

# medicine wheel with feathers

**medicine wheel with feathers** is a powerful symbol deeply rooted in Indigenous cultures of North America, representing balance, harmony, and spiritual guidance. This sacred emblem combines the circular medicine wheel with feathers, each element carrying profound meanings that reflect the interconnectedness of life, nature, and the universe. The medicine wheel with feathers is often used in ceremonies, healing practices, and teachings, serving as a reminder of the cycles of life and the importance of connection to the natural world. Understanding the symbolism behind the feathers and the medicine wheel provides insight into Indigenous spirituality and cultural heritage. This article explores the origins, symbolism, and uses of the medicine wheel with feathers, offering a comprehensive look at its significance and applications. Below is an outline of the key topics covered in this article.

- Origins and Cultural Significance of the Medicine Wheel with Feathers
- Symbolism of the Medicine Wheel
- Meaning of Feathers in Indigenous Traditions
- Integration of Feathers with the Medicine Wheel
- Uses of the Medicine Wheel with Feathers in Ceremonies and Healing
- Modern Interpretations and Applications

## Origins and Cultural Significance of the Medicine Wheel with Feathers

The medicine wheel with feathers has origins in various Indigenous cultures across North America, particularly among Plains tribes such as the Lakota, Dakota, and Ojibwe. The medicine wheel itself is an ancient symbol representing the circle of life, the four directions, and the cycles of nature. Feathers, often attached or incorporated into the medicine wheel, enhance its spiritual power and cultural significance. These elements together form a sacred object used for teaching, healing, and spiritual connection. The medicine wheel with feathers embodies Indigenous worldviews centered on harmony, respect for nature, and the unity of all living beings.

# Historical Background

The medicine wheel has been used for thousands of years as a tool for spiritual guidance and education. Feathers, especially those from eagles and other birds considered sacred, were integrated into the medicine wheel to symbolize important spiritual attributes such as strength, wisdom, and communication with the Creator. These combined symbols were passed down through generations, maintaining their relevance and sacredness.

## Tribal Variations

Different Indigenous groups may have specific interpretations and designs for the medicine wheel with feathers. While the basic concept remains consistent, the types of feathers used, their placement, and the colors of the medicine wheel vary according to tribal traditions and spiritual teachings.

## Symbolism of the Medicine Wheel

The medicine wheel is a circular symbol divided into four quadrants, each representing a cardinal direction, a season, a stage of life, and an element of nature. This holistic representation teaches balance and the interconnectedness of all aspects of existence. The circle itself signifies unity, infinity, and the cyclical nature of life.

## Four Directions and Their Meanings

- **East:** Represents beginnings, birth, illumination, and the rising sun.
- **South:** Symbolizes growth, youth, warmth, and the midday sun.
- **West:** Stands for introspection, maturity, endings, and the setting sun.
- **North:** Denotes wisdom, elders, cold, and the completion of cycles.

## Colors and Elements

Each quadrant is traditionally associated with specific colors—often red, yellow, black, and white—that carry unique spiritual meanings. These colors

correspond to elements such as earth, air, fire, and water, further emphasizing the balance and harmony between natural forces.

## Meaning of Feathers in Indigenous Traditions

Feathers hold a sacred place in many Indigenous cultures, symbolizing spiritual connection, honor, and communication with the Creator and the spirit world. Different types of feathers carry diverse meanings depending on the bird species and tribal customs.

## Types of Feathers and Their Significance

- **Eagle Feathers:** Represent courage, strength, and a direct connection to the Creator, often used in ceremonies.
- **Hawk Feathers:** Symbolize vision, protection, and guardianship.
- **Owl Feathers:** Associated with wisdom, insight, and the ability to see beyond the physical world.
- **Turkey Feathers:** Often linked with abundance, generosity, and community.

## Feathers as Spiritual Tools

Feathers are frequently used in smudging rituals, healing ceremonies, and as part of regalia. They serve as conduits for prayers and messages to the spirit realm, enabling communication and spiritual cleansing.

## Integration of Feathers with the Medicine Wheel

Incorporating feathers into the medicine wheel enhances its spiritual potency and conveys additional layers of meaning. The feathers may be placed at the center, attached to the rim, or arranged around the wheel to represent specific spiritual qualities or directions.

