



## **The Hoop of the White Buffalo**

*"The Medicine Wheel is the sacred Hoop of all nations. For the world to come back into real balance the nations must be healed. For the healing to occur there can no longer be war between nations because one nation covets the wealth or territory of another. There can no longer be hate over religion or race.*

*Sun Bear...." Dancing with the Wheel"*

*The teachings of the Medicine Wheel go back long past written records. The interpretations of the Medicine Wheel are as vast as the stars in the sky. There is one teaching however, that weaves a golden thread through all discussions about the Sacred Wheel....the importance of honoring the Four Directions, then embracing Mother Earth and Father Sky. If anyone completes that process, your individual prayer for the remembrance of harmony and balance in your walk upon our Holy Mother, will be heard by the Creator!*

**The Hoop of the White Buffalo is not affiliated with any one path or teaching. The Hoop embraces and honors all spiritual practices that lead and assist you to your Sacred heart. Our prayer is the Hoop will provide you with a tool for your direction, balance and remembrance in your relationship with ALL of your relations of Mother Earth, the stars and beyond!**

*"You have noticed that everything an Indian does is in a circle, and that is because the Power of the World always works in circles, and everything tries to be round. In the old days when we were a strong and happy people, all our power came to us from the sacred hoop of the nation, and so long as the hoop was unbroken, the people flourished. The flowering tree was the living center of the hoop, and the circle of the four quarters nourished it. The east gave peace and light, the south gave warmth, the west gave rain, and the north with its cold and mighty wind gave strength and endurance. This knowledge came to us from the outer world with our religion. Everything the Power of the World does is done in a circle. The sky is round, and I have heard that the earth is round like a ball, and so are all the stars. The wind, in its greatest power, whirls. Birds make their nests in circles, for theirs is the same religion as ours. The sun comes forth and goes down again in a circle. The moon does the same, and both are round. Even the seasons form a great circle in their changing, and always come back again to where they were. The life of a man is a circle from childhood to childhood, and so it is in everything where power moves. Our teepees were round like the nests of birds, and these were always set in a circle, the nation's hoop, a nest of many nests, where the Great Spirit meant for us to hatch our children.....Black Elk..."Black Elk Speaks" John G. Neihardt*

## The Hoop of the White Buffalo Etiquette

- The most important part of Medicine Wheel etiquette is respecting the Sacredness of the Wheel. Focus on self-love, healing and what it would take to make your life joyful and develop your sincere desire to open up to the Spirit within oneself, the land and the community. Prayerful ceremony requires a sincere heart.
- The Dog Soldier of the Wheel will smudge you with sacred sage or cedar prior to entering the Wheel. Smudging is a simple but powerful method of purification. Smudging plays a central role in traditional healing ceremonies because it is believed that once negative energies are cleared out, a sense of peace and relaxation take over, putting spiritual difficulties to rest.
- Always enter into the Medicine Wheel with reverence, humility and humbleness, along with an open heart.
- After smudging, entry into the Wheel is through the direction of the East Gate only. Please do not step over the cedar rim boundary or break through the Hoop at any point, nor leave the Hoop in any other direction other than the East Gate.
- Upon entry into the East Gate of the Wheel, please offer cornmeal or tobacco to the Spirit Keeper of the East, the Eagle. Please never assume you can enter into any sacred site. Always ask permission and acknowledge with a verbal announcement of "To all my relations" or "*Mitatakuye Oyasin*"
- Always move in a clockwise motion within the Wheel, please never move counter-clockwise inside the Wheel.
- Cornmeal (Female Energy Symbol) or tobacco (Male Energy Symbol), should be considered as an offering to each Spirit Keeper for each direction in the Wheel. Please move in a clockwise motion addressing the East, South, West & the North. As you come back to the East, turn and face the center of the Wheel honoring the Creator and Mother Earth.
- If you have personal medicine objects, please do not bring them into the Wheel without asking permission. Each facilitator approaches ceremony with his or her training disciplines, helping spirits, and traditions. Individuals may ask to have medicine objects blessed - but no one may touch an object that belongs to someone else. Please have all spiritual objects (drums, plants, oils, feathers, crystals, etc.) smudged before bringing these objects into the ceremony.
- Clothing conservative, loose & comfortable. Please remember modesty and humility. We expect the weather to be warm for the day of the Ceremony.
- When it is your turn to speak, keep it fairly simple and to the point. Try to go straight to the heart of your intent for the ceremony. The Talking Crystal will be utilized throughout the Ceremony and we will try to provide everyone the opportunity to share their voice.
- Be careful not to step or walk where it is forbidden. When in doubt, ask.
- Speak softly in all that you do within the Wheel. Remember that even though you may be outdoors, these are still Sacred places of worship.
- Always remember the basic etiquette of a Sacred Hoop - What occurs in the Hoop stays in the Hoop. The safety and confidence with which people speak their truth is Sacred and must never be spoken of outside the Hoop. Only those who were in the Hoop have the privilege of hearing that truth

***In beauty may you walk, be and remember!***  
***One Bull***