

# ST'ÁT'IMC MEDICINE WHEEL

## GOAL

*To achieve physical, spiritual, mental, and emotional balance.*

## THE 7 ST'ÁT'IMC LAWS

- Health
- Generosity
- Happiness
- Power
- Generations
- Quietness
- Pity/Sympathy

## THE 7 SACRED TEACHINGS

- Love
- Wisdom
- Respect
- Humility
- Courage
- Truth
- Honesty

## CREATOR

*Blue - qwezqwáz*

On staff for the creator: water,  
all things that fly, sky world,  
star nation

## NORTH

*White Buffalo - qwisp*

White - peq  
Winter

Ask for cleansing of Heart,  
Self, Mind, and All Others  
Ask for Healing

## WEST

*Black Bear - mixalh*

Black - qw'exqw'ix  
Autumn  
Evening  
Sun to Rest  
Healing, Health  
Ask for Protection  
Death

## EAST

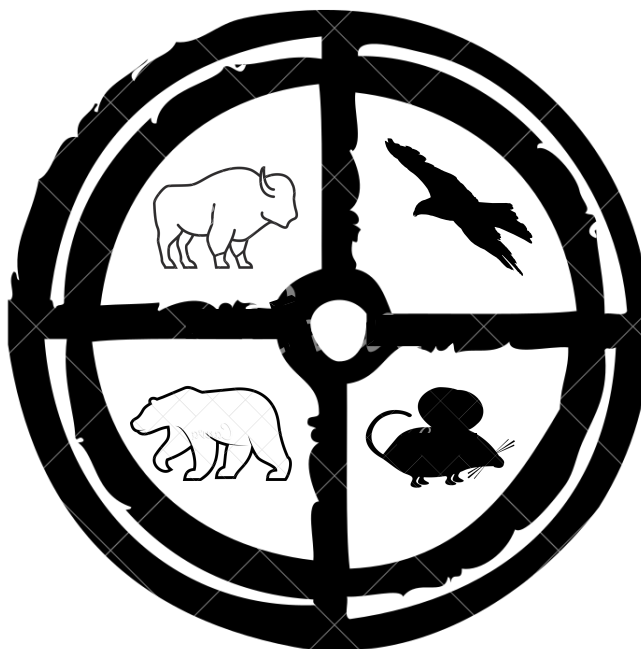
*Golden Eagle - halaw*

Yellow - kwlii7  
Spring  
Daylight  
Sunrise  
Enlightenment  
Give Thanks

## SOUTH

*Green Mouse - pú7y'acw*

Green - koli7  
South wind  
Summer  
Inner Self  
Ask for Help  
Full Life



## EARTH

*Red - tseqwtsiqw*

Mother Earth  
Fire, Blood  
Goes at the back of the sweat  
Calling of spirit that have gone  
on before us, tragically.