## **Placement and Symbolic Meaning**

The placement of feathers on the medicine wheel often aligns with the four directions or particular spiritual intentions. For example, eagle feathers may be positioned to signify strength and divine connection in the east, where new beginnings occur. The arrangement serves as a visual and spiritual map, guiding individuals in their personal and communal journeys.

## **Feathers as Extensions of the Wheel's Energy**

Feathers act as extensions of the medicine wheel's energy, facilitating healing, balance, and spiritual growth. The natural qualities of feathers—lightness, flight, and connection to birds—symbolize freedom and the ability to transcend earthly limitations.

## **Uses of the Medicine Wheel with Feathers in Ceremonies and Healing**

The medicine wheel with feathers plays a crucial role in Indigenous ceremonies, rituals, and healing practices. It is used to invoke spiritual guidance, promote harmony, and facilitate personal transformation.

## **Ceremonial Functions**

- Guiding prayer and meditation through directional focus
- Serving as a sacred object in sweat lodge ceremonies and vision quests
- Representing the stages of life during rites of passage
- Connecting participants with ancestors and the spirit world

## **Healing Practices**

Healers and medicine people utilize the medicine wheel with feathers to restore balance to individuals and communities. The feathers help channel healing energies, clear negative influences, and align the physical, emotional, mental, and spiritual aspects of a person.

# **Modern Interpretations and Applications**

Today, the medicine wheel with feathers continues to be a meaningful symbol both within Indigenous communities and beyond. It is embraced in educational programs, wellness practices, and cultural revitalization efforts, bridging traditional knowledge with contemporary contexts.

## **Educational and Cultural Revitalization**

The medicine wheel with feathers is used to teach Indigenous youth about their heritage, values, and spiritual beliefs. It fosters cultural pride and continuity, ensuring that these traditions are preserved for future generations.

## **Contemporary Spirituality and Wellness**

Many individuals incorporate the medicine wheel with feathers into personal spiritual practices, mindfulness exercises, and holistic healing modalities. Its symbolism provides a framework for achieving balance and self-awareness in modern life.

## **Artistic Expressions**

Artists and craftspeople create representations of the medicine wheel with feathers in various forms such as paintings, beadwork, and sculptures. These artworks celebrate Indigenous identity and communicate spiritual messages to a wider audience.

## **Frequently Asked Questions**

### **What is the significance of feathers in a medicine wheel?**

Feathers in a medicine wheel symbolize connection to the spiritual realm, representing qualities like trust, honor, strength, wisdom, power, and freedom. They often serve as a bridge between the physical and spiritual worlds.

## **How are feathers used in traditional medicine wheel ceremonies?**

In traditional medicine wheel ceremonies, feathers are used as sacred tools for prayer, blessings, and healing. They are often held or waved to carry prayers to the Creator and to cleanse the energy within the circle.

## **What types of feathers are commonly found in a medicine wheel?**

Common feathers used in medicine wheels include eagle, hawk, owl, and turkey feathers, each carrying unique spiritual meanings such as courage, vision, wisdom, and protection.

## **Can the medicine wheel with feathers be used for personal healing practices?**

Yes, many people use the medicine wheel with feathers as a personal healing tool to balance physical, emotional, mental, and spiritual aspects of life, often incorporating meditation, reflection, and prayer.

## **How does the medicine wheel with feathers represent the four directions?**

The medicine wheel with feathers represents the four directions—East, South, West, and North—each associated with specific colors, animals, elements, and teachings. Feathers placed in these directions enhance spiritual connection and guidance.

## **Is it appropriate to use feathers in a medicine wheel if you are not Indigenous?**

Using feathers in a medicine wheel requires respect and understanding of Indigenous traditions. It is important to seek permission, learn about cultural significance, and honor the practices to avoid appropriation and show respect for Indigenous peoples.

## **Additional Resources**

### *1. The Medicine Wheel: Feathers of Healing and Balance*

This book explores the spiritual and cultural significance of the medicine wheel, with a special focus on the symbolism of feathers. It delves into how feathers represent connection to the Creator and the natural world, offering guidance and healing. Readers will find practical exercises to incorporate these teachings into their daily lives.

