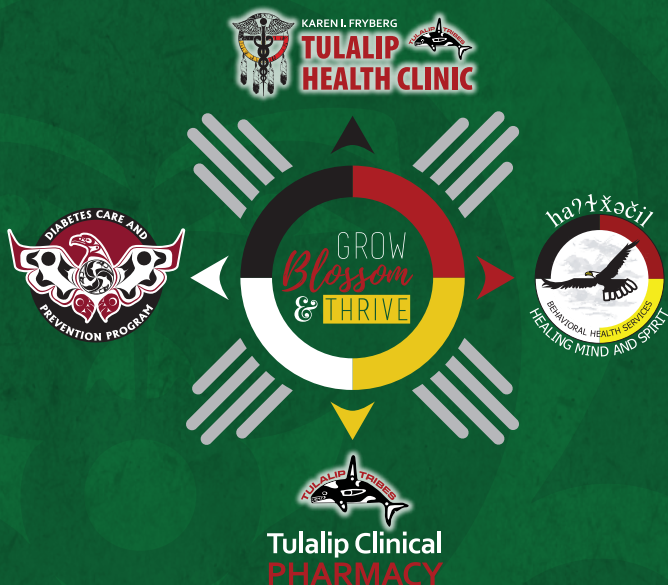


# Diabetes Care and Prevention Program

Karen I. Fryberg Tulalip Health Clinic

## Medicine Wheel Garden



## Understanding the Medicine Wheel Garden

The medicine wheel garden integrates knowledge of seasonal changes that are tied with cycles of life and death. With no beginning or end, the circle represents a universal truth and is a symbol of continuity, energy, and unity. The shape of the medicine wheel mirrors a clockwise movement embedded in some of the most sacred ceremonies and practices. The medicine wheel invokes deep cultural meaning and respect for the relationship between people and the natural

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world that surrounds us. The teachings emphasize that life is sacred. Two lines intersect at the center of the circle forming four equal sectors. The sectors have been attributed to the four directions (east, south, west, north), the seasons (fall, winter, spring, summer), and stages of life (birth, youth, adult, death). The south side of the Tulalip Health Clinic Medicine Wheel represents our physical life, which begins at birth, and travels along the circle to the west, north, and eventually the east, then back to the south. As we mature and grow, we change as we pass the circle and complete our journey.

## The Plants are Our Teachers

The plants have always been our first teachers. In order to learn the wisdom of the plants, we must observe how they interact with the world. To sustain their gifts we express gratitude for the harvest that provides our food, shelter, and supplies. The plant medicines are different for each person, this will be a personal journey of health and wellness. The Tulalip Health Clinic Medicine Wheel is a place where the plants can offer healing work to the community, and hope for generations to come.

We will be having garden teachings on the medicine wheel throughout the year by a variety of medicine people, elders and educators. Please join us.

Call Roni Leahy at 360-716-5642 for additional information.