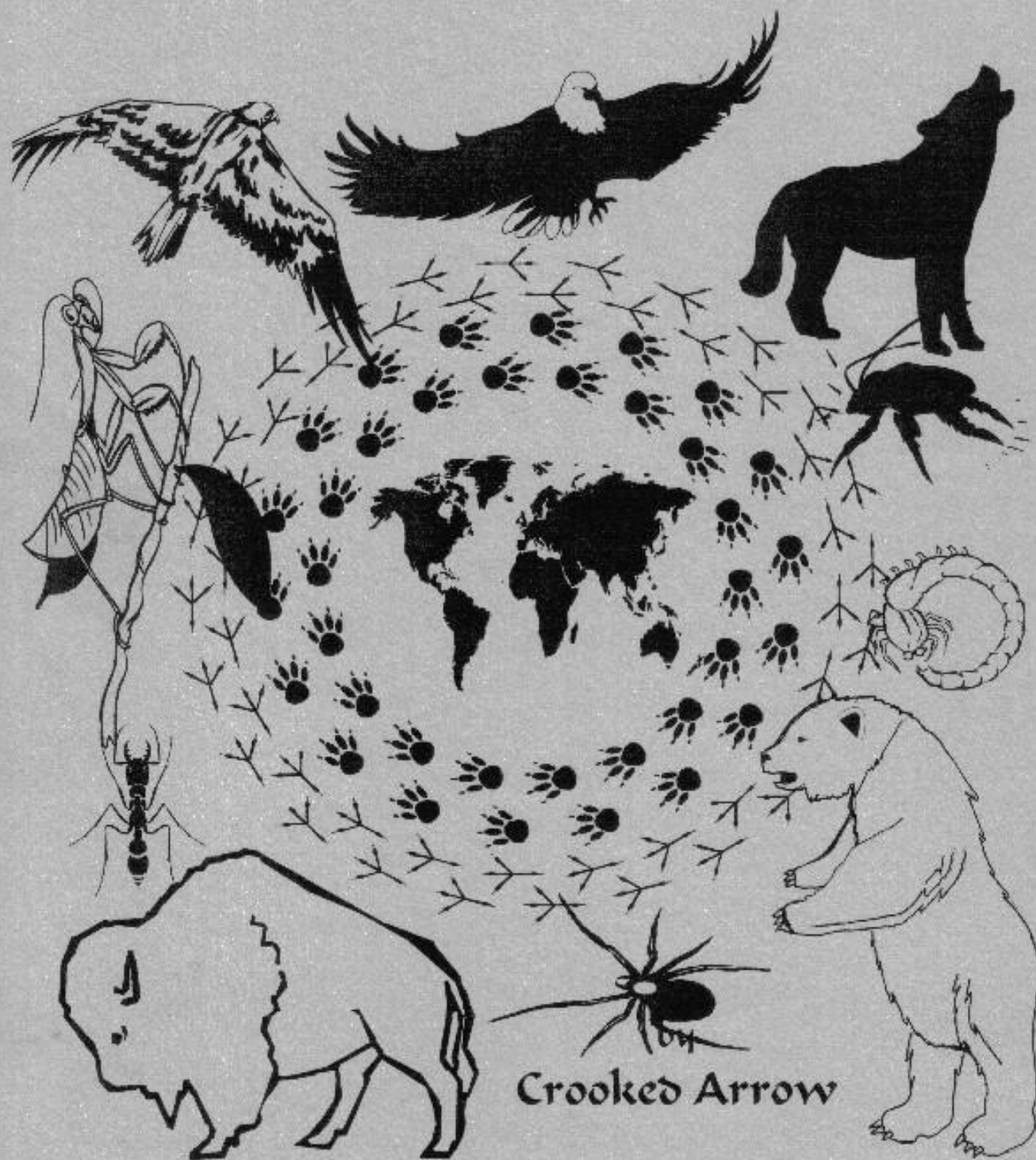


The First Medicine Wheel Coloring Book



Crooked Arrow



The First Medicine Wheel
Colors Book

by Crooked Arrow

This book is dedicated to my granddaughter, Star Watcher, with the hope that it helps her to walk Mother Earth in a sacred way with all the other creatures of this planet.

OTHER TITLES BY CROOKED ARROW

The Enlightenment

The Whispering Desert

Not His-story, Not Her-story, But Another –story

Earth Walk

Restoring Tribal Pride

The Legendaries's Great Gathering

Will You Listen The

L.O.O.P.

How? Journey of an Awakening

A Tree For Health

Your Kitchen Medicine Chest

Ancient Wisdoms, Ancient Connections Medicine Warrior Workbook

Also by Crooked Arrow and her son

A Song In My Heart

The Nomians

The First Medicine Wheel. Copyright 1994 and registered 1994 by Crooked Arrow, Phoenix, Arizona

All rights reserved under International and Pan-American Copyright Conventions.

First U.S. Edition 1994

First Printing 1994

Cover and other art work by Crooked Arrow

Introduction

The First Medicine Wheel was written as a children's version of the adult book, Earth Walk. Not only do adults need inspirational help, children also can benefit from some inspirational material. We live in a very stressful world, where human recklessness has greatly interfered with the natural order of things, causing an imbalance not only in our physical being, but also in the mental and spiritual aspects of ourselves.

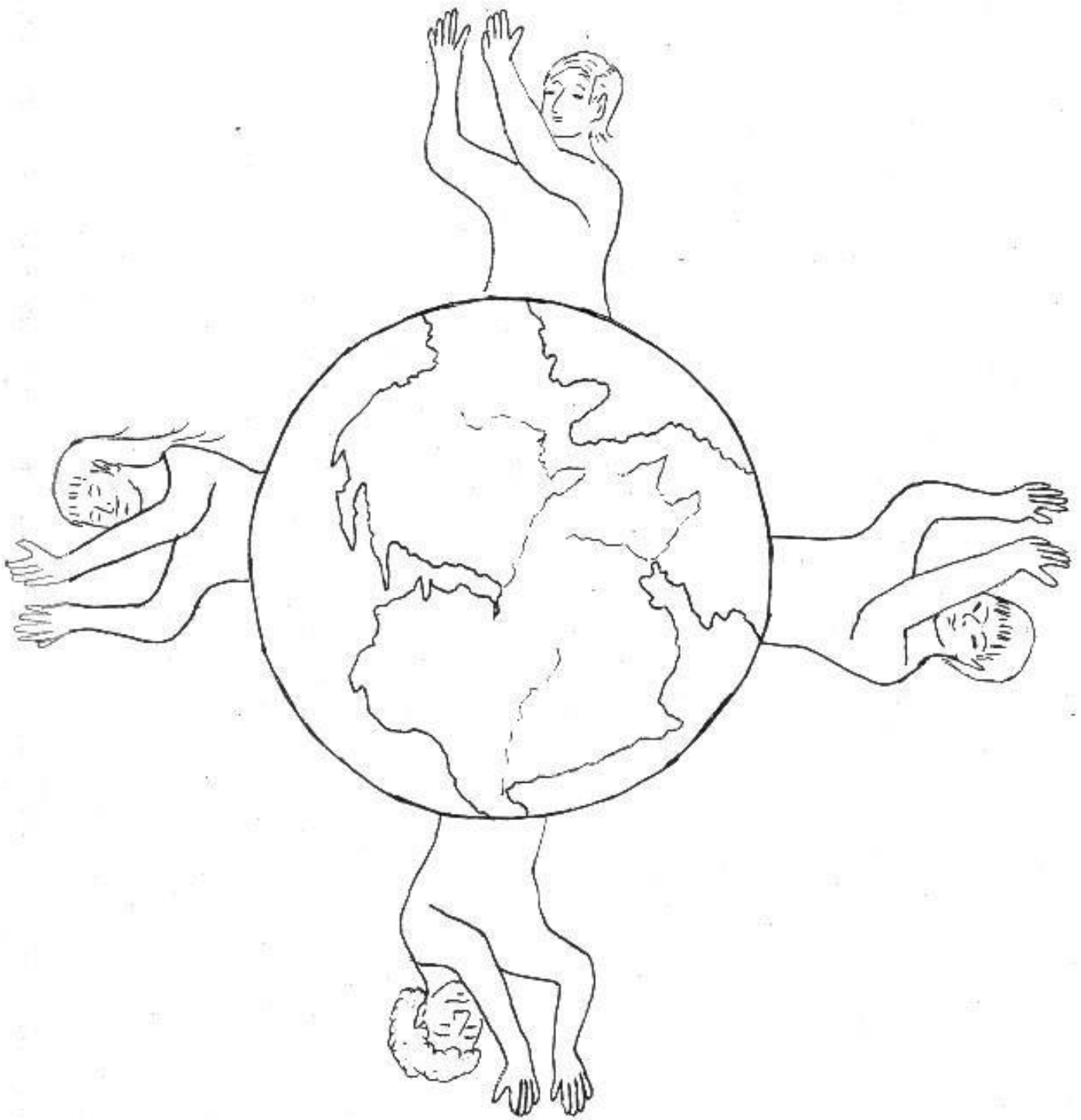
The First Medicine Wheel is an inspirational book packed full of thought provoking affirmations. This is a written tool to help children become close to nature. It is a way for them to balance themselves, helping them to bring order out of the chaos that surrounds them. This book was written mainly to help children regain their self-esteem while finding peace and harmony in their everyday lives.

The First Medicine Wheel was written in the inspiring way tribal people educated their young. This may be a child's book but adults will also find it very helpful, as it helps them to relax and understand the world around them that they very seldom have time to view. This book is meant to be an enlightening gift from the other creatures of this planet to the children of the human race.

The First Medicine Wheel

Many, many moons ago our planet was formed. The Great Spirit shaped Mother Earth into a sphere and floated it in the heavens among other stars and planets. Upon this globe, He created one huge landmass with water surrounding it. On this land the Great Spirit created gardens rich with trees, plants and herbs of every kind. This was the first circle ever created. It was the very first medicine wheel which had four directions upon it. This huge medicine wheel is Mother Earth. This first medicine wheel became a symbol of the sacred circle of life.

After creating this wonderful medicine wheel the Great Spirit assigned guardians to watch over Mother Earth's four directions. He placed in



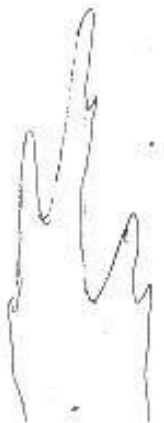
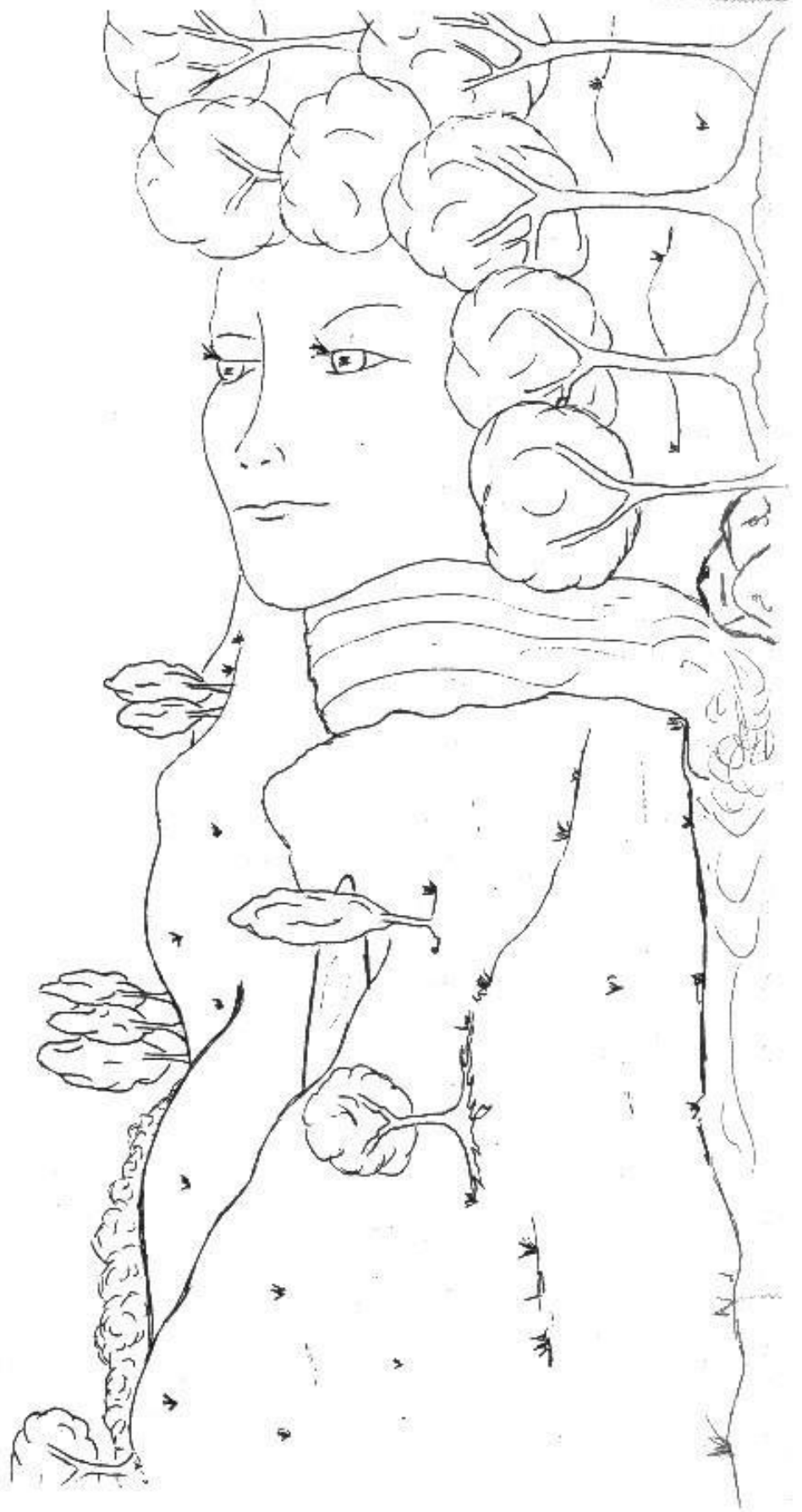
the North, the White Guardian who is the spirit of the plant people. In the West, He placed the Yellow Guardian who is the spirit of the mineral people. In the South, He placed the Black Guardian who is the spirit of the insect people. In the East, was placed the Red Guardian who is the spirit of the animal people. Today people call these guardians, elves, fairies, brownies and angels.

