

Circle of Life / Medicine Wheel Handout

Here are some of the interpretations of the Circle of Life or medicine wheel (note that different Ojibwe bands may have slightly different spellings for the same words):

4 DIRECTIONS

East - Waabanong
South - Zhaawanong
West - Ningaabi'anong
North - Giiwedining

4 COLORS

East - Yellow - Ozaawaa
South - Red - Miskwaa
West - Black - Makadewaa
North - White - Waabishkaa

4 SEASONS

East - Spring - Ziigwan
South - Summer - Niibin
West - Autumn - Dagwaagin
North - Winter - Biboon

4 TIMES OF DAY

East - Mooka'am - Sunrise
South - Naawakwe - High Noon
West - Bangishimo - Sunset
North - Dibikad - Night

4 BASIC ELEMENTS

East - Water - Nibi
South - Wind - Noodin
West - Earth - Aki
North - Fire - Ishkode

4 HILLS (stages) OF MAN

East - Childhood - Binoojiinhsag
South - Adolescence - Shki niigi
West - Adult - Gitziimak
North - Elder - Gchi epiitziik

4 PHASES OF HEALTH

East - Physical
South - Social
West - Intellectual
North - Spiritual

4 NATURES OF MAN

East - Physical
South - Emotional
West - Mental
North - Spiritual

4 GRANDFATHERS / GRANDMOTHERS

East - Beginning - Waabinong
South - Going Along - Zhaawinong
West - Getting Settled - Epngishmok
North - Going Home - Giiwedning

4 SACRED PLANTS

East - Tobacco (Prayer, renewal of life) -
Sema
South - Cedar (Courage, cleansing,
growth, express feelings) - Giizhik
West - Sage (Purifies, introspection,
direction, we go when we change worlds
in death) - Mmuskode-washk
North - Sweetgrass (Invites in good) -
Wiingashk

4 RACES OF MAN - The 4 Brothers

East - Yellow (Asian) - Niibiish
aabookeninwag (or
Aniibiishaabookewinini)
South - Red (Ojibwe) - Anishinaabek (or
Anishinaabeg)
West - Black (African American) -
Mkadeeninwag (or makadewiiaas)
North - White (Caucasian) -
Zhaaganaashag