



Dnaagdawenmag Binnoojiiyag
Child & Family Services



Medicine Bags

Our medicine bags are used to carry our traditional medicines and can be big or small. When travelling the medicine bags are smaller to provide guidance and protection as we travelled across turtle island hunting and fishing. The four sacred medicines that we carry with us are: Tobacco, Sage, Sweetgrass and Cedar. Having the four medicines apart of our bundle helps supports us, physically, emotionally, mentally, and spiritually.

Tobacco

The first medicine that was given to us by Creator and sits in the East. We use tobacco to give thanks and for praying. We offer tobacco back to Mother Earth, a sacred fire, or to the water when asking for help/guidance from Creator.



Sweetgrass

This medicine sits in the South and is known as the hair of Mother Earth, representing kindness. When braiding it and smudging with it, it reminds us to be kind to ourselves and others.

Sage

This is our main medicine, also known as women's medicine and it sits in the West. We use it for cleansing and washing away any negativity that we may be carrying as it reminds us to let go of the negative and focus on the positive.



Cedar

This medicine sits in the North, representing protection and it is used in all our ceremonies and gatherings. Cedar reminds us that we are safe and protected, and it is used in our homes, ceremonies and gatherings.