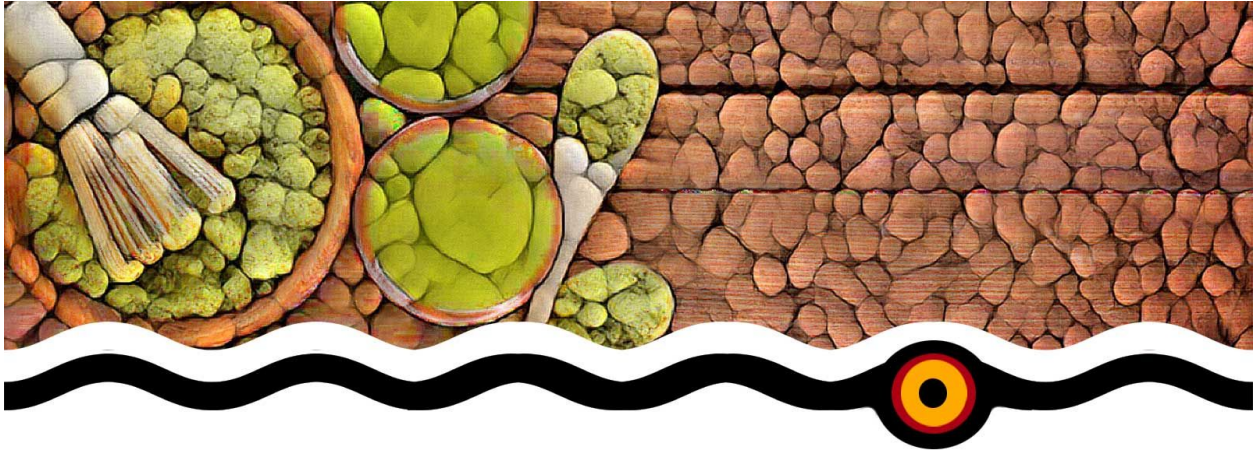


KIJICHO MANITO MADAOUSKARINI ALGONQUIN NATION

# Anishinabeg Medicine Wheel





KEEWATINONG / key-weh-di-noong is Spirit Keeper of the North:

- Life Stage: ELDER
- Place: MIND, THINKING, WISDOM – time of giveaway of the gifts of experience: return to the good life or second childhood
- Colour: WHITE – representing truth, completion and purity
- Season: WINTER – rebirth, understanding
- Plant Medicine: SWEETGRASS – whose teaching is kindness because it bends without breaking and attracts wisdom of the Elders
- Animal: DEER (strength in gentleness), MOOSE (self-esteem), BUFFALO (abundance, gratitude)
- Food Staples: MEAT, FISH, DRIED FOODS



WABANONG / wah-buh-noong is Spirit Keeper of the East:

- Life Stage: INFANCY / CHILDHOOD
- Place: SPIRIT – time of new beginnings
- Colour: YELLOW – representing the sun, a new day
- Season: SPRING
- Plant Medicine: TOBACCO – used when asking something from Mother Earth; provided clarity
- Animal: EAGLE – flies high and sees the big picture; gives inspiration to begin
- Food Staples: MAPLE SYRUP, FRESH GREEN FOOD, EGGS



## SHAWANONG / shah-wuh-noong is Spirit Keeper of the South:

- Life Stage: YOUTH – TEENAGE YEARS
- Place: EMOTION – time to feel our heart and play
- Colour: RED – representing strength and protection
- Season: SUMMER – time of growth, abundance and trust
- Plant Medicine: SAGE – cleanses and holds positive energy when used as a smudge
- Animal: COYOTE (the trickster), MOUSE (examines), PORUCPINE (trust). There are many ways of learning.
- Food Staples: BERRIES, FISH, FRUITS



SHA'NGABI'HANONG / shahn-guh-bee-han-noong is Spirit Keeper of the West:

- Life Stage: ADULT
- Place: PHYSICAL – time of maturity, experience, expertise; time to review our life paths
- Colour: BLACK – representing goals, achievements and inner strength
- Season: AUTUMN – harvest, abundance, beauty
- Plant Medicine: CEDAR – protection and grounding
- Animal: BEAR – from whom healing, strength and protection come
- Food Staples: CORN, RICE, VEGETABLES, FISH, MEAT

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