

Spirit Stone Medicine

Native American Indians learn from the spirits of nature and the earth. Some native Americans use *Spirit Stones*. Spirit Stones are rocks with special symbols painted on them. You can use them to think, meditate, pray or just to carry around to remember their special meaning.

Manny Twofeathers



Manny Twofeathers was a spiritual elder (a wise, old teacher) from Arizona. He had visions of the meanings of these symbols

- 1 Read about all 10 symbols.
Underline 2 or 3 **key words** for each.



Spider

Spider is the symbol of infinity (∞) – something that goes on forever. She brings you all the chances you need. Spider comes into your life, helping you see your possibilities. Communication improves with her help.



Turtle

Turtle teaches us to take the time to help others. Turtle also teaches us to work slowly toward our goals. We can be strong in difficult times. When turtle goes into his shell, we remember we should reflect and become better. He improves “the inner you.”



Snake

Snakes get rid of their old skin. He helps you change and let go of your old life and start again. He gives you the wisdom and power to change negative thoughts. Just like Snake looks for the warmth of the sun or a fire, it will help you bring love and warmth to other people.

negative thoughts
=bad things you think.



Man-in-the-maze

His name is *Se-Eh-Ha*. He is your personal guide through life. The maze is a symbol of our world: all the twists and turns of life. *Se-Eh-Ha* is our “older brother.” He helps with spiritual (our mind), emotional (our feelings) and physical (our bodies) balance. He protects us. The center is *E-Thoi*, our “sun father.” *E-thoi* waits to bless us and help us to the next world when this life is over.

spiritual= your mind and soul,
emotional = your feelings,
physical= your body



Kokopelli

He brings good luck and harmony to people who invite him into their lives. They say he brings happiness and harmony to families. The magic from his flute brings creativity and helps you make dreams come true.

harmony = getting along with others, peacefulness



Eagle

Eagle takes your wishes and prayers to the “Great Spirit”. Then you will get an answer and good things will happen in your life. This bird is strong and flies very high in the sky. It reminds you to reach for higher goals. You can achieve them. Remember to give thanks to all Eagle brings.

Great Spirit = God (whatever you believe ‘God’ is), all the power of nature)



Bear

Bear gives you strength. Bear can help you win against physical problems. You can get past anything that is stopping you. Bear helps your dreams and helps you remember them. He can help you find answers to your questions. Bear reminds you to be gentle and kind to yourself.

physical = body



Buffalo

Good luck medicine. Buffalo means you will have all you need in life, love, happiness and wealth. Many things will come to you. Be thankful for all you receive. Buffalo reminds you to use the gifts wisely. We must not be wasteful.

wealth = money, things you have



Wolf

Wolf helps you become strong and outgoing. Wolf helps us to learn and communicate that knowledge with others. Wolf can give you the power to be free of restrictions you put on yourself.

restrictions = things that stop you.



Otter

She gives you clean and powerful energy for creativity. She also teaches you that you are clever. You are stronger than you think.

- 2 Which is a good symbol for you? Paint it on a stone.
As you do, think about what it means in your life.
You might want to close your eyes for a minute while you think.

- 3 Work with a partner.
Tell her which symbol you chose. Why?
I chose _____ because...
It makes me think about...
What I need in my life is...
My life will be better when...