Next the Great Spirit assigned helper spirits to the guardians of the four directions. These helper spirits became Mother Earth's four seasons. The north was assigned the winter spirit that helped in bringing love and harmony to the creatures of Mother Earth. The east was given the spirit of spring who helped create the beauty and the many different colors found in nature. The south received the spirit of summer to help bring a constant renewal to Mother Earth. Finally, in the west was placed the autumn spirit who is the keeper of balance, helping maintain an ecological balance on this huge Medicine Wheel. At this time in the Earth's early history there was only one large landmass because all the continents were connected.

The Great Spirit felt really good about this medicine wheel He had created and He wanted to share it with someone. So the Great Spirit created creatures great and small to inhabit Mother Earth. He created humans, animals, insects, birds and fishes. He told these creatures to always care for Mother Earth and she will in return always provide for her children. When the Great Spirit created the humans, He created four races. These races He placed each in a different area on this huge medicine wheel so that they could each learn different sacred ways of respecting nature and how to continuously care for Mother Earth. In the east, the Great Spirit created the yellow race of humans. In the south, He placed His black race of children. On the west side of the medicine wheel, He created His children who were of the red race. On the landmass in the north, the Great Spirit placed His white race of people. The Great Spirit placed much power in the giant medicine wheel He created, to remind humans that we are all connected and equal. He wanted us to remember that all the creatures of this planet are children of the Great Spirit and Mother Earth. Because of this we are all relations, who must learn to share and live together in harmony.

Three different times in the history of the human race the Earth Mother changed in appearance. The one large landmass that had covered her surface in the beginning divided many times until the present continents were formed. These changes occurred three different times, because it was the Great Spirit's way of cleaning the Mother Earth of any thing that was not respecting her or not maintaining the natural order of things.

The humans that were destroyed in each one of those previous worlds were very involved in things that caused them to forget that they were not the only creatures that shared this planet. These humans were very intelligent when it came to making objects but very dumb when it came to the moral order of the universe. They developed many interesting and useful things. Some things were used to make humans feel good while other objects were used as weapons to destroy and to control. The humans at that time did not think much about the harm some of their inventions would cause other life forms or even how it would affect Mother Earth. Those humans were very greedy. They cared mainly about themselves. Because of their selfishness they loss the sacred connection



they once shared with the other creatures that lived on Mother Earth. These humans no longer showed respect for the presence of the Great Spirit that was found in all of His creations. In each of these times of destruction not all humans were so self centered.

When the Great Spirit told Mother Earth that the time had come to clean away all of the evil creatures, so that she could be healed and renewed, Mother Earth cried. Mother Earth loved all of her creatures, the good as well as the bad. No matter how big or how small, they were all her children. She pleaded with the Great Spirit to spare her children each time He was about to change the surface of the world. The Great Spirit had a great love for Mother Earth. She was the most beautiful of all the circles He created in the heavens. The Great Spirit always had a way of feeling the pain Mother Earth was experiencing through the hands of her children. He, too, loved the creatures He had created but He could not let them continue to spread their chaos, destroying the beautiful medicine wheel He had created.

The Great Spirit with love in His heart told Mother Earth to send for the spirits of the four seasons. He then instructed her to tell the four seasons to go out across her surface and find any creature among the four races that still had respect and love for all of the things the Great Spirit had created.

When the time had come for the earth cleaning, Mother Earth would send out the four seasons each time in search of the righteous. She sent the winter spirit to all the land in the north that was inhabited by the white race of humans. The spring spirit, she sent throughout the land to the east in search of the yellow race. She sent the summer spirit to venture forth in all the land to the south in search of the black race. To the west she sent the autumn spirit to journey until it came upon the red race of humans that dwelled there. Each time these spirits were sent out they returned to the Great Spirit with the news that only small groups of humans of each race had kept the honor, love and respect for the things the Great Spirit had created. This always sadden Mother Earth but each time she asked the Great Spirit to at least save those who were righteous.

Each time the Great Spirit was ready to clean and heal Mother Earth, He would tell the guardians of the four directions to go out across the lands and gather up those righteous creatures that the four seasons had found, both the humans and animals in their areas. The guardian of the north gathered all the righteous humans that they could find in the white race and the animals that shared the lands of the north with them. The guardian of the east gathered all the good humans of the yellow race along with the animals that they were familiar with. The guardian of the south gathered up all the honest humans of the black race and the animals for which they cared so much. The guardian of the west brought forth the enlightened children of the red race and the special animals that shared the lands of the west with them.

Then the Great Spirit instructed the Mother Earth to open her arms and create places to hide her special children from the changes that were to occur on her surface. So, Mother Earth created four huge openings to hide her children. She opened a huge cave in the northern mountains where she placed the white race and their animals. Mother Earth told the

north guardian to stay in the cave with these creatures and protect them until the Great Spirit called them out. In the east, the Earth Mother produced a large opening in the hills and placed the yellow race and their animals. She sent the guardian of the east to watch over them. Then the Mother Earth uncovered a large tunnel in the side of a southern cliff where she sent the black race and their animals to stay. She told the guardian of the south to remain guard over these children of the south until it was time for them to once again walk the surface lands. Then the Mother Earth created a large hole in the ground in the west and commanded the guardian of the west to take her red race of humans and their animals into the hole and stay there until the Great Spirit signaled them to come out.

When the guardians had taken the humans and their animals to these safe places, the Great Spirit commanded the spirits of the four seasons to seal each one of the openings. The spirit of winter rolled a large rock in front of the cave opening that was in the north. The spring spirit went and covered the large opening in the hills of the east with timber and shrubs.

The summer spirit used grasses and herbs to close up the side of the cliff where the tunnel was in the land to the south. The autumn spirit went and danced over the large hole in the ground in the west until the hole that concealed the red race was completely covered with dirt.

The Mother Earth was told by the four seasons that each one of the openings were completely closed and that her special children were now safe. Mother Earth cried, for her loss unfaithful children who were to be destroyed, as she raised her eyes to the heavens and said to the Great Spirit, "Now it is time". The Great Spirit put Mother Earth into a deep sleep for He knew the pain this cleansing would cause her. It would really hurt if she had to watch her children be destroyed. As she slept with her special children well hidden deep inside of her, the Great Spirit caused all other life on the surface of this great medicine wheel to end. The cleansing process was devastating and really put a strain on the structure of Mother Earth. This made the Great Spirit promise each time to change the way He healed Mother Earth, for this was really a lot for her to have to go through. He stated that these purifications need not occur if the

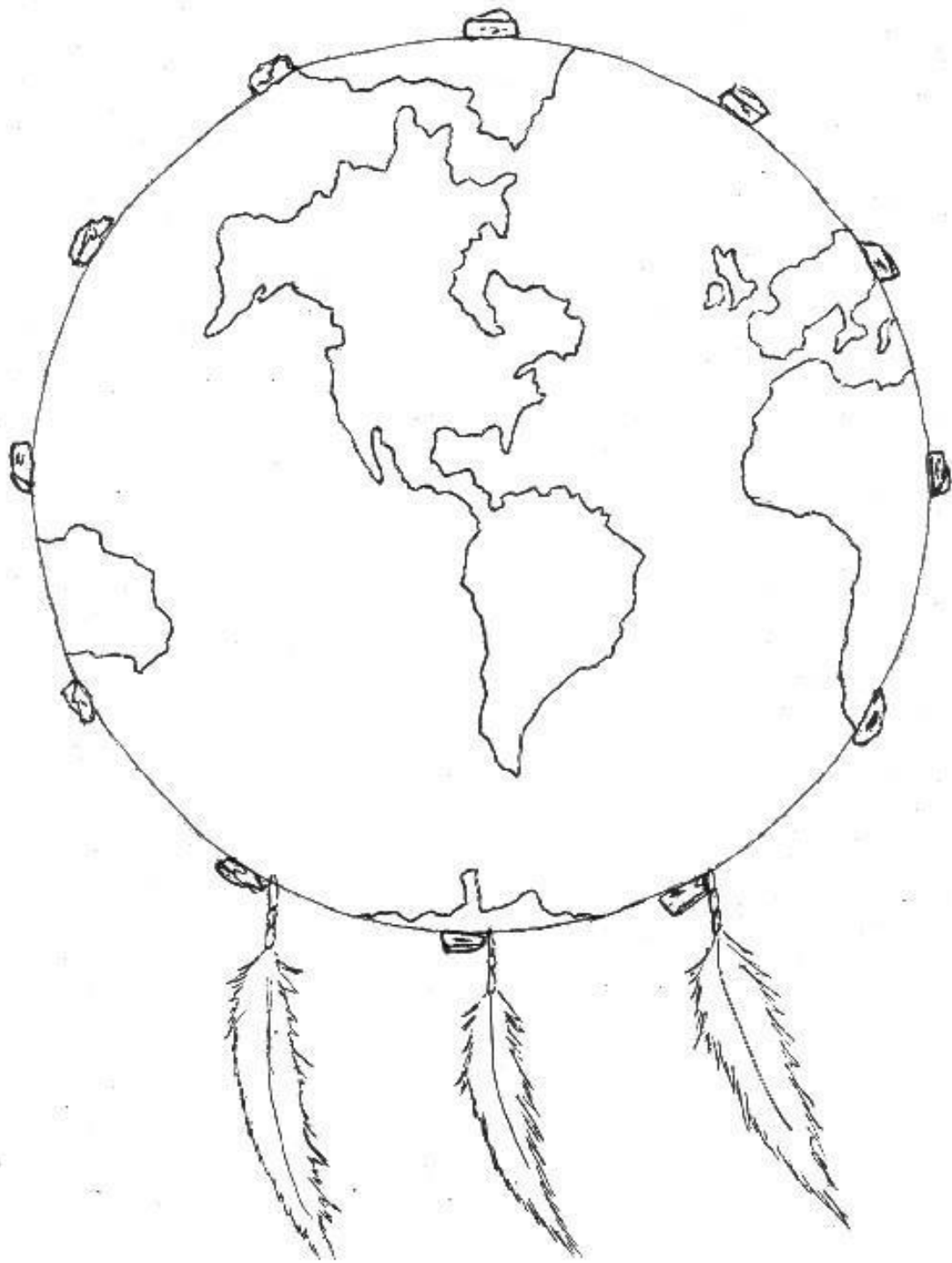


humans weren't so greedy and self-centered. In the cleansing of the first world, the Great Spirit caused many volcanoes to erupt sending a rain of fire across the land and the waters to boil. Nothing was safe from these fierce fires. In the second cleansing, the Great Spirit sent a deep chill over the surface of the planet causing everything to freeze and die. The third cleansing is the one everyone talks about the most. That's when the Great Spirit opened the heavens and allowed the waters to come down for forty days and nights, flooding the entire surface of Mother Earth.

