

ARCH MEDICINE WHEEL

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Alignment: Remembering the inner stillness and centered wholeness of who you are beneath and beyond your personality and wounds

Relationship: The importance of having healing relationships to support you

Consciousness: Bringing into awareness the wounds that are buried within and reclaiming the lost parts of yourself

Healing: Having the specific tools and approaches that you need for your healing and integration process

The ARCH model is a modern version of the ancient medicine wheel which has been used for thousands of years for healing and spiritual growth. The medicine wheel is a form of walking meditation as well as a healing and ceremonial practice. It is still honored in many indigenous cultures around the world. It is a healing practice that involves honoring all aspects of yourself - physically, emotionally, and spiritually.

It can be used as a process of centering yourself, healing and integrating all of who you are. It involves reconnecting with all of the parts of yourself as well as remembering your place in connection with the Earth and the cosmos. The ARCH model medicine wheel combines the understanding of modern forms of healing as well as ancient wisdom and healing traditions.

The medicine wheel symbolizes the way to be in balance and wholeness. It is actually a sphere in which, when you are in the center, you are in right connection with the Earth and sky and the four directions: North, South, East, West. The directions not only relate to finding your place in the world and in connection with the cosmos but with all aspects of life. The alignment of the Earth and sky represent the vertical axis of the medicine wheel and the way in which we honor both the spiritual and embodied aspects of ourselves. The four directions symbolize our connection with all of the parts of ourselves, our relationships with others, the energies around us, as well as with the stages of life.

To walk the medicine wheel or to work with it in an inner healing way is to move around the wheel, deepening your understanding of yourself and your interconnectedness with all of life. It is a process of meditation and integration as you work with the healing

energy and wisdom of the medicine wheel in an ever-deepening process. The path of healing with the medicine wheel is actually not a circular process but a spiral one. As you heal and evolve, you move more and more into integration and wholeness and deepen your understanding of yourself, your place in the cosmos, and all of life.

At the heart of the medicine wheel is the center. This is the place of stillness and of all possibilities. This is where all aspects of the self and all of the directions come into unity and wholeness. It is here that we remember and experience our integration and our oneness with all that is. The center is always there in the medicine wheel and within us as we move through the phases of the healing journey.

With the ARCH medicine wheel, we cycle through all of the aspects of the process of healing and grow in consciousness and wholeness. Each phase of the process of healing is interconnected and does not need to be done in any particular order. We weave in and out of different phases and often cycle back through the process many times as we work on different layers. This model is about the integration of healing on all levels—physically, emotionally, mentally, relationally, and spiritually.