

Medicine Wheel and 12 Steps for men and women

A Cultural Approach to Personal Recovery

The Medicine Wheel and 12 Step program was developed to provide a culturally appropriate 12 Step program for Native American people. This program was developed by White Bison, based upon Teachings of the Medicine Wheel, the Cycle of Life and the Four Laws of Change.

Who Should Attend

This program is for people in recovery who want to learn the Medicine Wheel and 12 Steps for their own personal recovery. Upon completion of this three day program, you will receive a certificate of Completion. There are no application requirements. Any one in recovery is welcome to attend.

How the Process Works

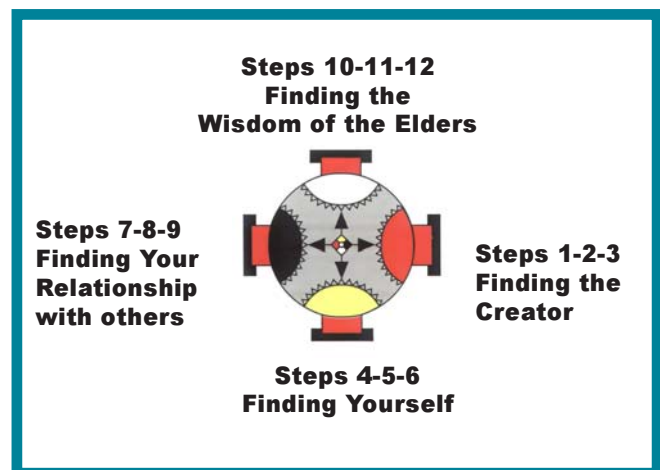
The Medicine Wheel and 12 Step program is designed in a series of modules that enable people to meet their individual needs. Participants watch a video that explains Medicine Wheel teachings and apply them to their lives. In addition, participants share their insights and experiences in a talking circle. They also learn how to mind map their own innate knowledge around these teachings and then apply that knowledge to their daily lives and decision making processes. For those working through the program in a group setting (i.e. Circles of Recovery) very strong social and emotional bonds are created that help the individuals who participate to develop trust, autonomy, and other healthy feelings and thought patterns that will help them to grow emotionally, mentally, physically, and spiritually.

The focus of the program is on character and values. Thus each of the 12 Steps is presented from the perspective of the value that it reflects.

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| Step 1: Honesty | Step 7: Humility |
| Step 2: Hope | Step 8: Forgiveness |
| Step 3: Faith | Step 9: Justice |
| Step 4: Courage | Step 10: Perseverance |
| Step 5: Integrity | Step 11: Spiritual Awakening |
| Step 6: Willingness | Step 12: Service |

After the Training

The training provides you with workbooks and videos: 9 videos for women and the 7 videos for men. Following the training, you will have the knowledge to watch the tapes and make a journey to Wellbriety using the experiential knowledge from the training. You will also be able to share the video and information with your friends in recovery. Whether you are in early recovery or have many years, this information will enhance your recovery journey.





Teachings of the Medicine Wheel

The Medicine Wheel is an ancient method for teaching important concepts about truth and life. Many Native American communities use a Medicine Wheel, although the colors and the symbols are different depending upon the culture. The purpose is the same in each culture. These teachings, when applied to one's life, have the power to influence significant change in attitudes, behaviors, values and intent.

The Elders have shared a series of Teachings based upon the Natural Order of the way things should be. These are sometimes referred to as the "original instructions." These important Teachings are included in the Medicine Wheel and 12 Steps:

Four Seasons of Change

Four Laws of Change

Four Directions of Growth

Ten Teachings for Leadership

Twelve Principles for Healthy Living

Reclaiming our Power

The 12 Steps of Recovery

Nature's Way: Principles, Laws and Values

Cycle of Life

Eight Feelings for Healthy Development

Comfort Zones

The Two Thought System: Love and Fear

The Medicine Wheel

The Laws of the Unseen World



Circles of Recovery and the Firestarters Program

After you have a year of recovery and have personally made a journey through the Medicine Wheel and 12 Steps, you may apply to become a certified Firestarter.

Medicine Wheel and 12 Step Programs are facilitated by Firestarters who have gone through the Firestarter Certification offered through White Bison. To learn more about the Firestarters Program, complete an application to become a Firestarter, or to find out if there is already a Circle of Recovery in your community, visit the website: www.whitebison.org. There is also a chat room and discussion board for Firestarters on the website. The Firestarter Brochure, available on the website explains the requirements for becoming a Firestarter.

Check the White Bison Website at www.whitebison.org for information on Medicine Wheel and 12 Step trainings being offered in your region. Or, call the White Bison office for information about the training schedule at the toll free number: 1-877-871-1495.

How to Get the Medicine Wheel and 12 Step Materials

- ◆ Participate in the Medicine Wheel and 12 Step program training
- ◆ Each tribal college has a Wellbriety Lending Library with copies of the Medicine Wheel and 12 Step videos and workbooks that you can check out and copy.
- ◆ See Medicine Wheel and 12 Steps listing in the Catalog on the website: www.whitebison.org