Looking at the history of the human race since the last great cleansing, there has been recorded a lifetime and more of wars and chaos among humans. Many inventions have helped further some civilizations while the overflow of waste and toxins have begun to make Mother Earth sick again. Some tribal people around the globe of the four races of humans continue to pray and honor the universal forces of the medicine wheel through their ceremonies, but this is no longer enough. Tribal people alone can not make up for all the centuries of harm other humans have done. Mother Earth has begun to cry again while unjustly suffering.

Through earthquakes, hurricanes and other natural phenomenon, she constantly gives humans signs of how badly she is hurting. Humans don't seem to be paying much attention to these warnings as they continue to cut trees, pollute lakes, streams and the air; while also putting cement dwellings where small creatures use to live.

The animals, insects, plants and minerals all remember what it cost them in the past each time Mother Earth had to be cleaned of the destructive humans. That is why the sacred spirits of the animal people, insect people, plant people and mineral people have come together in this book to talk with the younger generation of humans. These spirits have made a sacred walk around this great medicine wheel for peace. It took them twelve months to complete their walk. They visited the tribal people of the four races of humans who still believed in the power of the Great Circle of life. Since it took them twelve months to complete this journey, they were able to give the tribal people twelve inspirational thoughts to help them to stay in harmony with their fellow creatures. They told the tribal people to;



1. Accept truth unconditionally
2. Accept the fact that you and your environment
are one
3. Always do a self-examination daily
4. Learn to live in balance
5. Learn to use your intuition more
6. Learn to confront all situations openly and
honestly
7. Learn to control negative emotions
8. Learn to attract only good or positive
vibrations
9. Be firm in your life purpose, learn to say no
10. Accept who you are, love yourself
11. Respect the laws, those of the Great Spirit,
man and nature
12. Seek and honor the presence of the Great
Spirit in all of His creations

These affirmations were only part of what these spirits had to offer in

the way of a lesson on harmony in life.

Tribal people around the world tell stories about these special spirits and how they have helped humans. The stories may vary from race to race and culture to culture but they all tell about the promise made by humans to always respect and honor the things the Great Spirit has created. These spirits have a great love for Mother Earth that is why they try to help humans. Tribal people know that it is very important to keep peace and harmony between all the creatures of this planet. They know this will help keep Mother Earth in a healthy balance. But when humans create wars and destructive devices they are once again causing an imbalance that will eventually cause Mother Earth great pain. These special spirits communicated with all humans in the beginning but now only the tribal people listen to what they have to say. Now they are choosing to talk to the younger generation of humans because you still have a closeness to nature. You can feel and see things in this world more clearly than adults. Listen to what they have to say and tell your parents and friends, so that all humans can learn to walk in peace and harmony with all of the Great

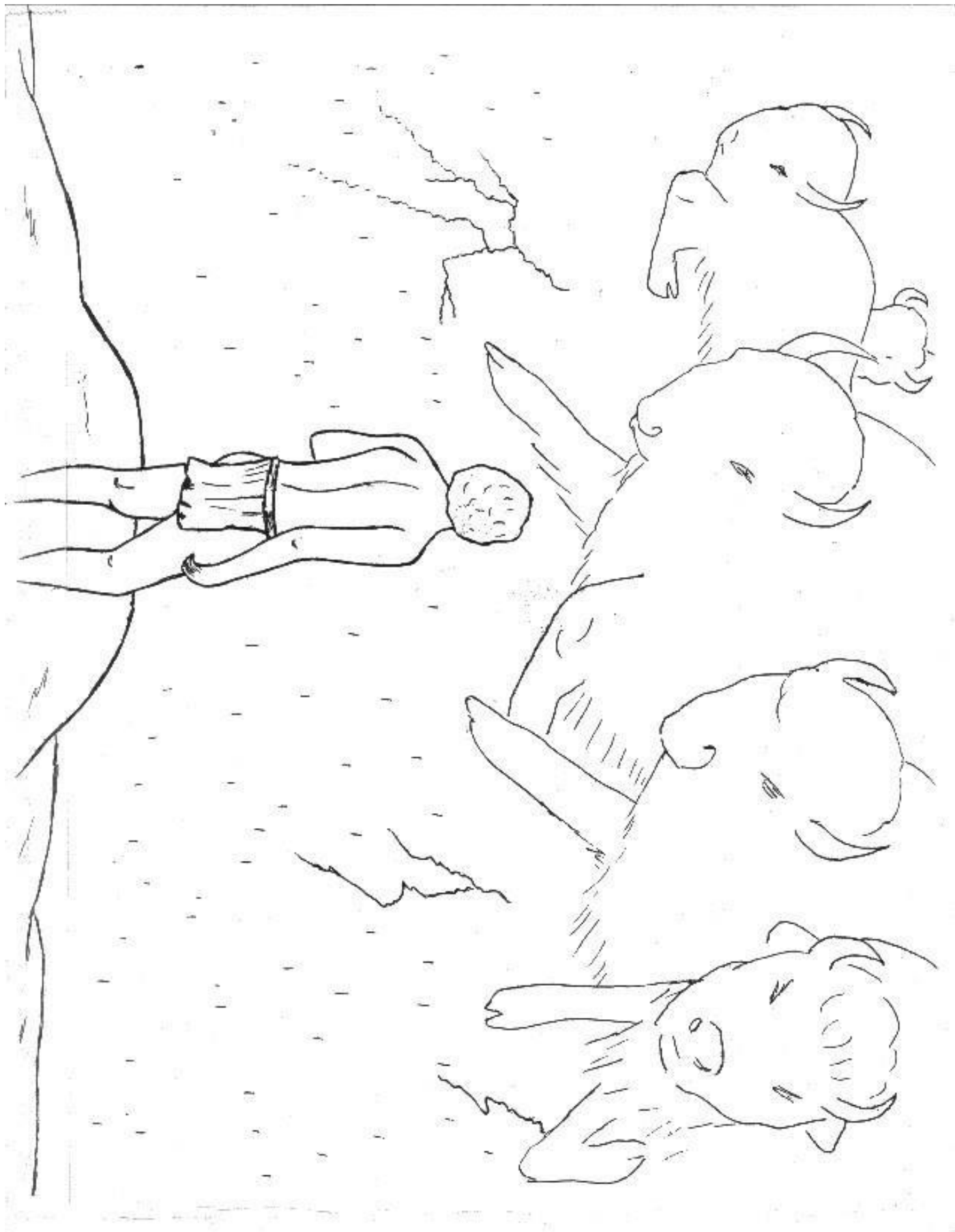
Spirit's creatures before cleansing has to come again. These spirits are here to help guide you in making the earth a better place for all to live.

The spirits of the animal people, insect people, plant people and mineral people are spirit helpers and protectors. They will do all they can to help protect a human who wishes to learn the ways of balance. Listen to the words of wisdom of these special spirits. Their insight will help you to journey on the Great Medicine Wheel in harmony with love and peace in your heart. The more there is of love and harmony among humans the better chance we will have for peace on Mother Earth the way the Great Spirit wanted it for all his creatures.



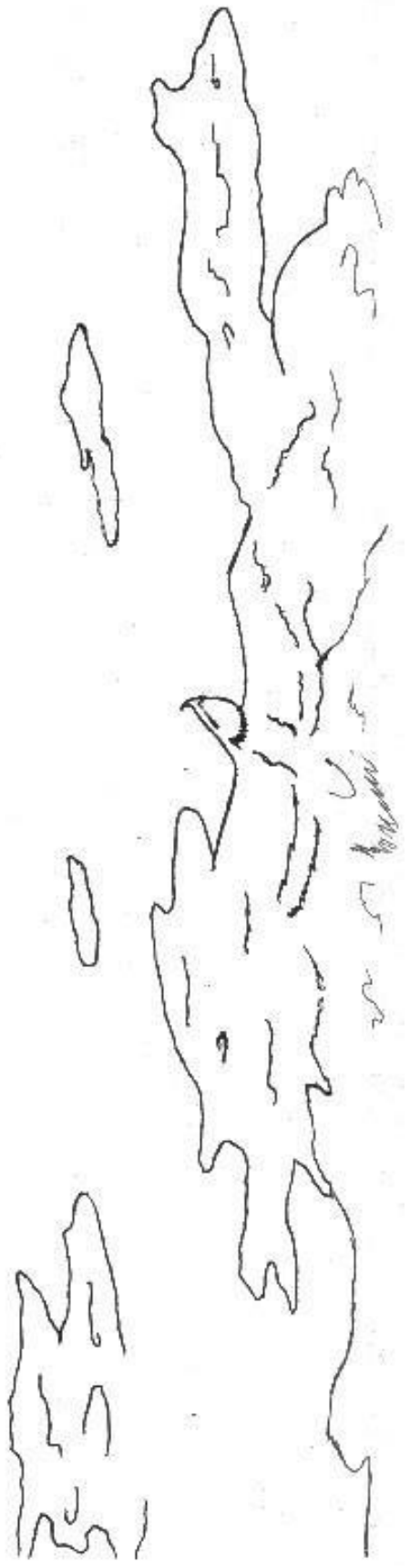
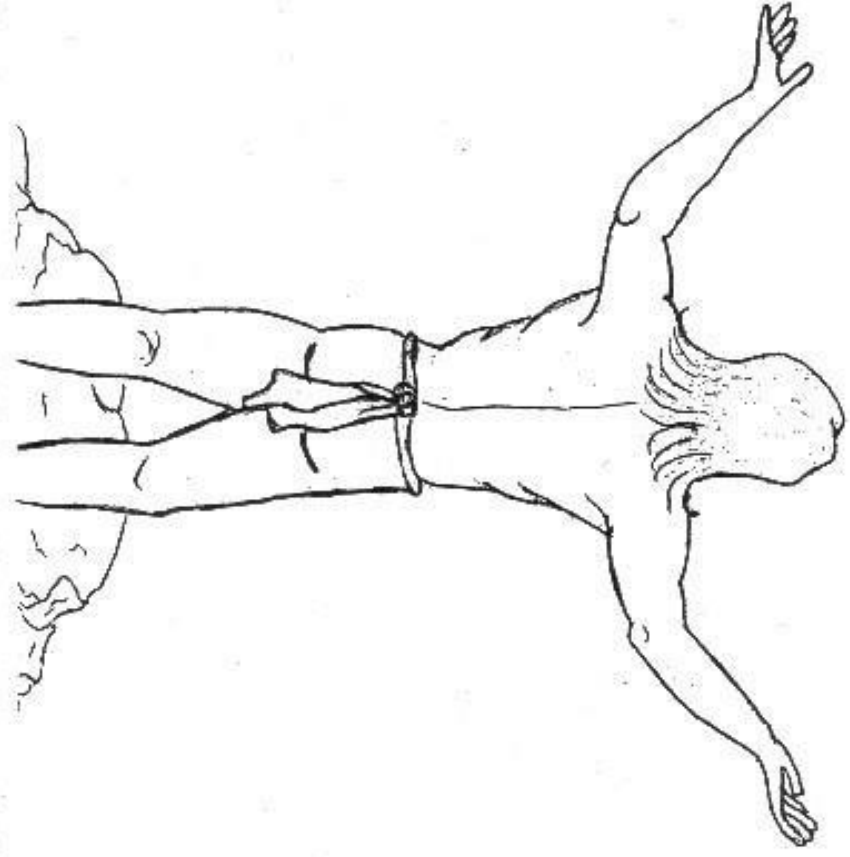
BEAR (MEDITATION)

We Bear People are very peaceful creatures as long as no one invades our territory. We are very curious beings and despite our large size we can be very affectionate animals. We know the real value of quiet time alone. Because of this, we hibernate anywhere from 2 to 6 months out of a year. Our spirits come to you little ones of the human race to teach you about quiet time. Quiet time alone is a form of meditation. Meditation is like hibernation, where you can learn to relax and control the forces within you. Bear life is one of peacefulness. Use our bear power and sit as often as you can in quiet meditation, so that you can find that inner peace your whole being needs.



