

MEDICINE POUCHES



Native people use medicinal plants as healing remedies for physical ailments, emotional uplifting, mental clarity, and to pray with. Although there are many plants that tribal people utilize, there are four sacred medicines that are often used within a number of Native communities; sage, cedar, sweetgrass, and tobacco. Often these medicines can be contained in a leather pouch and worn for protection, strength and to ground your spirit to the Earth.

How do I make a medicine pouch?

Begin with your materials: leather, sinew, scissors, sage, cedar, sweetgrass, tobacco and smudge bowl. Any single medicine can be used or any combination of the four. You may want to use different colors of leather, if you are so drawn to. Cut a circle of leather using sharp, quality scissors about 5 inches in diameter. Clear your mind and be intentional about how you want the medicines to help you when you carry them. Center your thoughts on gratitude while you smudge all of your materials. Place your chosen medicines in the center of the leather circle. Cut a piece of sinew about a yard long and bundle your medicines inside the leather by tightly tying the sinew around the leather. Continue to secure the leather and tie a secure Knot. Using the remaining sinew, tie another Knot together at the end to create a necklace to actually wear the medicine pouch. You may choose to wear the pouch inside of your clothing. Keep in mind that when you wear it, there are sometimes questions that come from curious people.

How long do I wear my medicine pouch?

You can wear your medicine pouch as long as you want. It is not suggested to wear it during bathing. After a while, it may become tattered, when you feel it is time, you may place your medicine pouch near a tree or in a body of water. Remember to give thanks to the medicines for helping you when you give it back to the Earth. You may at any time make a new medicine pouch for renewed prayers. Typically, these times are at the beginning of a new season.



Can I make a medicine pouch for someone else?

It is fine to gift a medicine pouch for someone else. But always create the pouch with a clear mind and open heart. Focus good intentions on who you will be gifting it to. These medicines are believed to transport information from the physical to the spirit world and are considered very powerful.