## 2. *Feathers and the Four Directions: A Journey Through the Medicine Wheel*

An insightful guide that connects the meaning of feathers with the four cardinal directions of the medicine wheel. The author explains how each direction corresponds to different feather types and spiritual lessons. This book serves as a valuable resource for those seeking to deepen their understanding of Indigenous traditions.

## 3. *Medicine Wheel Teachings: Feathers as Tools of Wisdom*

Focusing on the use of feathers in medicine wheel ceremonies, this book highlights their role as sacred tools for wisdom and healing. It offers historical context and personal stories from Indigenous elders. Readers gain an appreciation for the intricate relationship between feathers, nature, and spiritual balance.

## 4. *Feathers in the Circle: Stories from the Medicine Wheel*

A collection of traditional stories and contemporary reflections centered on feathers and the medicine wheel. This narrative-driven book brings to life the cultural importance of feathers in Indigenous spirituality. It is both educational and inspiring for those interested in Native American heritage.

## 5. *The Feathered Medicine Wheel: Healing Practices and Spiritual Insights*

This comprehensive text provides a detailed look at the healing practices involving feathers within the framework of the medicine wheel. It discusses rituals, symbolism, and the holistic approach to health and balance. The book is designed for both practitioners and learners of Indigenous healing arts.

## 6. *Circle of Feathers: Embracing the Medicine Wheel Path*

A reflective guide that encourages readers to embrace the medicine wheel path through the symbolism of feathers. It combines spiritual teachings with mindfulness techniques to foster personal growth. The author shares insights on how feathers can serve as reminders of life's interconnectedness.

## 7. *Feathers and Fire: The Medicine Wheel's Sacred Elements*

This book examines the interplay between feathers and the elemental forces represented in the medicine wheel. It highlights how feathers are used in fire ceremonies and other sacred rituals. Readers will gain a deeper understanding of the elemental balance and its importance in Indigenous spirituality.

## 8. *The Feather Keeper's Medicine Wheel*

Telling the story of a Feather Keeper, this book offers an intimate look at the responsibilities and spiritual duties tied to feathers and the medicine wheel. It provides a unique perspective on the preservation of tradition and the passing of knowledge through generations. The narrative is both heartfelt and educational.

## 9. *Medicine Wheel Feathers: Symbols of Life and Renewal*

An exploration of how feathers symbolize life cycles, renewal, and transformation within the medicine wheel framework. The author weaves together cultural teachings, symbolism, and personal reflections. This book is a thoughtful resource for anyone interested in Indigenous spirituality and

nature-based wisdom.

## **Medicine Wheel With Feathers**

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**medicine wheel with feathers:** *The Path of the Feather* Michael Samuels, Mike Samuels, Mary Rockwood Lane, 2000 This unique book and kit provides readers with everything they need to become contemporary shamans, with 13 figurines, a medicine wheel, map, compass, medicine bag, and an authoritative instruction book.

**medicine wheel with feathers:** *Native American Beadwork* Theresa Flores Geary, 2006 Beadwork has been steadily gaining popularity among crafters, and no area of the genre garners more interest than the intricate designs of the Apache, Comanche, and Lakota peoples of the American Southwest, who use their designs to relate legends and pass down tribal lore. Here are 15 authentic projects using such traditional stitches as the flat and circular peyote stitches, the Comanche weave, free-form feathering, and more. Each project is accompanied by a rich explanation of how the colors, shapes, and combinations of materials interact to tell a story. Abundant color photographs and illustrations guide the reader through this unique art form.

**medicine wheel with feathers:** *Medicine Wheel Model of Mental Health* Tom Hengen, 2013-04 Canada has always boasted about being a cultural mosaic; a place where people of many different cultures can live together in peace without giving up their familiar languages and ways of life. For the First Nations of this country, the experience was very different. Their culture was lost in the Federal residential school system to accommodate the so-called mosaic. In Western Canada in the late 1990's, a dedicated group of nationally sponsored counsellors worked with the author of this book to serve thousands of First Peoples, and provide them with the psychological support they needed. Participants came voluntarily, stumbling out of the darkness that surrounded them and their families. The fires of their grandparents teaching had gone out in memory and practice, and they were left struggling to find their voices in a Canada that was unrecognizable to them. This book presents many of the core beliefs of the original First Peoples as they have been rediscovered and reborn in this new world.