BUFFALO (COURAGE)

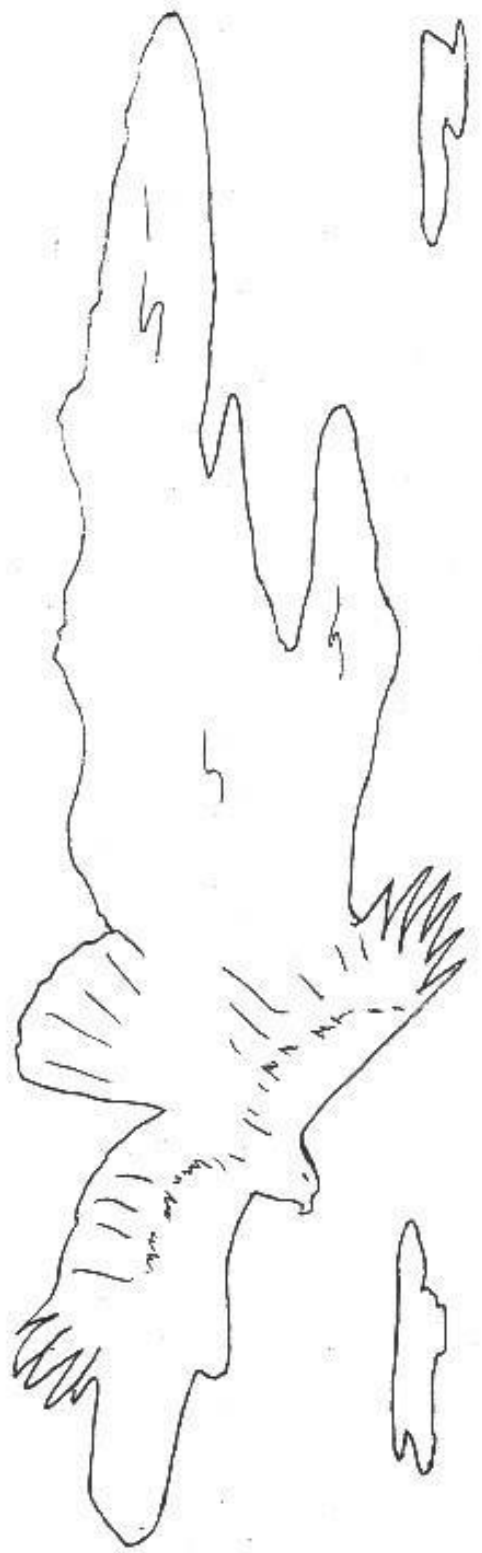
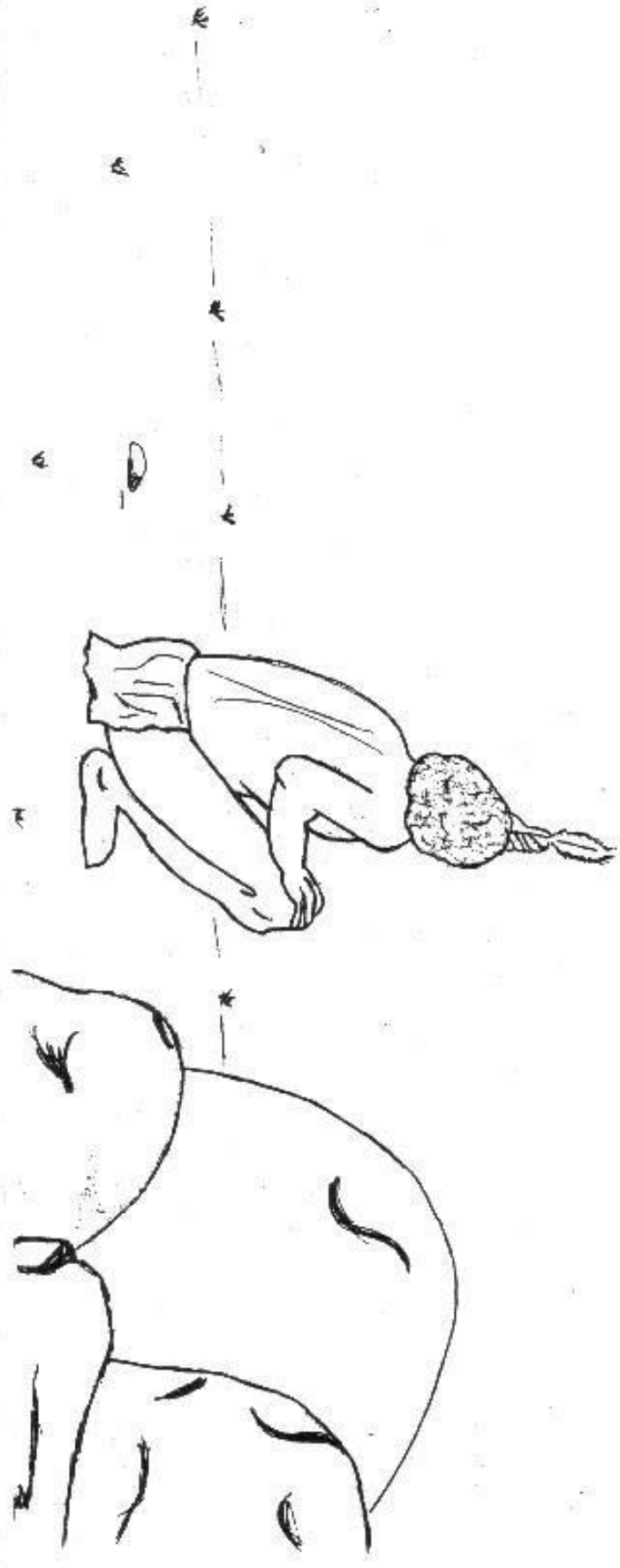
The native tribal people of North America and Buffalo People have always shared a very special bond. It was the westerners that invaded our lands and tried to break this connection between the sacred peoples. They did not understand this special link, so they feared it and things that are feared usually get destroyed. Throughout all this destruction both the tribal people and the buffalo people continued to have the courage to overcome the hardships that tried to wipe them out. The native people knew that the buffalo spirits originally lived in the thunder clouds. The Great Spirit sent some of us to earth to help the red race of humans survive. Now we come to you children who are of all the four races of humans to teach you courage. Use buffalo power to be strong and have the courage to confront the many challenges in your every day lives. As a spirit guide we want you to remember what fear did in the past to people. Fear will always block your way, so have the courage to walk the great circle of life without fear.



EAGLE (SPIRITUAL)

Eagle People are the most magnificent and regal of all the feathered creatures. We are able to fly much higher than most species and we have very keen eyesight. Because we are such masterful fliers, native people have always associated our graceful flights with angels. They believe that because we can fly so high that we can take their prayers to the Great Spirit for them. Because of this our feathers have always been used by the native people of the Americas in prayer ceremonies. They are able to feel the strong spiritual eagle power within the feathers, the power that is the spiritual awareness that links us with the Great Spirit. As eagle spirits we have helped humans readjust to earth life after each one of Mother Earth's changes. Now we come to you young people to remind you of the importance of spiritual growth.

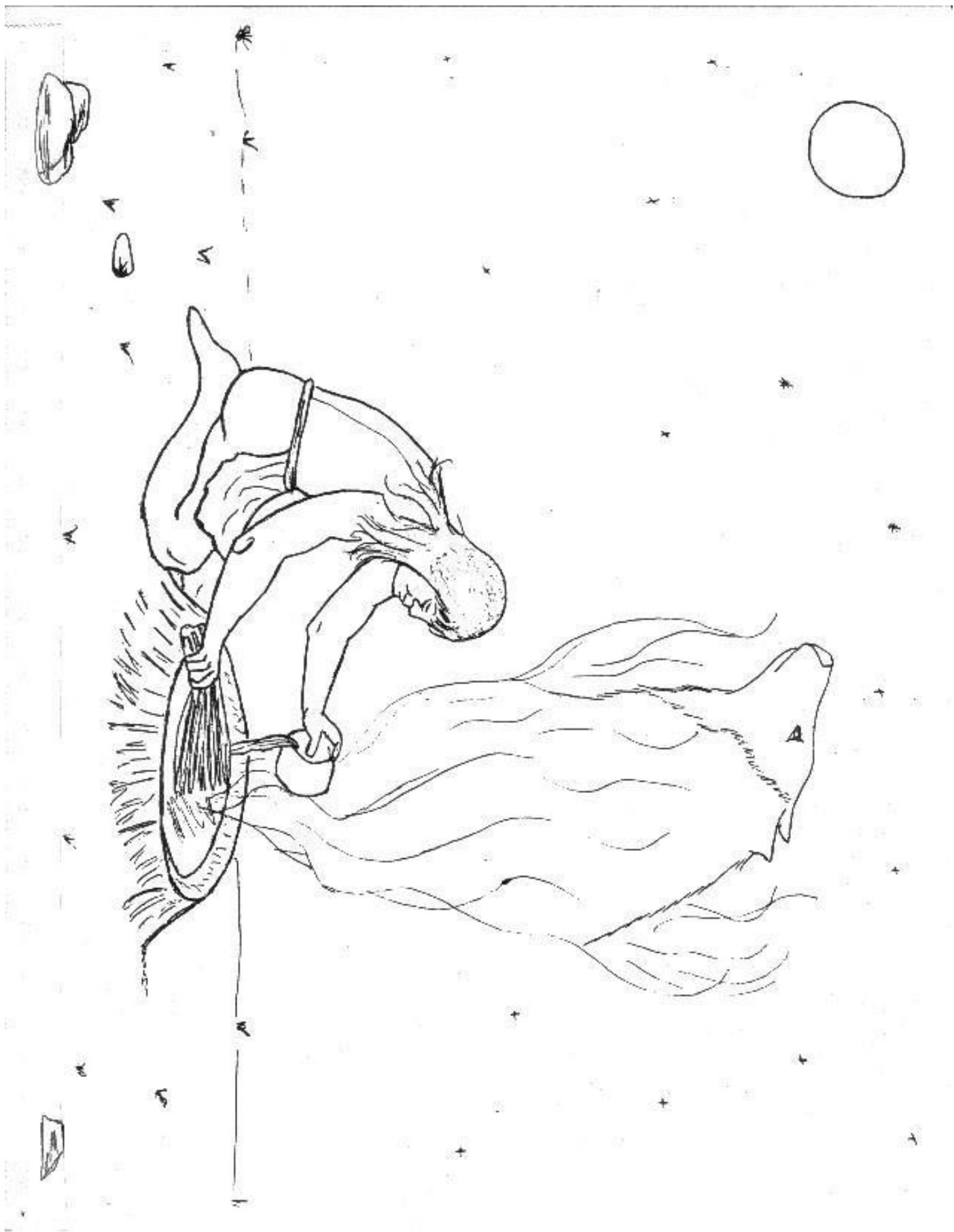
Prayer helps you to grow spiritually and it is this growth that will help you to see what is happening to the world around you. We don't ask you to believe in things that you do not want to believe in or find difficult to believe, we simply ask that you open your eyes and heart to see the destruction and feel the pain that Mother Earth is once again suffering. Learn to feel the great spiritual power of the eagle people as they visit the Great Spirit, bringing Him the prayers of those who care.



HAWK (COMMUNICATION)

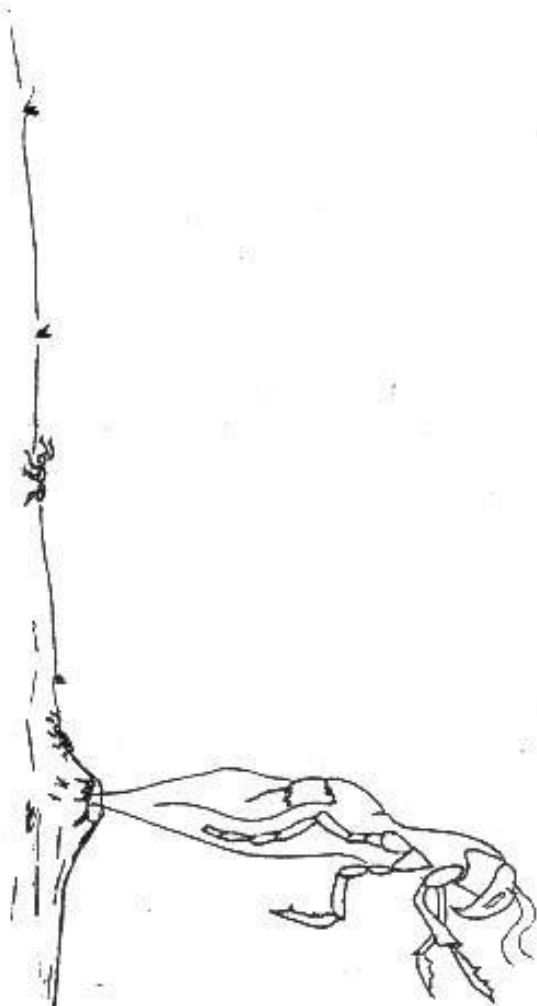
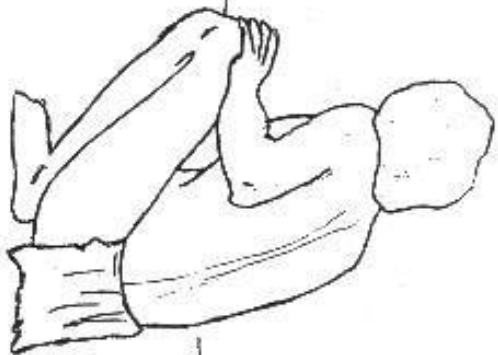
Hawk People have keen eyesight like our close cousins the Eagle People, because we are also birds of prey. We have very strong powerful wings which help us to have swift flights while also allowing for intermittent periods of gliding. Tribal people associate our ease in gliding with how easy they feel they can communicate with the Great Spirit. We are not a singing species, but one that makes sharp challenging sounds. As the spirit of the great hawk, I am visiting you on this medicine wheel with a very positive challenge. You are all children of the Great Spirit and so you are all equal in His eyes. It is time you help break down all the barriers that cause strife. Learn to communicate together in peace and harmony. Communication helps

you to learn more about each other and this helps you to see that, as children of the Great Spirit, you have some things in common even if you don't want to admit it. The Great Spirit created us all in His image. He created only good, so see this good in others along with the image of the Great Spirit to help stop the chaos that causes bigotry. Communicating with all of the Great Spirit's children is the way of balance.



