

Smudging Ceremony



Upon rising each morning an offering of gratitude to the Creator for giving us life, for giving us breath, for allowing us to be part of the oneness is practiced by many. Gratitude to the Ancestors, Mother Earth, and the Universe for all their gifts is offered from our hearts.

A ceremony with the four sacred medicines helps us start the day in harmony and balance. The practitioner is filled with deep appreciation that these plants would give of themselves so we may live in this way; the Tobacco for taking the prayers to the Creator, Sage for the cleansing and Cedar for restoring mind, body and spirit, and to the Sweetgrass, the sacred hair of Mother Earth, for the gentleness, love and kindness she offers. The sweet earthy aroma has a calming effect as burning of the sacred blend aides in grounding those participating in the ceremony.

*Please note, We all take different meanings and understanding from our teachings. That is our individual gift. The ability to share those and learn those is a gift to all of us.

Cedar tea



Cedar is a medicinal plant and has been used to treat fevers, chest colds, and flu-like symptoms. It also contains a large amount of vitamin C. But like everything, consuming too much of one thing is never good for your body. And in this case, it is recommended that you drink no more than 1 cup of **cedar tea** a day

You want to harvest fresh cedar leaves from your tree, making sure to only gather as much as you need. You can do this by directly taking the leaves off the branches, or by cutting off the smaller branches. Make sure that you are, in fact, collecting cedar leaves and not similar-looking leaves, such as junipers.

When cutting cedar for your tea be sure to put down your tobacco

Traditional tobacco was given to us so that we can communicate with the spirit world. It opens up the door to allow that communication to take place. When we make an offering of tobacco, we communicate our thoughts and feelings through the tobacco as we pray for ourselves, our family, relatives and others. Tobacco has a special relationship to other plants: it is said to be the main activator of all the plant spirits. **Tobacco is always offered before picking medicines. When you offer tobacco to a plant and explain why you are there**, that plant will let all the plants in the area know why you are coming to pick them. When you seek the help and advice of an Elder, Healer or Medicine Person and give your offering of tobacco, they know that a request may be made as tobacco is so sacred. We express our gratitude for the help the spirits give us through our offering of tobacco.

Directions:

In med pot add 8 cups of water

Add a few branches of cedar about 2 cups to the water

Boil for about 10 minutes, until water becomes golden in color

Strain tea into tea pot or bowl, you can add honey or maple water to add sweetness to your tea. Enjoy!

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