**medicine wheel with feathers:** *TRAILING SKY SIX FEATHERS* IAN PRATTIS, 2014-04 We are all staring into the abyss: climate change, ecosystem and financial collapse, nuclear breakdown, corruption, terrorism and anarchy. Instead of being eaten up by it all I say, Awaken Spiritually, as that transforms everything. We have made our world an unpredictable beast because we fail to work with it intelligently. We have to take back control of ourselves and this is a spiritual matter. Turning on the switch of awakening is a good idea right now. *Trailing Sky Six Feathers* sheds light on issues that will affect our world for generations to come. This exciting Hero's Journey is like Indiana Jones meets the Buddha with a dash of Celestine Prophecy. the story told shines light on the darkest elements of the human condition, including my own. This challenging journey has me stumbling through the first part of life, then standing strong in my own sovereignty in the latter part. In India, Arizona, France and Canada's wilderness, I go to extraordinary lengths to transform four centuries of karma. I am an Editor, Poet, Professor Emeritus, Founder of Friends for Peace, Spiritual Warrior for Planetary Care, Peace and Social Justice. In this book I navigate past and present life experiences from brutal raids on Indian settlements in 18th century Arizona, insane sea voyages off



the Scottish Hebrides in the 20th century to surrender to the Muse in the 21st century. These screenplay epics weave together to create inspiration for a wide range of spiritual seekers, environmentalists, Generation X, feminists, younger generation and academics alike. We follow my journey to accept the Muse capable of transforming karma from violence and abuse to clarity and purpose. Readers will travel the pages as I learn to embrace the Muse, Trailing Sky Six Feathers, a South Western Native American wife and medicine woman in whose arms I died in 1777. She vows to find me to complete my purpose despite resistance from my highly intellectual mind in this lifetime. My severe and challenging journey includes shamanic healings of childhood sexual abuse, guru training as well as a near death experience in an ashram in India. Trailing Sky Six Feathers initiates a dream vision in 2008 that caps my slow process of remembering a clear mosaic of experience stretching back in time two hundred and thirty one years. Over a period of thirty years, four extraordinary medicine people enhance my process of remembering, while Trailing Sky waits patiently from the distant past. I learn how to reconfigure my understanding of time, place, consciousness and Carl Jung's psychology. I choose to listen to the feminine voice of Earth Wisdom rather than to the multitude of competing voices in my deep unconscious. Readers will be inspired as they watch my intention and strength of purpose to transcend harmful patterns carried since childhood. Past life memories collide head on with the present, all thanks to the persistence of Trailing Sky Six Feathers, the Muse who refused to give up on me. Karma is reversed, the internal battles are over as I begin to live life as a Meditation for Gaia. the relentless shadowing by this engaging Muse brings understanding not only to me, but to anyone engaged in overcoming the darkness of their past. This book caps my long-term fascination with consciousness. As a Professor of Anthropology and Religion I taught courses on Ecology, Symbols, Engaged Buddhism and Meditation Systems. I am a healer, mentor and educator, able to encourage people through example to find their true nature so that humanity and the world may be renewed. This story is offered as a gift to our planet. My purpose in life is to share my wealth of experience on how to live in harmony not just with ourselves but with the place we call home... earth. In 2010, after an intense internal dialogue with my Muse, Trailing Sky Six Feathers, I asked if I should write her story. There was a long silence that stretched into infinity until I finally heard her affirmation. I stood up and reached for my backpack and took out a writing pad. There was a gold plated fountain pen in the pack, rarely used. I inserted an ink cartridge into the pen and sat in a chair overlooking the sea and mountains on the west coast of British Columbia. Putting pen to paper I started to write the first line of this book: Put down your weapons, my husband, she said quietly with steely insistence.