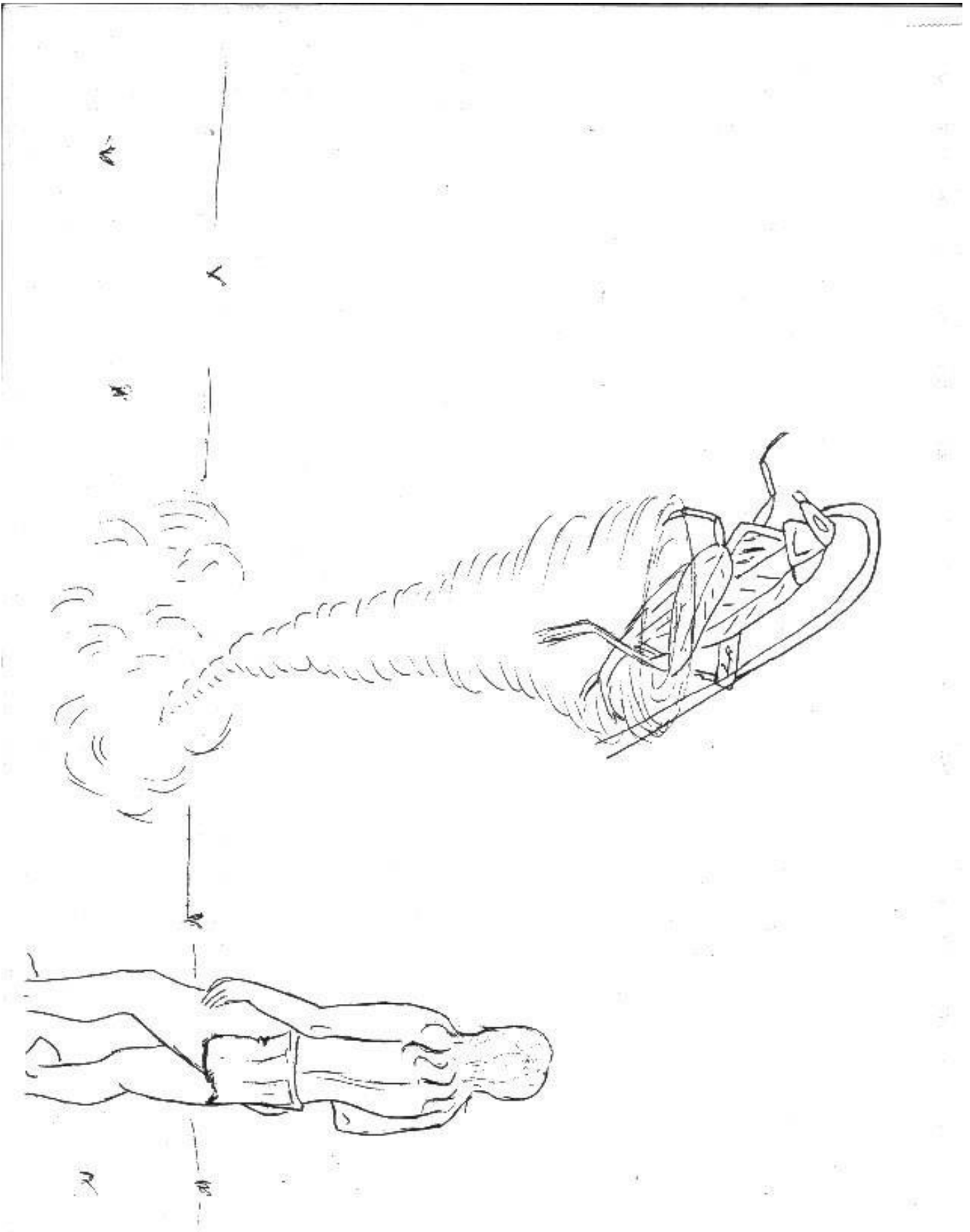
WOLF (PROTECTION)

Wolf People are very intelligent creatures. We are social animals, so we have a tendency to be very protective of our young. Since there has been so much destruction in the past done to our species we have learned to avoid areas that are heavily populated with the scent of humans. Before all of this destruction we were very close to some of the humans. There are many stories about the respect wolf people and humans shared for Mother Earth. We spent a lot of those years helping each other until greed sweep across this land. The time for sharing is once again at hand. As a wolf spirit, I am very protective of the little children of this world because you are special to Mother Earth and the Great Spirit. I ask that you learn to be more aware of the things in this world that may cause you harm and those things that are damaging to Mother Earth. When harm comes your way, use wolf power to run for protection. Learn about all the safe places in your area to which you can run, if you need help. Learn all the safety laws of the land. Learn how to find ways to help protect Mother Earth and her creatures of the nature world. Protect and save the medicine wheel we all live on.



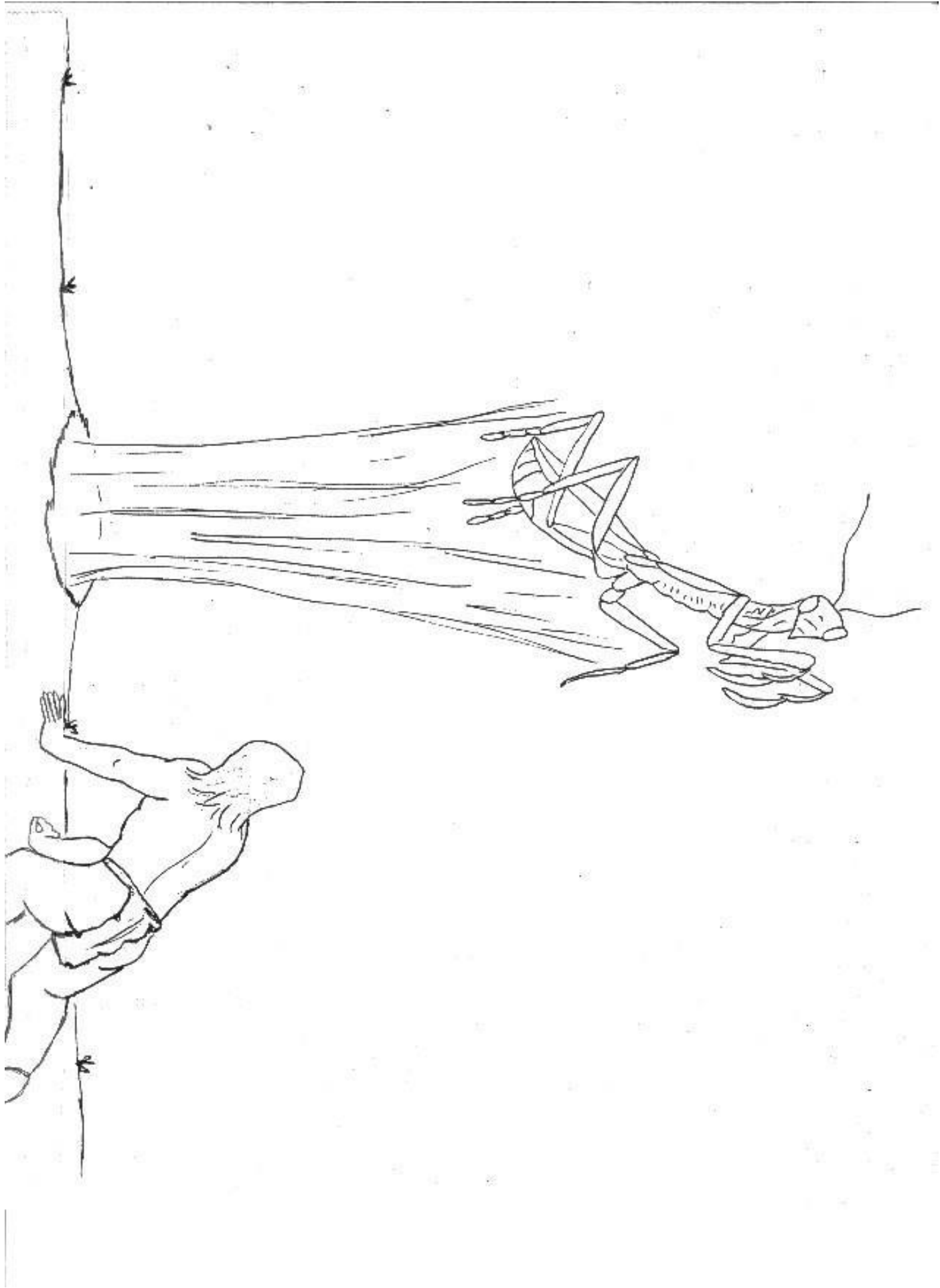
ANT (STRENGTH)

We Ant People have always worked together as a colony to survive on Mother Earth. Just like humans, we have cities, garbage dumps, and storage areas but they are all underground. We even have pets. Even though we are very tiny in size, we are able to carry things that are twice our size. Tribal people call us the little brother because they know the only difference between us is our physical make-up. As the tiny ant spirit, I'm here to show you that size can be very deceiving to the eye. I want you to learn that true strength comes from deep within yourself. Use ant power, which is that inner strength, to overcome the pressures that others may try to force on you. It's not the size that counts, it's being able to find the strength within you to stand up for the things that are good in this world. Ant power allows you to see yourself as a tower of strength. Use that strength for good as you walk the medicine circle of life helping others to become strong positive individuals.



CRICKET (PRAYER)

Cricket People have very strong hind legs which gives us the power we need for any sudden leaps. We are also known to produce a loud chirping sound. Some tribal people consider our chirping sounds as songs of praise. This is why some humans believe that as long as our sounds are heard that good fortune is sure to be close by. As the cricket spirit, I am making a great leap among these pages of the First Medicine Wheel to help you see how important devotion to a higher force can be in maintaining harmony. Each of us has our own way of praying. Some people sing, while others sit quietly and yet others chant words or repeat sayings they have learned. Deep inside of each of us is our own special prayer, words or sounds that come straight from our hearts. Learn to use cricket power to help you become humble enough to give constant praise in your own special way for all the good things that have come your way. While you are giving praise I ask that you join with me to sing a special song of love for Mother Earth. (Wa do A gi e tsi) Thank you Mother.



