The Medicine Wheel Garden

Hyun-Jung Clark-Shim

Capstone: Environmental Education through Native Lens
PSU
Instructor: Judy Bluehorse Skelton

Medicine Wheel Garden
This garden is designed after a Medicine Wheel and honors its philosophy. The Medicine Wheel recognizes interconnectedness and coexistence of all beings around us. Here four colors represent plants from four regions: Red: Indigenous plants, Yellow: Asian plants, Black: African plants, and White: European plants. Between each color, there is a Two-Row Wampum path to honor the principles of Two-Row Wampum and provide a path for people to walk through.

What is Medicine Wheel?
The Medicine Wheel is representative of American Indian Spirituality. The Medicine Wheel symbolizes the individual journey we each must take to find our own path. Within the Medicine Wheel are The Four Cardinal Directions and the Four Sacred Colors. The Circle represents the Circle of Life and the Center of the Circle, the Eternal Fire. The Eagle, flying toward the East, is a symbol of strength, endurance and vision. East signifies the renewal of life and the rebirth of Cherokee unity.

The medicine wheel is a symbol for the wheel of life which is forever evolving and bringing new lessons and truths to the walking of the path. The Earthwalk is based on the understanding that each one of us must stand on every spoke, on the great wheel of life many times, and that every direction is to be honored. Until you have walked in others' moccasins, or stood on their spokes of the wheel, you will never truly know their hearts.

The medicine wheel teaches us that all lessons are equal, as are all talents and abilities. Every living creature will one day see and experience each spoke of the wheel, and know those truths. It is a pathway to truth, peace and harmony. The circle is never ending, life without end.

In experiencing the Good Red Road, one learns the lessons of physical life, or of being human. This road runs South to North in the circle of the medicine wheel. After the graduation experience of death, one enters the Blue or Black Road, that is the world of the grandfathers and grandmothers. In spirit, one will continue to learn by counseling those remaining on the Good Red Road. The Blue Road of the spirit runs East to West. The medicine wheel is life, afterlife, rebirth and the honoring of each step along the way.

Medicine Wheel - Circle of Life
The medicine wheel is sacred, the native people believe, because the Great Spirit caused everything in nature to be round. The Sun, Sky, Earth and Moon are round. Thus, man should look upon the Medicine Wheel (circle of life) as sacred. It is the symbol of the circle that marks the edge of the world and therefore, the Four Winds that travel there. It is also the symbol of the year. The Sky, the Night, and the Moon go in a circle above the Sky, therefore, the Circle is a symbol of these divisions of time. It is the symbol of all times throughout creation.

Quotes from
http://users.ap.net/~chenae/spirit.html

What is Two-Row Wampum Principle?
In traditional indigenous cultures, access to power is gained through balancing the diverse aspects of our being, harmonization with the natural forces that exist outside us, respect for the integrity of others and the diverse forms of power, and knowledge of ritual.

The Kanien'kehaka Kaswentha (Two-Row Wampum) Principle embodies this notion of power in the context of relations between nations. Instead of subjugating one to the other, the Kanien'kehaka who opened their territory to Dutch traders in the early seventeenth century negotiated an original and lasting peace based on coexistence of power in a context of respect for the autonomy and distinctive nature of each partner. The metaphor for this relationship – two vessels, each possessing its own integrity, travelling the river of time together – was conveyed visually on a wampum belt of two parallel purple lines (representing power) on a background of white beads (representing peace). In this respectful (co-equal) friendship and alliance, any interference with the other partner’s autonomy, freedom, or powers was expressly forbidden. So long as these principles were respected, the relationship would be peaceful, harmonious, and just.

Quotes from
Peace, Power, Righteousness; An Indigenous Manifesto, Taiaiake Alfred. P.76

Plants

Chrysanthemum
Latin: *Artemisia princeps var. orientalis*
Origin: Korea, China, and Japan
Usage: Food, Medicine

Reference
http://100.naver.com/100.nhn?docid=103821

Sage
Latin: *Salvia officinalis*
Origin: Europe
Usage: Medicine, Tea
Corn
Latin: Zea mays
Origin: Worldwide
Usage: Food

Rose moss
Latin: Portulaca grandiflora
Origin: South America
Usage:

Hibiscus, Rose of sharon
Latin: Hibiscus syriacus(Althaea frutex)
Origin: Asia
Usage: Medicine
Garden Balsam
Latin: *Impatiens balsamina*
Origin: Asia
Usage: Medicine, Tea

Reference
http://100.naver.com/100.nhn?docid=64267

Citrus
Latin: *Citrus junos*
Origin: China
Usage: Food

Reference
http://100.naver.com/100.nhn?docid=77591

Potato
Latin:
Origin: Andes
Usage: Food, Tea

Reference
http://100.naver.com/100.nhn?docid=122721
Reference

http://100.naver.com/100.nhn?docid=4497

Sweet Potato
Latin:
Origin: Central and South America
Usage: Food

Reference

http://100.naver.com/100.nhn?docid=12475

Lettuce
Latin: Lactuca sativa
Origin: Europe and Asia
Usage: Food

Reference

http://100.naver.com/100.nhn?docid=87665

Tomato
Latin: Lycopersicon esculentum
Origin: South America
Usage: Food
Geranium
Latin: *Pelargonium inquinans*
Origin: Southern Africa
Usage: Medicine