**medicine wheel with feathers:** The Medicine Wheel Garden E. Barrie Kavasch, 2008-12-10  
The American Indian medicine wheel was an ancient way of creating sacred space and calling forth the healing energies of nature. Now, drawing on a lifetime of study with native healers, herbalist and ethnobotanist E. Barrie Kavasch offers a step-by-step guide to bringing this beautiful tradition into your own life--from vibrantly colorful outdoor circle designs to miniature dish, windowsill, or home altar adaptations. Inside you'll find: • Planting guides for medicine wheel gardens in every zone, from desert Southwest to northern woodlands • A beautifully illustrated encyclopedia of 50 key healing herbs, including propagation needs, traditional and modern uses, and cautions • Easy-to-follow herbal recipes, from teas and tonics to skin creams and soaps--plus delicious healing foods • Ideas for herbal crafts and ceremonial objects, including smudge sticks, wind horses, prayer ties, and spirit shields • Seasonal rituals, offerings, and meditations to bless and empower your garden and your friends, and much more Practical, beautiful, and inspiring, The Medicine Wheel Garden leads us on a powerful journey to rediscovering the sacred in everyday life as we cultivate our gardens . . . and our souls.

**medicine wheel with feathers:** *Health and Health Care Delivery in Canada - E-Book* Valerie D. Thompson, 2023-04-25 Get the big picture on the past, present, and future of the Canadian health care system! The only text of its kind, Health and Health Care Delivery in Canada, 4th Edition helps to prepare you for a career as a health care professional in Canada. Content includes topics such as population health initiatives, the determinants of health, the role of federal agencies and provincial

governments, health care funding, and issues and trends in health care. Case Examples and Thinking It Through questions guide you through the intersection of individual health and the health care system. Written by experienced educator Valerie D. Thompson, this textbook is ideal for all Canadian students beginning a career in health care. - Comprehensive approach features an engaging, easy-to-understand, personal writing style. - Thinking It Through questions ask you to explore personal views and critically consider the aspects of health and health care delivery. - Case Examples provide real-world scenarios related to the chapter topics. - Did You Know? boxes present facts, points of interest, and actual health care situations. - Chapter Summaries cover the chapter's key takeaways. - Review questions at the end of every chapter test your comprehension of the material. - Key Terms open each chapter. - NEW! Completely updated content is included in Thinking It Through, Did You Know? and Case Example feature boxes. - NEW! Content on Indigenous health includes the pre-colonial history of health care in Canada as well as post-colonial policies affecting Indigenous populations. - NEW! Issues of inclusion and inequality vis-à-vis the Social Determinants of Health are threaded throughout the book. - NEW! Coverage of the COVID-19 pandemic includes its impact on health care spending, social inequality, quarantine powers, public health, and the rights of the individual.

**medicine wheel with feathers:** *Gourds* Bonnie Gibson, 2006 Gourds -- with their infinite variety of unusual shapes and sizes, and their smooth surfaces -- have provided a perfect canvas for artists in the American Southwest over many years. It's easy to carve, paint, and stain them, and add embellishments like beads and feathers. These beautiful projects, including rainsticks, masks, and bowls, reflect the traditional designs, techniques, and colors that are indigenous to this region.

**medicine wheel with feathers: Medicine Wheel Trilogy** Grandmother Puddingstone, 2019-04-15 Medicine Wheel Trilogy by Grandmother Puddingstone [-----]

**medicine wheel with feathers: Lakota Texts** Regina Pustet, 2021-04 Lakota Texts is a treasure trove of stories told in the original language by modern Lakota women who make their home in Denver, Colorado. Sometimes witty, often moving, and invariably engaging and fascinating, these stories are both autobiographical and cultural. The stories present personal experiences along with lessons the women have learned or were taught about Lakota history, culture, and legends. The women share aspects of their own lives, including such rituals as powwows, the sweatlodge, and rites of puberty. The women also include details of the older Lakota world and its customs, revered myths, more recent stories, and jokes. In addition to the valuable light Lakota Texts sheds on the lives of modern Lakota women, these stories also represent a significant contribution to American Indian linguistics. Regina Pustet has meticulously transcribed and translated the stories in a detailed, interlinear format that makes the texts a rich source of information about modern Lakota language itself.