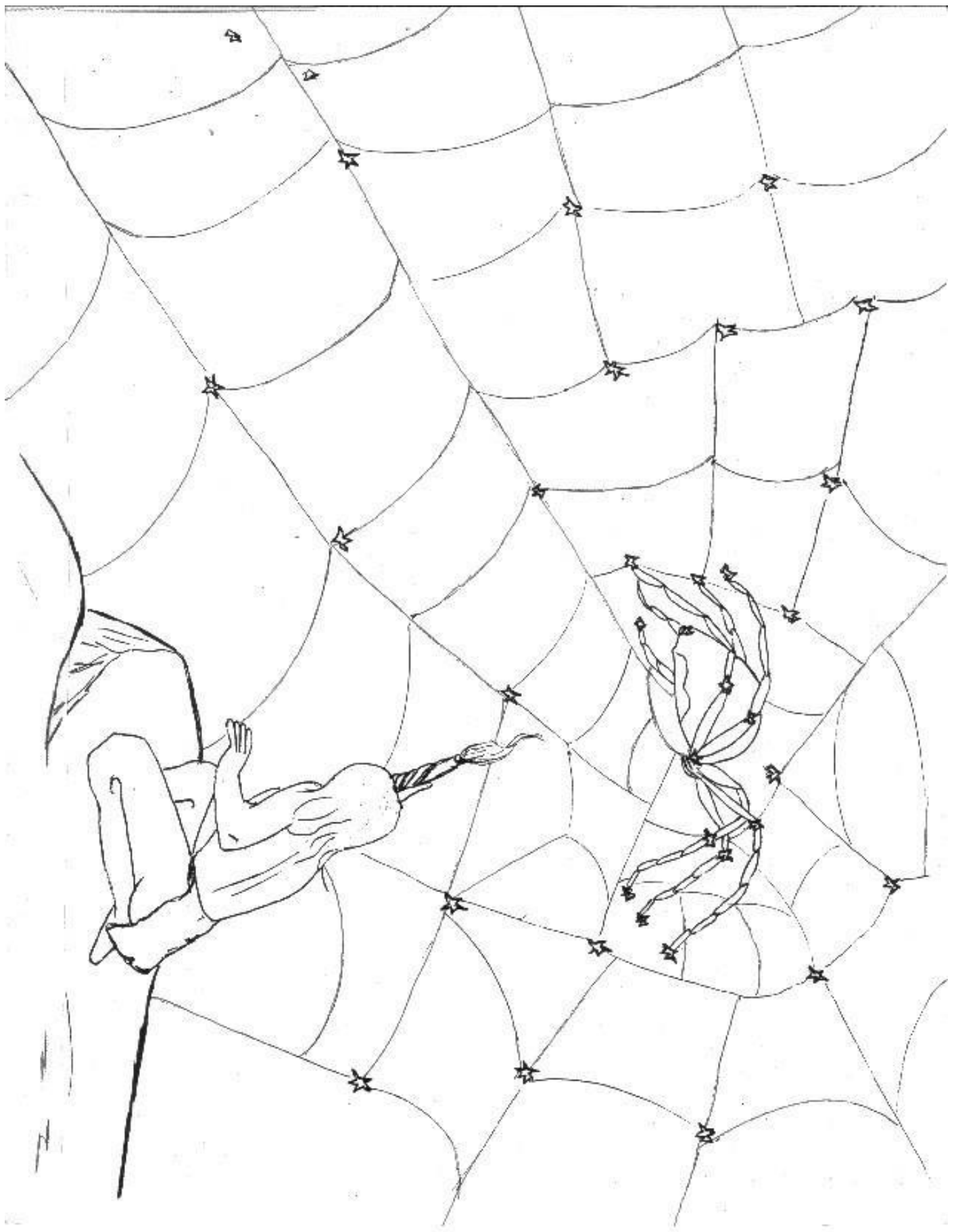
MANTIS (PATIENCE)

Mantis People are either green or brown in color. Our color helps us to blend in with nature as we stand for long periods almost motionless. Even though we stand patiently waiting for our prey, when the time is right we can move with great speed. We help Mother Earth by feeding on the harmful insects found in nature. On your earth journey I am glad I can be with you in my mantis spirit form. I'm here to tell you that through time and patience the doors of some very interesting things can be opened to you. Learn the mantis power of being patient. Don't be in such a rush. A lot of very important things can get over looked in the process. Look around you at how this society has become one of hustle and bustle. A very fast past life that does more harm to your inner spirit than you realize. When rushing around causes you physical stress, don't you think that it is also doing something to you spiritually? Stress is very harmful, so why do you continue to do things that add to this problem? Be patient and take life slowly, so that you can live much longer. Remember, good things will come to those who have the patience to wait.



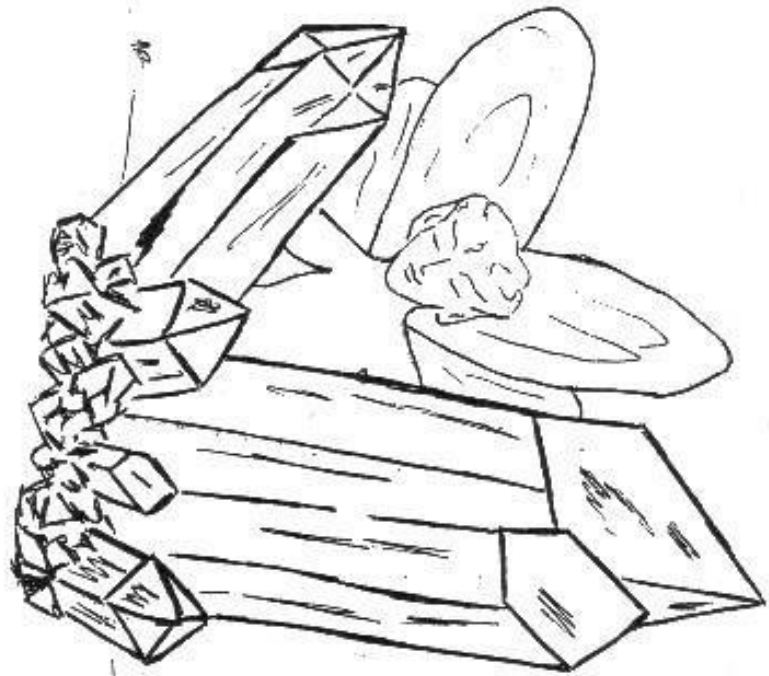
SCORPION (CAUTION)

Did you know that we Scorpion People are really night creatures? It's true, even though we are found in very warm dry climates, we enjoy the cool moist evenings. Sure, we have deadly stingers, but we don't go out of our way to cause harm to others. We hide during the hot day hours under rocks, where the ground is cool and moist. The Great Spirit has placed large pinchers at the front of our bodies as a warning that our deadly stinger from our tale will follow if these pinchers should touch you. As the spirit of the scorpion, I do not wish to bring fear to anyone on this wonderful journey on the medicine wheel. I come here within these pages to teach you that it is very important that you become more alert. Don't take everything in this world for granite. I don't want to scare you, that is not my mission. Fear will only create confusion. I don't want you to be confused, instead I want you to be more aware. Learn to heed all the warnings. The Great Spirit has placed many warning signs in nature. So be aware of what they are. Learn to watch for all the signs of caution in this world and you will be able to prevent a lot of problems.



SPIDER (CREATIVITY)

We Spider People come in all sizes, from that of the tiny, red spider, to the large, hairy tarantula. You may find our people all over the world. We are weaver insects. We taught the tribal people around the world how to weave. Some of the beautiful geometric shapes you see around you today were inspired by the beautiful shapes we weave in our webs. Spider power is one of creativity. Everyone has the ability to create something beautiful. As the spider spirit, I will try to motivate you in the direction of creativity. Learn to create beauty in this world for beauty helps restore health to Mother Earth. Creativity can come in many forms, whether it be weaving material or writing a beautiful song. You may think that you are not artistic, but everyone has the ability to create something beautiful. Remember beauty is in the eye of the beholder. We are each individuals which makes whatever you create something special and different. Learn to become a spinner of goodness and spin a web that will help to enlighten others to the ability to create with love.



10

11

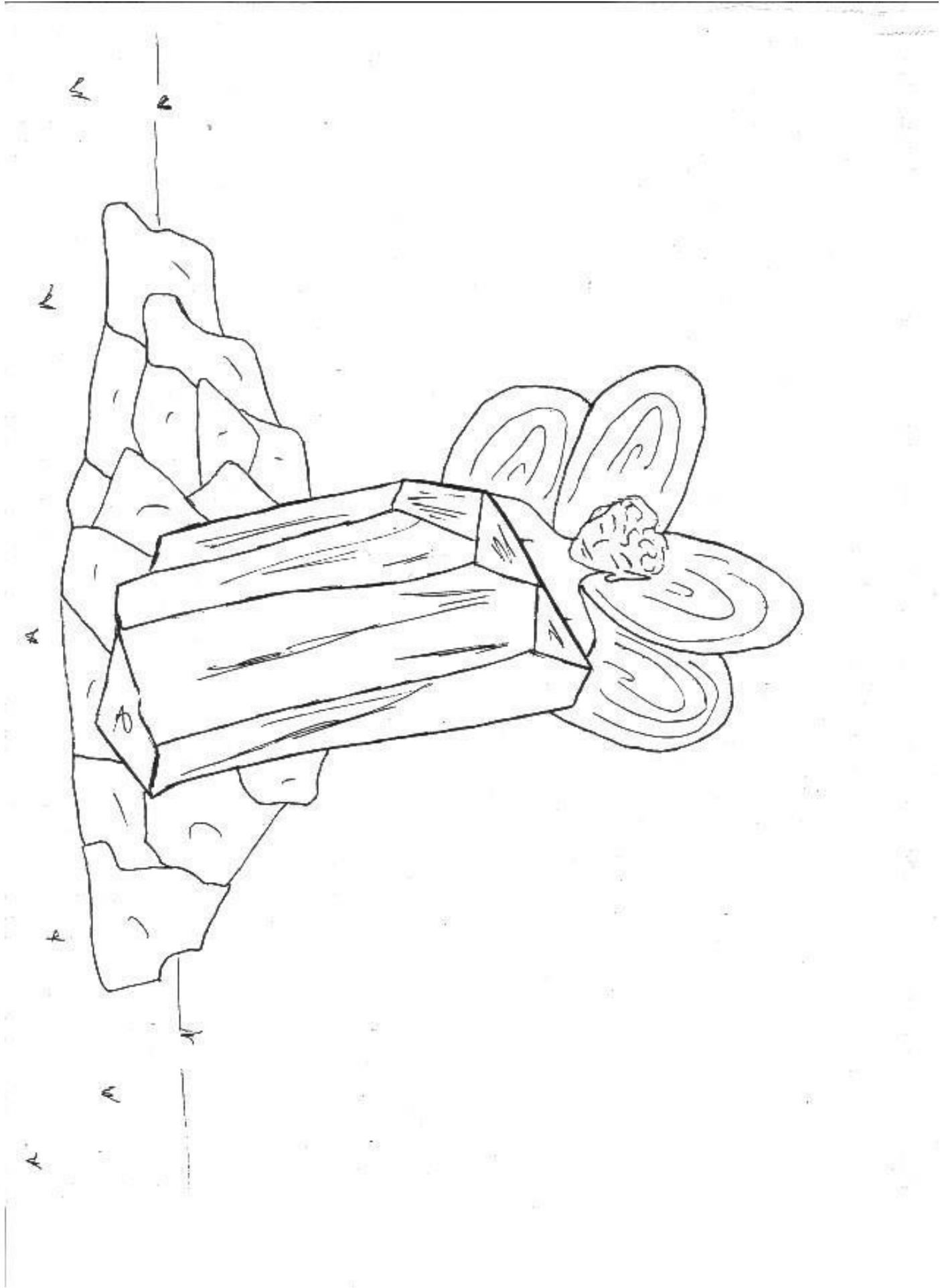
12

13

14

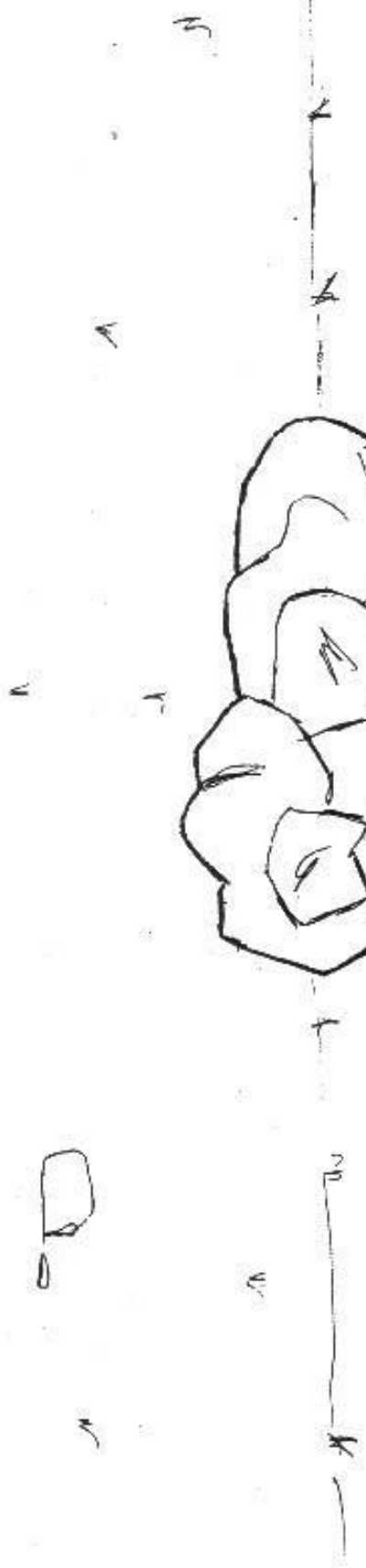
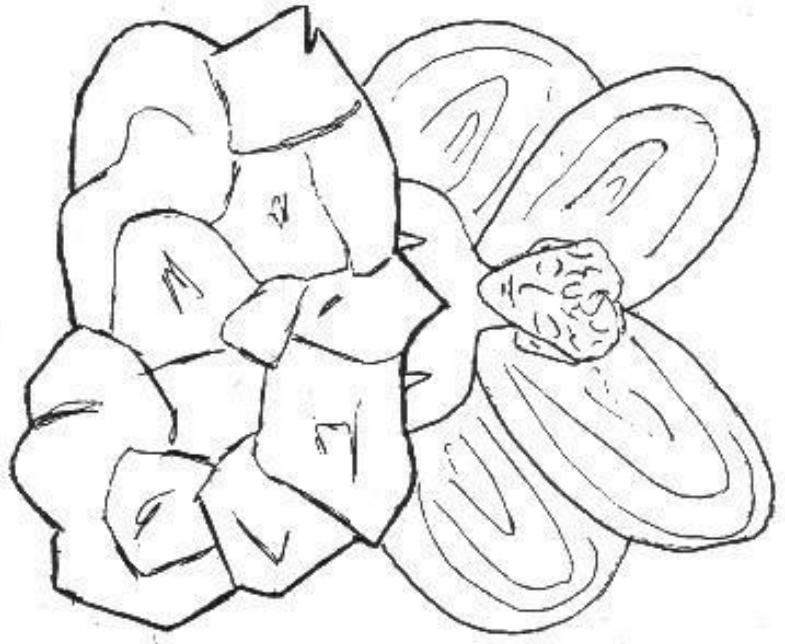
CRYSTAL (PEACE)

Crystal People are the most common of all the mineral people. We can be found in many rock types all around the world. In ancient times we became a favorite stone of tribal people, who believed that a very powerful energy radiated from our form. Our energy had a cool, calming effect that brought peace to the wearer. I come to you today, the clear, cool spirit of crystal. Let me share the crystal power of calmness with you. Learn to be calm no matter what type a situation may arise. If you allow the negative emotions to rule your life, you will become a very lonely, sick individual. Stay calm always be in control. Become the peace-maker and walk this journey of life in peace and with love for others.



