

Lakota-Sioux Medicine Wheel

The Lakota-Sioux Medicine Wheel is adapted from the Lakota-Sioux Native Americans who believed that each person fits into one of four personalities. Although we might react differently in different situations, we each have a predominant personality. The four personalities are given an animal symbol, season, color, and direction.

The four personalities are as follows:

Buffalo/North/White/Winter: The Buffalo person is a person who just wants to get something done. The Buffalo is not concerned with quality, only that the task is complete. A slogan for the Buffalo could be: “Just do it!”

Eagle/East/Yellow/Spring: The Eagle person is a dreamer. The Eagle sees the big picture and all of the possibilities. The Eagle’s slogan could be: “Be all that you can be!”

Mouse/South/Red/Summer: The Mouse person is concerned about other people. The Mouse will work to be sure that everyone’s voice is heard and that everyone is helped along the way. The slogan for the Mouse could be: “Reach out and touch someone.”

Bear/West/Brown/Autumn: The Bear person is concerned with quality. The Bear will work for however long it takes as long as the task is completed correctly. The Bear is concerned with perfection. The Bear could have the slogan: “Quality is job one!”

While each personality is different, each one is also valuable. The personalities have to learn how to work and live together in a community. For example, the Buffalo needs to be aware of others so that it doesn’t charge right over someone else. The Mouse helps to balance the rush of the Buffalo with the needs of others in the community. Another example contrasts the Buffalo, who just wants to get it done, with the Bear, who is working toward perfection. These two different personalities must work together to complete a task.