**medicine wheel with feathers: Feather Bower Truth** Jenny Dixon, 2014-02-05 The birds are behaving in a strange manner. Two black crows, messengers from the Old Kingdom, arrive to tell Miss Jay and her team that an ancient curse is still active. In order to lift the curse and bring healing to the Earth and All Life, they must solve a riddle in just four days. How is Miss Jay connected to this curse? What is the secret of the Dragon Tooth brooch worn by Cassandra, Pallas Athena, and Miss Jays ancestors? How can the friends bring healing across bloodlines? In their search for these answers, Bindi, Biggles, Kooky, Vargo, Master Zen and Miss Jay embark on an exciting journey, starting from a small island near Tasmania, where all that is large appears small. From there, they travel to Greece to meet with the ancient gods and Th emis, the oracle of Delphi. In the magical canyons of Sedona, Arizona, they seek out a wise elder with the secrets of shape-shifting, dance, and the medicine wheel. Eventually, their search takes them to Africa. Along the Zambezi River, they meet Oshun, goddess of water, who summons truth from the water itself. Miss Jay learns why she left the Dragons, who Bindi really is, and why they have been brought together. Can the friends work together on this next phase of ascension to bring through the new energy of the New Earth? Can they heal the bloodlines and balance the masculine and feminine energy? Will they ever be free, happy, and at peace?

**medicine wheel with feathers: Feather Bower Love** Jenny Dixon, 2013-08 The adventure continues in this second book of the Feather Bower series, as an unusual group of friends accept a new mission for the benefit of all living beings on Earth. In order to activate new grids, offer Reiki healing, and raise the vibration of the Earth, the group must connect to ancient wisdom at each of the planet's four compass points so they can work with sacred and powerful energies. Miss Jay and her powerful associates Bindi, Kooky, Master Zen, and Vargo partner with the lead dragons Kardias, Korona, Ruber, and Azul to bring back their teams of dragons to help heal the Earth. Along the way, the adventure takes the friends to sacred sites in India, Japan, America, and New Zealand, activating the heart, crown, base, and throat chakras for the Earth and all living beings. There, they activate magical portals and crystal grids to bring through ascended masters, ancients, elders, and ancestors who all work together to bring peace and harmony on Earth. What does the giant golden key open? What is the importance of the Ankh? Can the partnership between humans and dragons help to bring about a new realm of nirvana on Earth? What will it cost the group of friends? Miss Jay ignored a sense of dread and it will bring her to her knees as more than one life will hang in the balance. If the group can succeed, every living being may know the peace and harmony on Mother Earth as it is in heaven.

**medicine wheel with feathers: Dancing with the Wheel** Sun Bear, Wabun Wind, Crysalis Mulligan, 2012-06-05 The Native American philosophy behind the vision of the Medicine Wheel is that all things and beings on the earth are related and, therefore, must be in harmony for the earth to be balanced. Dancing with the Wheel teaches you how to apply this philosophy to your daily life through many practical exercises and ceremonies. These exercises will help you gain energy from the spirits, which can heal both humans and the earth. Through Dancing with the Wheel, the second book specifically devoted to the Medicine Wheel, those familiar with this vision will gain an increased understanding of the wheel and its developments over the last ten years. Those new to the Medicine Wheel will be ushered into the teachings and technique of what has come to be a source of comfort and direction for thousands of people around the world. Whether you are in the middle of the wilderness or the middle of a city, this book and its exercises will help you center yourself and establish peace with the earth and other beings.

**medicine wheel with feathers: Ghost Dance** Matthew Vierling, 2006-05 A FUGITIVE PROFILER WITH A FRIGHTENING TALENT AN ASSASSIN WHO NEVER FAILS A SNIPER WHO NEVER MISSES AN INNOCENT WOMAN CAUGHT IN THE CROSSFIRE

**medicine wheel with feathers: Sacred Places North America** Brad Olsen, 2008 This revised and updated comprehensive travel guide examines North America's most sacred sites for spiritually attuned explorers. Important archaeological, geological, and historical destinations from coast to coast are exhaustively examined, from the weathered pueblos of the American Southwest and the medicine wheels of western Canada to Graceland and the birthplace of Martin Luther King, Jr. Histories and cultural contexts are objectively surveyed, along with the latest academic theories and insightful metaphysical ruminations. Detailed maps, drawings, and travel directions are also included.