EMERALD (JUDGEMENT)

Emerald People are very rare gem stones. Our deep, green color radiates a vibration of tranquility. For centuries our cool, spring-like color has had a therapeutic affect on humans, allowing them to relax enough so that the mind has a chance to regain its strength and memory. Because of this tranquil affect we had on humans, it was said that we helped humans in making good judgements after such a relaxing state. As the emerald spirit, I ask that you learn how to make good judgements in life by first allowing your emotions to calm down before you make any decisions. Use emerald power to help you to control your emotions so that you can comprehend every situation from all sides. Seeing the whole picture from all angles will help you to come to a wise and just decision. You do not have the right to judge others only the Great Spirit has that right, but you can judge the things you want in your life. Use your judgement wisely and for the betterment of Mother Earth and her creatures.



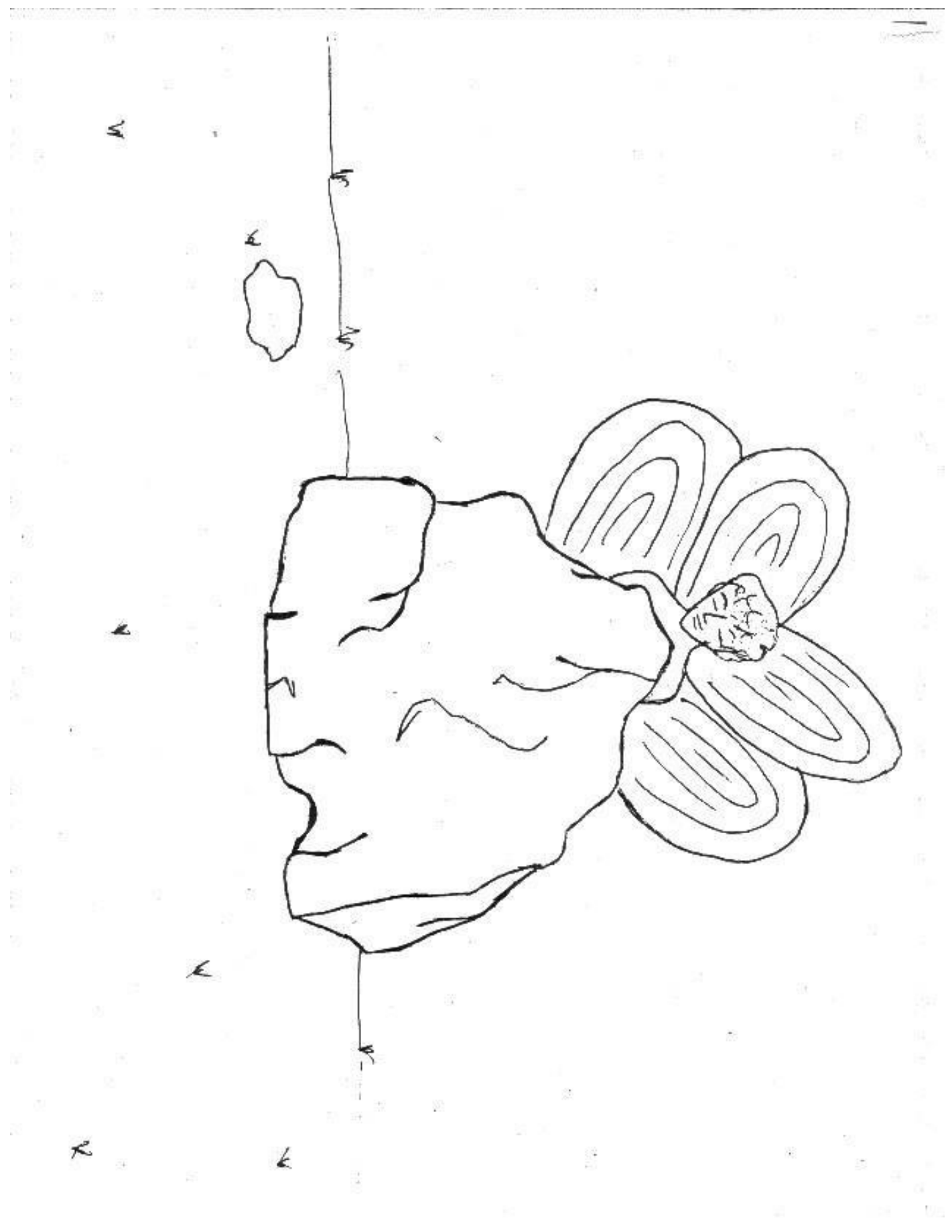
GOLD (DURABILITY)

Gold People happen to be the heaviest and most precious of all Mother Earth's mineral children. Humans for centuries have used us for adornment. We are a precious stone that never loses its luster. Despite all the changes through which Mother Earth has gone, we are one of her strongest and oldest mineral children, who were able to endure everything. Shinning brightly in my gold spirit form, I am here to say that you must learn to tough it out in this world. Take hold of gold power and learn how to withstand any changes in time and walk away while you are still whole. Learn how to tolerate more with less stress. Be very firm in your beliefs.



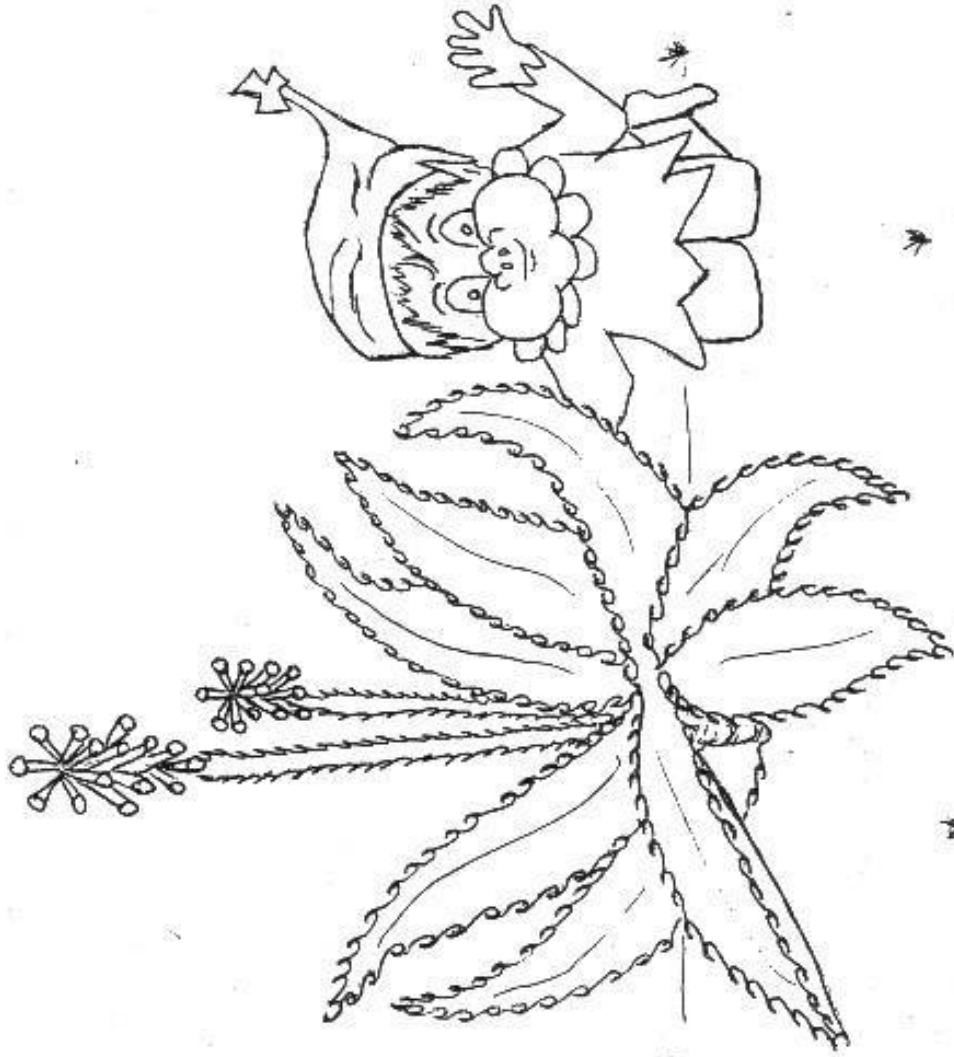
RUBY (CONCENTRATION)

I am the colorful precious stone that is called the true ruby. Ruby People are very deep red in color. It is believed by ancient tribal people that a fiery spark from Mars is what gives us our deep color. Our fiery color is really natural and can not be diffused. As the ruby spirit, I ask that you focus your attention on things that are happening in our world that are causing an imbalance. If we all concentrate on ways to live in harmony instead of how much more material objects we can strip from Mother Earth, we will be able to help build a better, happier world for all to live in. The ruby power of concentration is one of control. Let us all begin now and take control and the responsibility for helping to clean up the mess we have been creating on Mother Earth for the past hundred or more years. Learn to concentrate on the problem at hand, which is the medicine wheel on which we live.



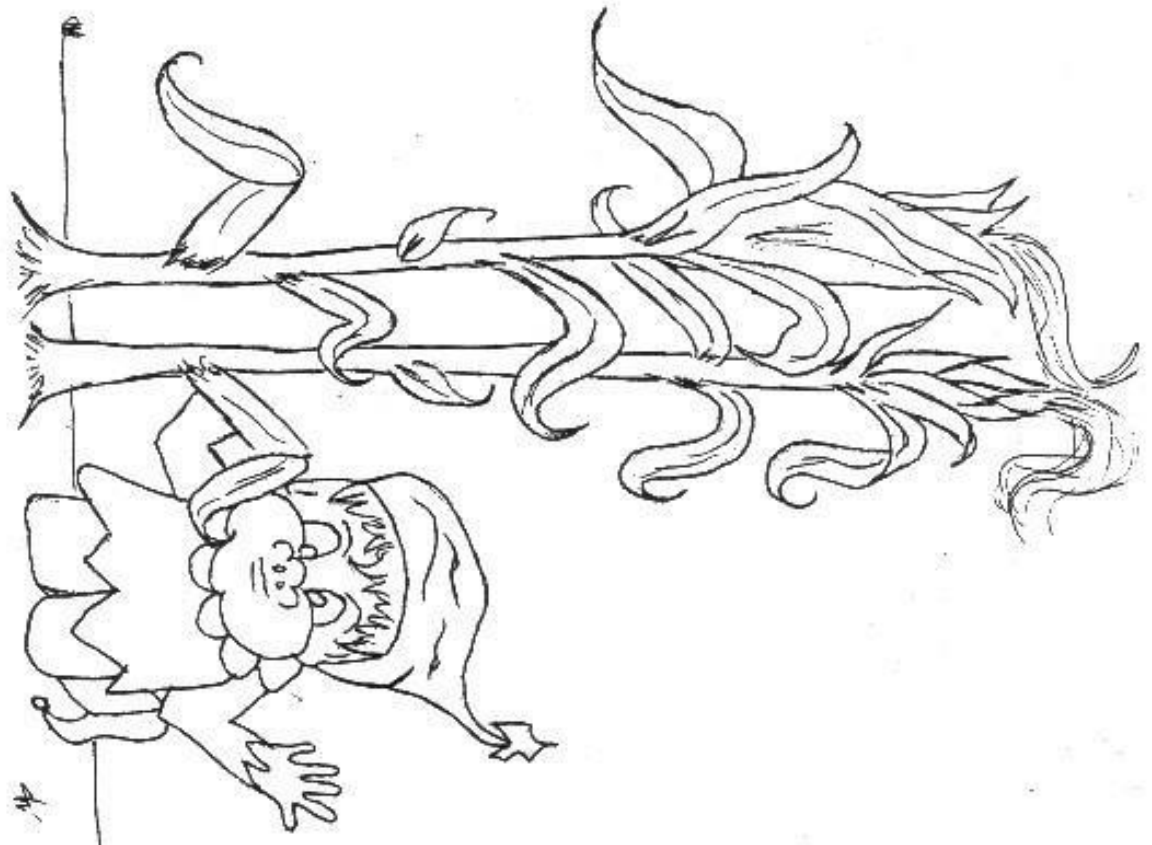
TURQUOISE (INSIGHT)

We, Turquoise People are special friends of the Native American People. Our color varies from that of a sky blue to that of an apple green and we have a very waxy, dull luster. Tribal people consider our presence in nature to mean one of good fortune and insight. As the turquoise spirit, I am here to let you know that true wisdom comes from within. Everyone has natural instinct, or a kind of warning insight yet very few pay much attention to it. If we all learned to pay more attention to this ability, a lot of problems could be avoided. Use turquoise power and gain the ability to discern the true meaning of any situation while walking this medicine wheel.



