

TOBACCO TIES



Many Native American tribes use tobacco as a means to communicate with the unseen spirit world to offer gratitude for natural gifts from the Earth and to ask for guidance or support when something challenging arises in their life. Tobacco ties are pieces of cloth with small bundles of tobacco in them. They are the physical manifestation of a prayer. Depending upon the teachings, a variety of colors may be used for various reasons. At this time, we only ask that you use a color that you are drawn to.

Who should make tobacco ties?

Because you've been gifted a four medicines Kit, you have been also gifted the ability to make prayer ties. A good habit is to offer ties when you are grateful for things in your life, although, it is also very appropriate to make them when you or anyone that you care about are in need of guidance or support.

How do I make tobacco ties?

Begin with your materials: tobacco, thread or sinew, 100% cotton fabric, scissors, and smudge bowl. Before you set your mind to making your tobacco ties, keep in mind that you will be working with sacred medicines. You may begin with a smudge so that you can center your thoughts and focus upon your prayers. Making tobacco ties is a serious practice. Some find it a variation of meditation, when you are to be fully present. You are asked not to be doing anything else when you are making your prayer ties. Use fabric of the color of your choice, cut approximately 2.5 inch by 2.5 inch piece of fabric, take a pinch of tobacco and intentionally imprint your blessings into the tobacco as you hold it and place it in the middle of the square, then using the thread, bundle the tobacco together to capture your prayer by tying it together with the string and making a single knot.



What do I do with my tobacco tie?

Now that you've made your first tobacco tie, feel free to place it outside near a tree, or place it into a body of water, or even hang on to it until you feel the need to release them. If you are blessed enough to attend a traditional ceremony, you can give your tobacco ties to the medicine person and let them know that they are your prayers and they will know what to do with them.