Reference
http://100.naver.com/100.nhn?docid=155453

Lavender
Origin: Europe
Usage: Medicine

Reference
http://100.naver.com/100.nhn?docid=137437

Reference
http://100.naver.com/100.nhn?docid=53396
Peanut
Latin: *Arachis hypogaea*
Origin: Brazil
Usage: Food
Reference
http://100.naver.com/100.nhn?docid=52997

Chicory
Latin: *Cichorium intybus*
Origin: Europe
Usage: Food, Medicine
Reference
http://100.naver.com/100.nhn?docid=149380

Elderberry
Latin: *Sambucus nigra*
Origin: North America
Usage: Medicine
Reference
http://100.naver.com/100.nhn?docid=877937
Onion
Latin: *Allium cepa*
Origin: Asia and Europe
Usage: Food
Reference
http://100.naver.com/100.nhn?docid=109685

Lilac
Latin: *Syringa vulgaris*
Origin: Afganistan
Usage:
Reference
http://100.naver.com/100.nhn?docid=89502

Red Pepper
Latin: *Capsicum annuum*
Origin: Southern America
Usage: Food
Reference
http://100.naver.com/100.nhn?docid=14753

Bamboo
Latin: Bambusoideae
Origin: Asia
Usage: Medicine, Tea
Reference
http://100.naver.com/100.nhn?docid=44164

Eggplant
Latin: Solanum melongena
Origin: India
Usage: Food
Reference
http://100.naver.com/100.nhn?docid=2226

Cactus
Latin: Nopalxochia ackermannii
Origin: Mexico
Usage:
Reference
http://100.naver.com/100.nhn?dir_id=0602070118&docid=16718

Korean Rosebay
Latin: Rhododendron mucronulatum
Origin: Korea
Usage: Food, Medicine

Reference
http://100.naver.com/100.nhn?docid=143425

Grape
Latin: Vitis vinifera L.
Origin:
Usage: Food

Reference
http://100.naver.com/100.nhn?docid=182004

Strawberry
Latin: Fragaria spp.
Origin:
Usage: Food

Reference
http://100.naver.com/100.nhn?docid=52939

Orchid
Latin: *Clivia miniata*
Origin: Southern Africa
Usage:

Reference
http://100.naver.com/100.nhn?docid=23604

African Balsam
Latin: *Impatiens sultanii*
Origin: Southern Africa
Usage:

Reference
http://100.naver.com/100.nhn?docid=106160

Corn Salad/Lamb’s lettuce
Latin: *Valerianella locusta*
Origin: Northern Africa and Europe
Usage: Food

Reference
http://100.naver.com/100.nhn?docid=794669

Horehound
Latin: *Marrubium vulgare*
Origin: Asia and Europe
Usage:

Reference
http://100.naver.com/100.nhn?docid=794673

Dill
Latin: *Anethum graveolens*
Origin: Northern Africa, Europe, and India
Usage:

Reference
http://100.naver.com/100.nhn?docid=761862

Latin: *Stellaria aquatica*
Origin: Northern Africa
Usage:

Reference
http://100.naver.com/100.nhn?docid=95972

Latin: *Lythrum salicaria*
Origin: Worldwide
Usage:
Reference
http://100.naver.com/100.nhn?docid=874790

Evening primrose
Latin: Oenothera odorata
Origin:
Usage: Medicine

Reference
http://100.naver.com/plant/detail/793015/

Violet
Latin: Violaceae
Origin: Mexico, Brazil, Andes, Africa
Usage:

Reference
http://100.naver.com/100.nhn?docid=137534

Carrot
Latin: Daucus carota var. sativa
Origin: Northern Africa, Asia
Usage: Food
Strophanthus
Latin: *Strophanthus*
Origin: Africa and Asia
Usage:

Reference
http://100.naver.com/100.nhn?docid=43557

Antirrhinum majus
Snapdragon
Latin: *Antirrhinum majus*
Origin: Southern Europe and Northern Africa
Usage:

Reference
http://100.naver.com/100.nhn?docid=99501

Aloe
Latin: *Aloe*
Origin: Africa
Usage: Medicine

Reference
http://100.naver.com/100.nhn?docid=27662
Reference http://100.naver.com/100.nhn?docid=107450

Latin: *Oxalis corniculata*
Origin: Worldwide
Usage:

Reference http://100.naver.com/100.nhn?docid=19316

Latin: *Canna*
Origin: Africa, American Continent
Usage:

Reference http://100.naver.com/100.nhn?docid=150647

Chestnut
Latin: *Castanea crenata var. dulcis*
Origin: Worldwide
Usage: Food
Reference

Castanea crenata var. dulcis

African violet
Latin: Saintpaulia ionantha
Origin: Africa
Usage:
Reference
http://100.naver.com/100.nhn?docid=106169

Rooibos
Latin:
Origin: Africa
Usage: Medicine, Tea
Reference
http://ko.wikipedia.org/wiki/%EB%A3%A8%EC%9D%B4%EB%B3%B4%EC%8A%A4

Rosemary
Latin: Rosmarinus officinalis
Origin: Europe
Usage: Medicine, Tea
Reference
http://ko.wikipedia.org/wiki/%EB%A1%9C%EC%A6%88%EB%A7%88%EB%A6%AC