ALOE VERA (RESTORATION)

We, Aloe Vera People, with the fancy name have recently become well-know in human culture. We are a green succulent plant. The greenish, sticky, watery gel that is found in our leaves has become a well sought-after substance. Tribal people have always known about the restorative properties found in our jelly substance. Now other humans are learning about the magical healing powers we possess. Our substance can be used by humans both internally and externally. You should learn more about plant people, because we have the closest link to Mother Earth. Use aloe vera power to help sooth and restore your energy. Learn to take care of your body.



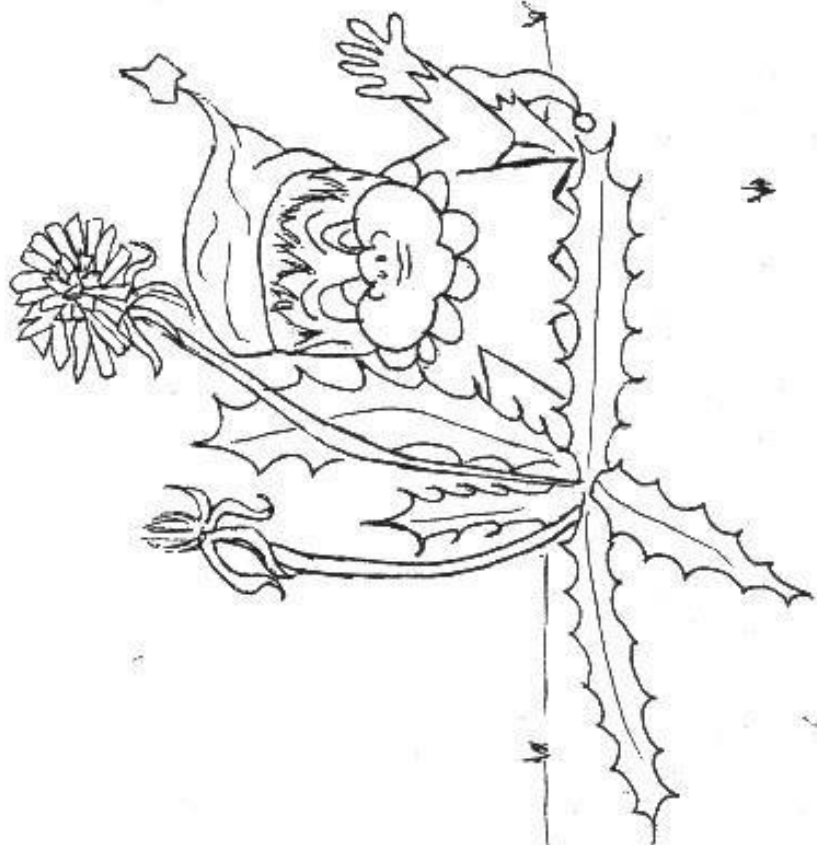
CORN (BALANCE)

Corn People belong to the grass family. After the great flood the Great Spirit took us from His heavenly gardens to nourish the humans that survived the earth changes. The four main colors in which we came to earth to grow are in honor of the four races of humans. As the corn spirit, I would like to teach you about balance. When we were first brought to earth to grow we had to learn how to survive in a physical world, due to the fact we originally came from the spirit world of the Great Spirit. This we did by grounding ourselves deep in the soil with our roots while the rest of our form grew tall above the ground swaying in the wind. Use this corn power to learn how to keep yourself well-grounded. As you maintain this grounded state, look deep within yourself for the spiritual peace that will help you to maintain a good balance between the physical and the spiritual realms.



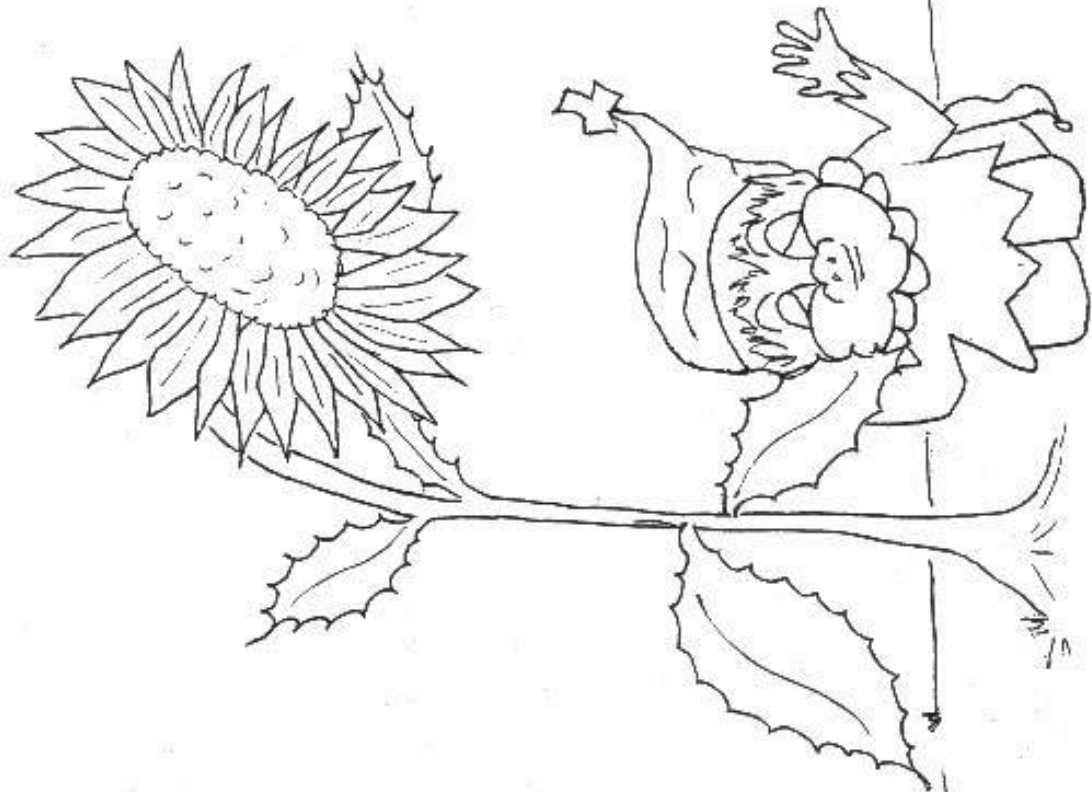
DAISY (UNDERSTANDING)

Daisy People appear in many varieties around this great medicine wheel. Our showy, white-rayed, petal-like flowers are a true sign of spring time. We are hard plants to get rid of. It is difficult for some people to understand that the Great Spirit has given us freedom to grow wild on Mother Earth. As the daisy spirit, I will share with you the power of comprehension. Take time each day to understand that you are not alone. You are not the only people who share this planet; there are always the animal people, insect people, mineral people and, of course, plant people. It might be hard to grasp that we too are people, but remember the Great Spirit didn't just make humans to occupy this world. It is hard to understand these things but we are all created by the Great Spirit and as His children we should learn more about each other. Understanding helps bridge the communication gap between all people.



DANDELION (RECEPTIVE)

Dandelion People are familiar edible weeds. We grow wild with a bright yellow flower. Ancient tribal people consider us as the cure-all-plant from the Great Spirit. Tribal people were very open-minded about how we could help them. As the dandelion spirit I want to help you become more receptive to the wonderful things found in nature. Learn to reclaim that inner link that humans once had with all other creatures. Remember, the answer is within each one of you be willing to give time for sharing the knowledge. Be more receptive to caring for Mother Earth and her many different kind of children, while sharing this first medicine wheel the way the Great Spirit had always wanted us to.



SUNFLOWER (INDIVIDUALITY)

Sunflower People are known by all as the bright yellow, multi-petal flowers with the huge dark disk center. Every part of our plant form has been put to use by humans in the past. We get our name from our distinct radiant flowers turning to face the sun. Our identity as a very useful plant is what makes us so special. There are no two things truly alike in this world. Everything has that special individuality. The sunflower spirit wants you to realize that you too are a special person. Open your eyes and see that which makes you so unique. Let sunflower power help to improve your self-esteem. It is time that you realize that, as a child of the Great Spirit and Mother Earth, you have a quality about you that is incomparable to any other.

SUMMARY

Children of the human race pay close attention to everything that is happening today. We children of nature dearly love our Mother Earth. We all have a reason for existing and that goes for Mother Earth also. Without her, where would each of us be? Remember, we are all her children. Your future is also our future, but none of us can have a future if we do not take care of the present. Don't let the adults of this world throw it all away before you have had a chance to enjoy it. Learn to live each day in the present, helping to restore balance and harmony to our world. Start today by listening to what we have said in the pages of this book. Remember the Great Spirit and Mother Earth love all of their little children, both the good and the bad. They are not the ones who cause our destruction. It is the greed, selfishness, bigotry and hatred that consumes and destroys the beauty that once was ours to

share. Be strong during these changing times and don't give up so easily. Don't let it all come to an end. It is up to you to change the course of history and make the adult beings of this world listen and stop the destruction before it is too late. There are many rainbows yet to be seen in our skies and your job on this great medicine wheel will not be done until you have made the effort to try and make a change for good in this world. Begin today and help bring love and harmony back into the great medicine circle of life. Remember, a circle is never-ending so it is not meant for humans to destroy Mother Earth. The Great Spirit will always stop humans before they do too much damage to her, but in the process He has to do away with those who caused so much chaos. This does not have to happen again. Children, it is up to you, what kind of future do you want?

Peace

" The First Medicine Wheel", is a coloring book. It is a child's version to the book "Earth Walk". Like the adult book this children's book is geared to help bring harmony at the same time it tries to be informative. Within these pages the other creatures of this planet have a chance to talk. There is the animal kingdom that consist of the four legged creatures and the winged wonders of the skies. These are all known as the animal people. Even though insects are actually part of the animal kingdom, they have earned a separate section for themselves in this book. These are the insect people. The mineral kingdom is the oldest kingdom on this planet consisting of lustrous gems and precious stones. The First Medicine Wheel would not be complete without these mineral people. Finally there is the plant kingdom, which has the strongest ties with Mother Earth through their root system. These special children of Mother Earth are the plant people.

When the Earth Mother was still young, all of her creatures even humans found ways to communicate with each other for they all lived at one time in perfect harmony. This book is just one way the creatures of this planet are trying to awaken this communication link once again to help bring harmony on Mother Earth before it is to late.

About the Author

Crooked Arrow is a gifted Intuitive Anatomical Health Practitioner, as well as a Spiritual Counselor and Tribal Medicine Woman, who has devoted her time and energy into helping others. Her sensitivity and ability to understand the signs around us, enables her to consult on body, mind and spirit.

From a technical and certification aspect, Crooked Arrow has a Master's Degree in Herbalism and a Ph.D. in Natural Nutrition as well as an extensive background in massage, polartiy, and aroma therapies. She is the founder of the Mustard Seed Medicine Council. She has won numerous awards for her poetry and was among the finalist in the Red Bull Art of Can Intenational 2008 through 2011 Exhibitions. Then when the art contest returned to the United States she was once again among the finalist in 2014 and 2015. She is a crafter and a recycle artist using junk mail to create beautiful works of art. She has written and copyrighted numerous books as well as created and copyrighted many Native American dolls.