THE EGO AND THE MEDICINE WHEEL

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The story of the old Indian man demonstrates how the components of ego consciousness are interdependent and interrelated as well as how they function to support individual development. The old man's behavior and spirit defined the movement of his life energy. His physical and dreaming bodies provided containment. His affect and soul gave him the energy to continue developing. He was receptive to the image of the hummingbird that arose from the collective human memory.

The Medicine Wheel. We tend to look at time as linear with events happening one after the other and this is true. But time is also experienced in cycle. With a little currency, an understanding of how these emotional roles play out in our lives, a new perspective on time, and the Heartfelt intention of transcendence… we're prepared to heal our "karma". I represent 'I / ego', not to be confused with the English definition of ego. I meet with Spirit first and then I entered the circle. Acknowledging my passage through a divine feminine being that agreed to be the portal for me to pass from the Spiritual Realm into the Physical Realm, I meet my new body / vessel for the first time. The four ladies that represented the for aspects of me then went into the middle of the medicine wheel to protect that which is sacred. Feeling abandoned, ignored and perhaps even abused, the four ladies picked up pillows and started to hit me with the pillows to get my attention. While I was focused on all the people outside of myself, my spirit, intellect, emotions and even my body tried desperately to get my attention. Traditionally, a medicine wheel was a ground-level monument constructed by many indigenous tribal communities, especially North American native groups, and was associated with religious practices. The uses for medicine wheels varied from tribe to tribe, but generally speaking they were wheel-like structures composed with stones arranged in an outer circle with "spokes" radiating from the center. More recently, New Age spiritual practitioners have adopted the medicine wheel as a symbol or metaphor for spiritual healing, and they also have adopted other symbols from Native American spiritual and shamanic practice—including the use of Power Animals.