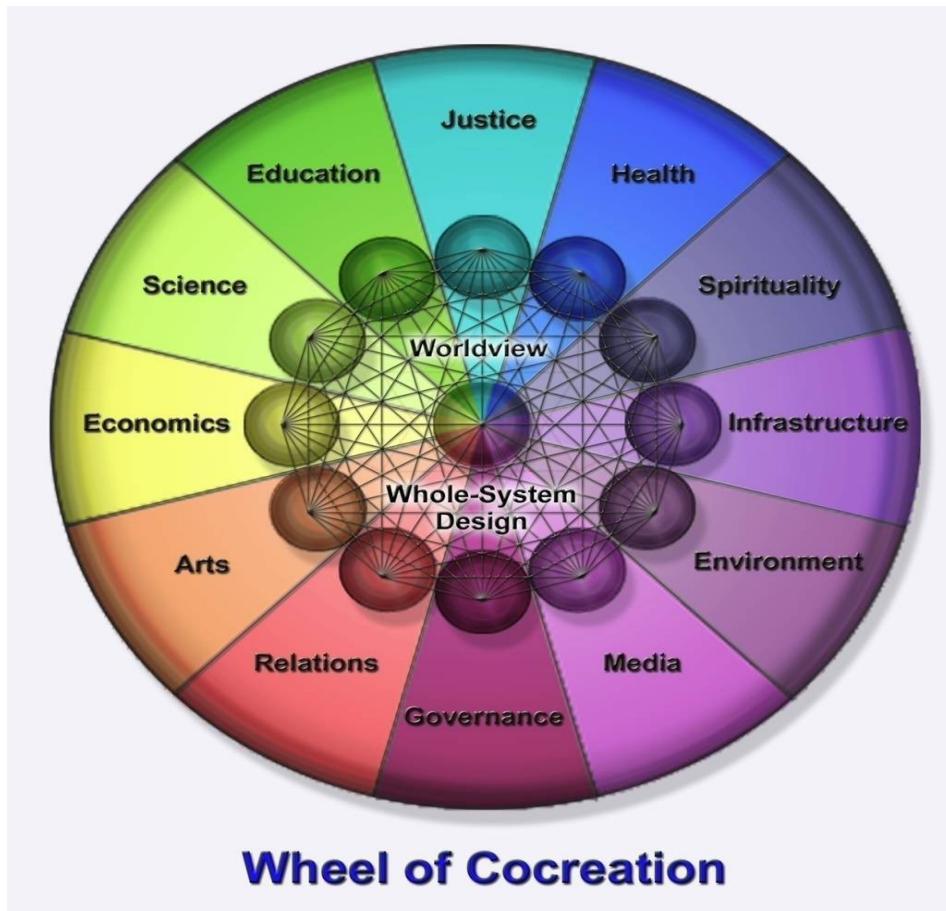


The Wheel of Relations and Co-Creating



Co-Creation and the Wheel of Relations are subjects which have my interest. I have participated in several communes/groups of people living together and experienced many challenges in creating a harmonious atmosphere amongst each other. It is not easy and I wondered for a while how did the indigenous people of America, organize their tribes?

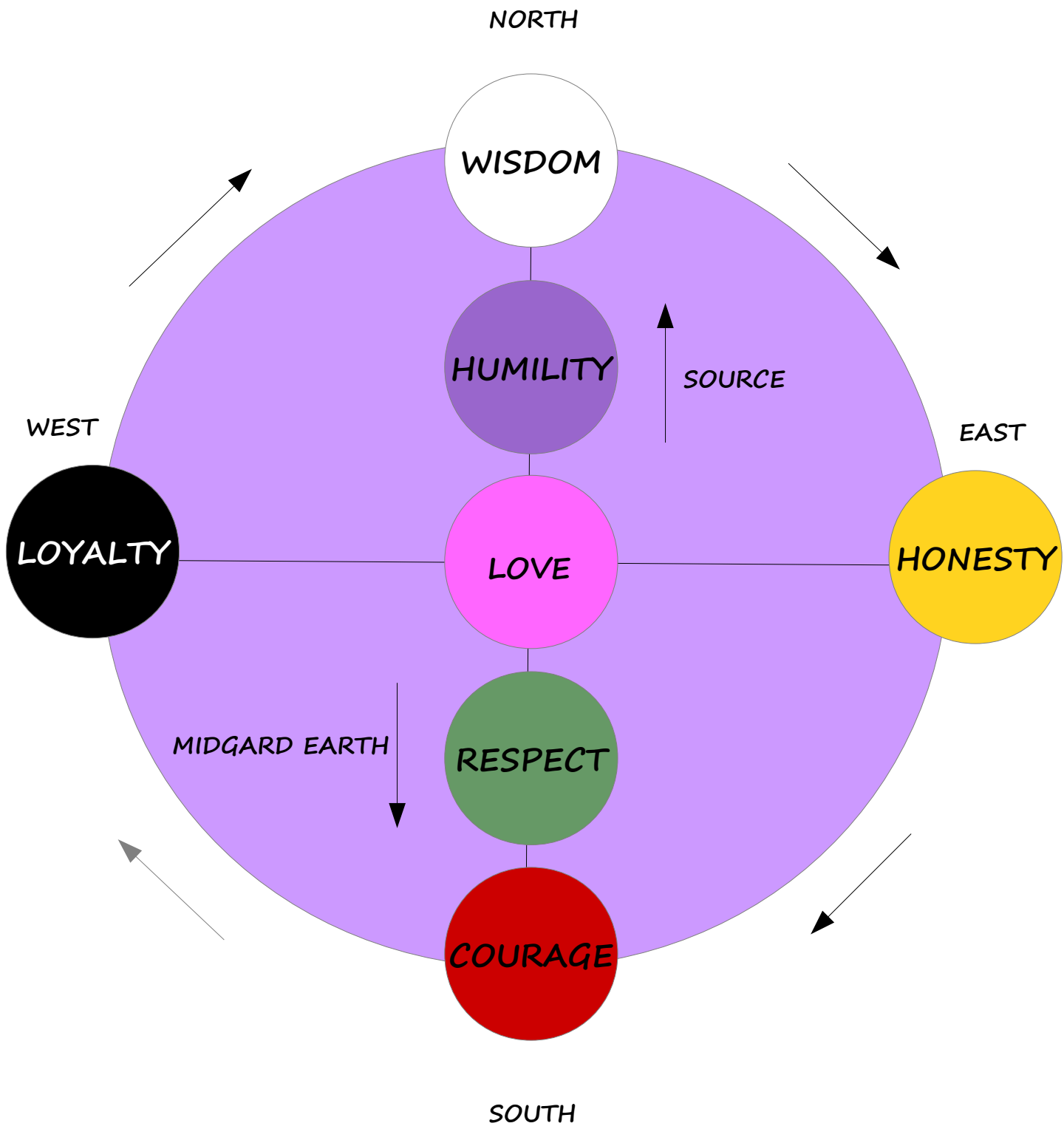
A few years ago I got an answer to that question, during a workshop about Co-Creating by a Native American: Robin Youngblood. She travels the world as an Ambassador to assist community co-creation, utilizing both indigenous foundational principles and evolutionary process to envision and manifest a healthier and more balanced world.

