

## THE ROCA MEDICINE WHEEL

Roca has found much success using circles as a method of coming together in Gracious Space (see the **Gift of Gracious Space** in Section 4). Roca's circle process is grounded in the traditional medicine wheel, a framework the organization has used for personal and group self-reflection. The medicine wheel divides the self into four parts: physical, mental, emotional, and spiritual. According to traditional Native American belief, individual and community health is possible only when these four parts of the self are nurtured and balanced. Use the medicine wheel to guide the reflections of your group's members on their personal development and the development of the group as a whole.

### MEDICINE WHEEL REFLECTION TOOL

- How am I doing physically? Mentally? Emotionally? Spiritually?
- How is the group doing in these four areas? In each of these areas, how am I serving the group? How is the group serving me?
- What do I need to work on physically, mentally, emotionally, and spiritually to be more balanced in my life? What does the group need to work on to achieve more balance?

