



Oqwatnug North

White Air Wind Animals Receives Energy

Introspection & Insight, Intuition & manifestation, Balance & respect, cultural epistemological, Movement “do it”, Mental & Physical aspects represents strength, stamina, and endurance

Mental
think form ideas relate interpret
contemplate ponder mediate consider
regard conceive and imagine.

THE MI'GMAQ MEDICINE WHEEL Teaching Concepts



<https://docest.com/the-mi-kmaq-medicine-wheel>

Ugipenug East



Red, Water, Plants, Autumn, Heart & Head, Gives Energy

Wholeness
Mental, Intellect, Logic Aspect, Spiritual, cultural, local knowledge, worldview, Vision “see it”, Ceremony, stories, teachings, awareness marks the beginning of the life cycle, it is where the sun first rises; it also symbolizes wisdom and knowledge
Emotional
Enjoyment, empathy, excitement, sentiment, sympathy, sensitive, tenderness, moods & emotions



Ta'snug - West

Black, Earth, Winter Wisdom, language, Holds Energy Inter-connectedness, Emotional & Personal Aspect, generational Reason and Time to, “Figure it out” Knowledge, endings, Trust, Innocence & emotions. The path of souls where the Indian must cross a large body of water of river in order for his or her soul to enter the spirit world, repeating the cycle of life and death and renewal.

Physical
Draw Create act, dramatize, move, travel, initiate, build, group, tell and present

Gp'te'snug - South

Yellow, Fire, Sun, land
Determines Energy
Inter-relationships
Spiritual, Illumination & Enlightening
Physical ecological
Time “related to it”, Understand, represents change as the southern winds bring forth a seasonal renewal to the Earth
Spiritual
Confidence, respect, love, humility, sensitivity, caring, aware, enjoyment, happy & hope



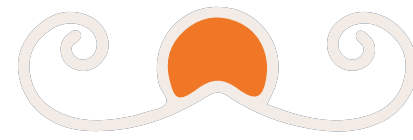


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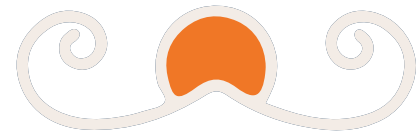
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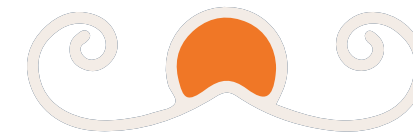
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