It is quite similar as to how THI is now developing, the different groups, forming another circle, all with a common goal: THInking and acting different for a better way forward. All being equal, creating it together.

On the way, there are many challenges, one of them being working together in a harmonious and productive way.

As part of and in connection to the Wheel of Co-Creation, the Wheel of Relations was presented, it is based on the Medicine Wheel (a description/summary of that is at the end), which I would like to share with you:

WHEEL OF RELATIONS



How can we apply this?

In the centre is Love, all relating is based in love, love is the focus and the goal

The East: sunrise, a new beginning, vision, air/breath, solo

Honesty

Being honest, with oneself and with the other.

The South: noon, innocence, creativity/purpose, fire/passion, partner

Courage

The courage to speak out when needed.

The East: twilight, introspection, healing/balance, water/flow, community

Loyalty

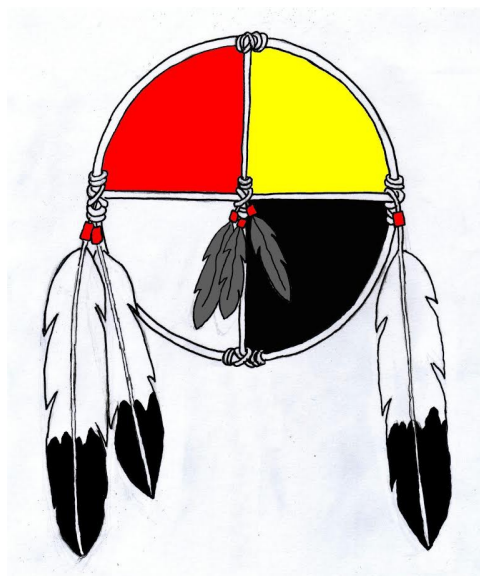
Being loyal to each other, staying in contact.

The North: midnight, wisdom, DNA activation, earth, world

Wisdom

We can grow in wisdom through processing or we can ask for wisdom when needed.

All this with humility to Source and in respect to Midgard Earth



The Medicine Wheel
(from: Shamansway.net)

"The Medicine Wheel is a major symbol of peaceful interaction among all living beings on Mother Earth – it represents harmony, balance and connections..."

"The centre of the Medicine Wheel is touching Spirit, the pure heart, the truth. Everything extends from the centre, and everything comes together in the centre..."

"When we see a diagram of the Wheel, it is a two-dimensional state. However, when our ancestors created a Wheel, it represented all the aspects of humanity, the natural world, as well as the seen and unseen aspects of our existence. The Wheel is based on the knowledge of the rhythm of life. Our ancestors, and ourselves, gain knowledge, still, through the observation of Nature. One of the first things I was ever taught was that everything happens in a circle. The world is a circle. Trunks of trees were circular. Birds nests were circular. Water drops are circular. The seasons are circular. The world around me had very few straight lines. Much of Nature expresses itself in circular patterns..."

"Medicine, to me, is the vital power or force, that is inherent in Nature itself. It also refers to my own personal power, within me, which can enable me to become more whole or complete..."

"A Medicine Wheel is a physical manifestation of Spiritual energy, an outward expression of an internal dialogue. A mirror in which we can better see what is going on within us. It is a wheel of protection, it enables us, and allows us, to gather surrounding energies into a focal point, and to commune with Spirit, Self and Nature. It helps us with our "Vision", to see exactly where we are. We look into our Shadows and Light, learning which areas we need to develop, to realize, and grow into our most authentic Self..."

I hope this is helpful, it has been inspiring to me and hope you gain some insights through it.

Truus