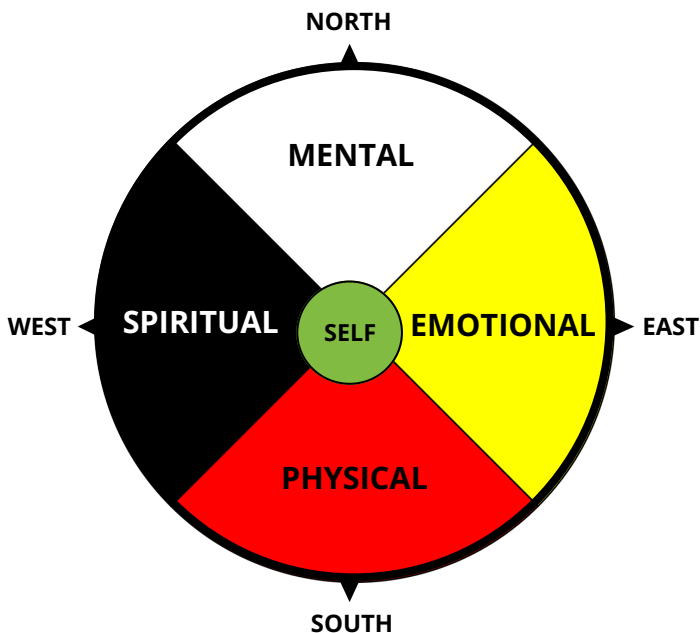


THE HUMAN COMPASS

A Way To Find Your Self

We have no control of things beyond the compass.
We do have control of our SELF inside the compass.



Algonquin/Anishinaabek Medicine Wheel Teachings
For more info: timothy.yearington@forces.gc.ca OR
timyearington@gmail.com

THE HUMAN COMPASS

A Way To Find Your Self

NORTH / WHITE

Realm = Mental
World = Animal
Element = Air
Season = Winter
Time = Elder
Animal = Fliers
Plant = Sweetgrass
Action = BE

EAST / YELLOW

Realm = Emotional
World = Human
Element = Fire
Season = Spring
Time = Child
Animal = Crawlers
Plant = Tobacco
Action = SEE

FATHER SKY

AIR ABOVE

**CENTRE
SPIRIT
SELF**

MOTHER EARTH

LAND BELOW

WEST / BLACK

Realm = Spiritual
World = Mineral
Element = Water
Season = Autumn
Time = Adult
Animal = Swimmers
Plant = Sage
Action = KNOW

SOUTH / RED

Realm = Physical
World = Plant
Element = Earth
Season = Summer
Time = Youth
Animal = Walkers
Plant = Cedar
Action = GROW

Algonquin/Anishinaabek Medicine Wheel Teachings
For more info: timothy.yearington@forces.gc.ca OR
timyearington@gmail.com