

## Four Sacred Medicines For Daily Life and Ceremonies

### **Tobacco in the East Direction**

It is said that humans were the last to leave the Creator's side. The Creator gifted us with tobacco so that we may always acknowledge our spiritual connection. In this way, tobacco always comes first in prayer, in consultation, in sacrifice. Tobacco is a gift of peace.

### **Sage in the South Direction**

The sage plant is sacred to women. When the sage burns it is a means of cleansing the mind, preparing the body to receive the spirit.

### **Cedar in the West Direction**

During times of great emotional



distress, cedar is used to cleanse and purify, to calm the mind. Cedar is the protector medicine- the healing medicine.

### **Sweet Grass in the North Direction**

Sweet grass represents the braid of Mother Earth. When you put kindness, sharing and honesty together, you are braiding virtues and values into your life.