

Don Freund: Medicine Wheel

Program notes from the composer

The music and Emily Bobo's poetry for *Medicine Wheel* were both inspired by the sound of the Native American Flute as performed by James Pellerite.

Emily Bobo's presentation of her poetry includes this footnote:

"In the Medicine Wheel Spread, each of the four directions reveals certain things that you need to reflect upon in your personality. They also disclose how you are learning from yourself, from others, and from the animals" (*Medicine Cards* Jamie Sams and David Carson).