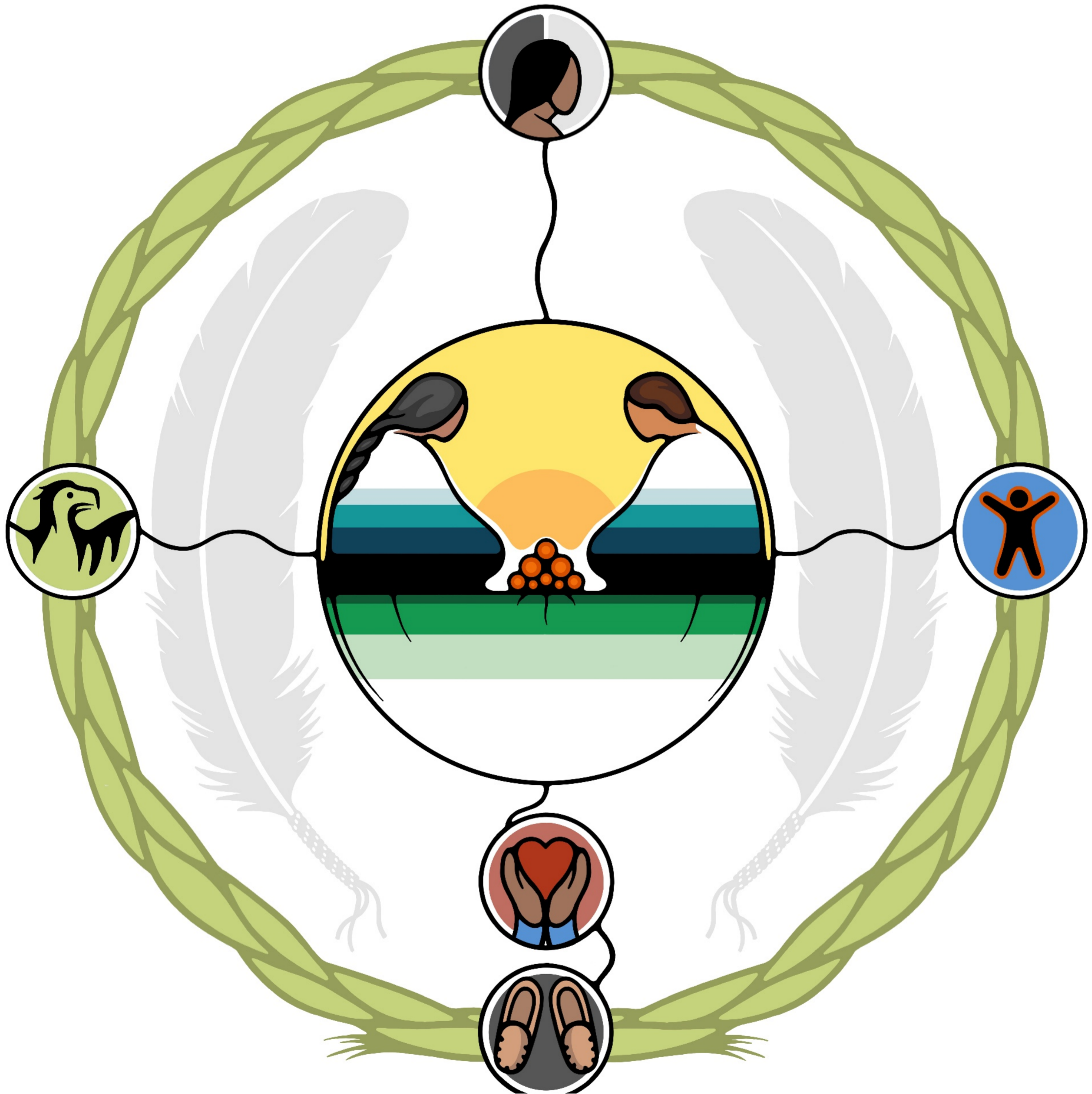


# Mikwendaagwad Sacred Circle CBT

## CIRCLE OF STRENGTH

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### **You are at the centre of the universe**

*"I was taught that, wherever we are, we are at the center of the universe. The horizon around us reminds us of this fact. No matter how far we go, we still see the edge of the visible Earth equidistant around us in all directions; no matter how far we go, the Sky still stretches itself over us. This constant presence reminds us of the Sacred Hoop of All the Nations, Changleshka Wakan, and the Circle of Life, Womime Wichoni. Black Elk has said "peace enters the human soul when it recognizes its oneness with the universe and that the Creator dwells in the Seventh Direction, at the centre of the universe, which is everywhere and within each person." Distant Eagle, Lakota teachings, 2005*