**medicine wheel with feathers: The Shaman and the Medicine Wheel** Evelyn Eaton, 1982 A first-person account of Native American healing rituals.

**medicine wheel with feathers: Sacred Journey of the Medicine Wheel** Myron Old Bear, 2008-10 The nineteen Teaching Sessions presented in this book also explain the specific steps involved in conducting many ancient ceremonies that, collectively, can create a personal lifestyle that produces peace, harmony, and balance within the Sacred Circle of Life. The words to the songs associated with those ceremonies are printed in the Appendix.

**medicine wheel with feathers: Dreaming with God** Alexandra De Avalon, 2014-11-07 In 1992 Alexandra De Avalon's son David was killed in an automobile accident. Soon after, she felt his presence, and their spiritual journey began. David has communicated to his mother what happened after his physical death. He validates that he is still alive through miracles that have never stopped. Alexandra shares in a very candid way her spiritual journey and what she does to help heal her grief.

When David made his transition, Alexandra De Avalon had a turning point in her life. She became a healer. This insightful book is about hope, miracles, and encouraging a spiritual healing process with grief. Breaking through the myth of death to the meaningfulness of the continued spiritual connection with those we love, Alexandra's exquisitely written journey invites us into a universal spirituality from Ancient Mayan ritual to love's transformative power. Her words awaken the beauty of prayer, hope, family, faith, and everyday miracles as they affirm the quality of life that unfolds as we listen to the wisdom of our hearts. If you know someone who has lost a loved one, give the gift of hope and share this book with them. -- Rev. David McArthur, co-author of the bestselling book, *The Intelligent Heart*. UNITY OF WALNUT CREEK

**medicine wheel with feathers:** *Bittersweet Ecstasy* Janelle Taylor, 2011-10-24 FOLLOW THE WIND. . . FOREVER ECSTASY. . . WHISPERED KISSES. . . Janelle Taylor's historical romances are alive with thrilling passion and enthralling adventure. With BITTERSWEET ECSTASY, she continues the spellbinding Savage Ecstasy series with the unforgettable love story of Sun Cloud, the second son of Gray Eagle, and the beautiful Sioux maiden who steals his heart. . . Bittersweet Ecstasy Impetuous and willful, daring and free, ebon-haired Singing Wind had always been mistress for her fate. But when she set eyes on the virile Sun Cloud, she felt herself losing control of her destiny. She was the daughter of a chief, and by rights should wed Bright Arrow, the elder brother of Sun Cloud who would someday lead their people. But whenever Sun Cloud was near, she could not stop her pulse from racing, her skin from burning, or her very soul from aching for her beloved's caress!

**medicine wheel with feathers:** *The Spirit of Place* Loren Cruden, 1995-09 All of Earth's life is interconnected and sacred. An awareness of that sacred relationship opens a direct path to spiritual understanding. These powerful techniques join mind, will, spirit, and intuition to the plants, animals, and minerals sharing our world, aligning the practitioner in a deeper relationship with life's sacred matrix.

**medicine wheel with feathers: Wyoming Folklore** Federal Writers' Project, 2010-12-01 In 1935, in the depths of the Great Depression, Franklin Roosevelt issued an executive order creating the Federal Writers' Project (FWP). Out-of-work teachers, writers, and scholars fanned out across the country to collect and document local lore. This book reveals the remarkable results of the FWP in Wyoming at a time when it was still possible to interview Civil War veterans and former slaves, homesteaders and Oregon Trail migrants, soldiers of the Great War and Native Americans who remembered Little Big Horn. The work of the FWP in Wyoming, collected and edited here for the first time, comprises a rich repository of folklore and history and a firsthand look at the Old West in the process of becoming the new American frontier. Wyoming Folklore presents the legends, local and oral histories, and pioneer stories that defined the state in the early twentieth century.

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