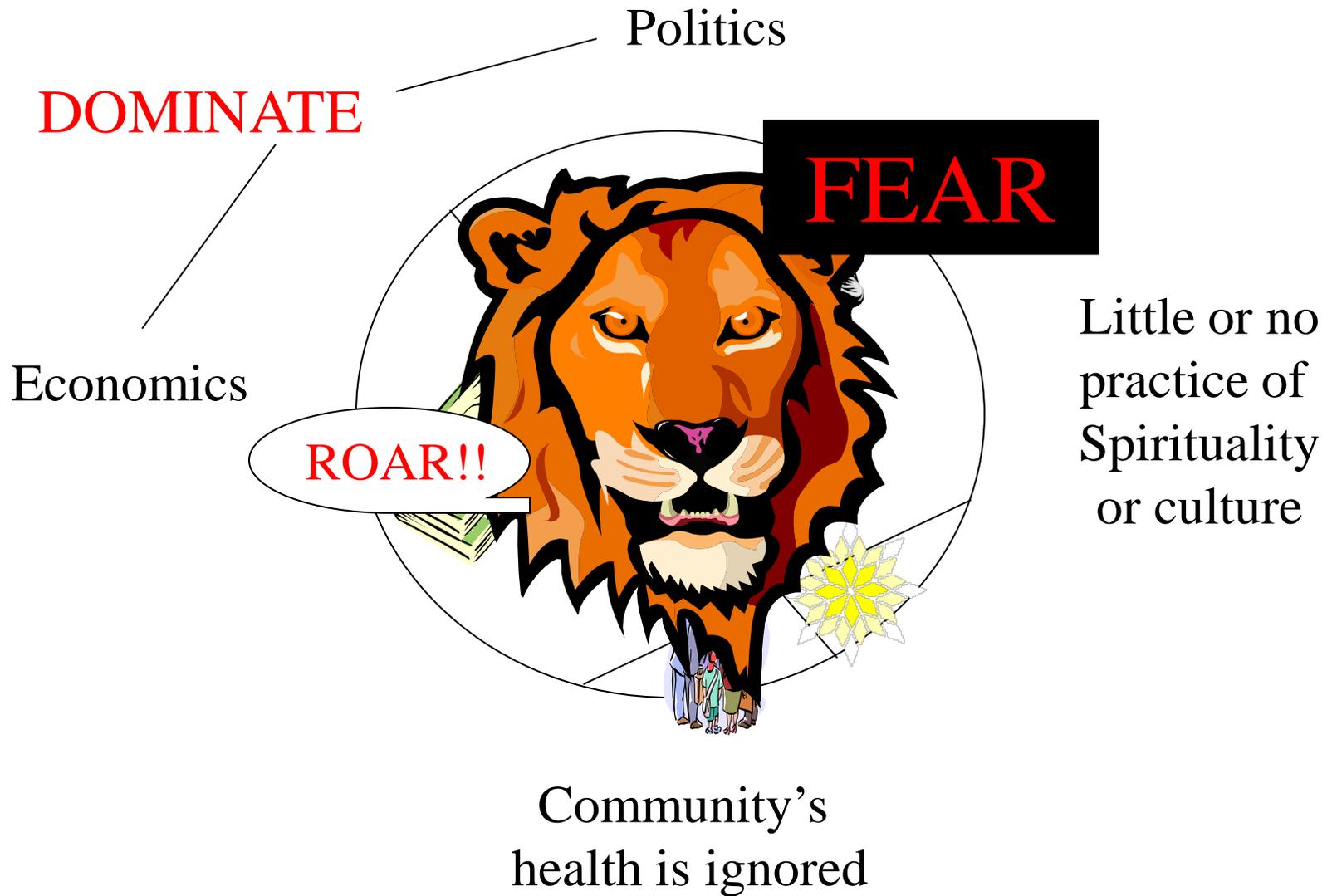
Spirit
Gift: Respect
Culture

Heart

Gift: Caring
Community Health



Example of an imbalanced “Medicine Wheel”





HEALTHY COMMUNITY & NATION



Politics
Gift: Honesty
Mind



Body
Gift: Sharing
Economics

Spirit
Gift: Respect
Culture

Heart
Gift: Caring
Community Health



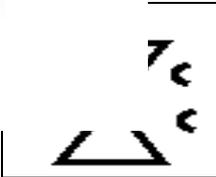
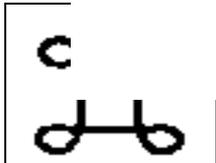
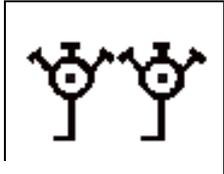


Barriers to Healing





In Conclusion





Acknowledgements

- The Sacred Tree
- Spirituality: Living Our Connectedness
- The Way of the Pipe
- Unfinished Dreams
- UCCB Mi'kmaq Resource Center
- Teachings of Ken Paul, Gwen Bear, Albert and Murdena Marshall.



Canada Research
Chairs

Chaires de recherche
du Canada



Social Sciences and Humanities
Research Council of Canada

Conseil de recherches en
sciences humaines du Canada

Canada
Canada

**CIHR-IAPH research award to
CRC Cheryl Bartlett for project entitled**

*“Integrative Health and Healing:
co-learning our way
to expanding wholeness
through restoration
of relationships with the land”*



**Institute of Aboriginal
Peoples’ Health (IAPH)**



CIHR IRSC
Canadian Institutes of Health Research
Instituts de recherche en santé du Canada



**Thank you
Wela'liek**