



Great Lakes Water Walk

Traditional Medicines

Sacred Tobacco

This is one of the four sacred medicines of the Anishinaabe People.

It is offered to human beings, spiritual beings, animal and natural beings as a symbolic representation of respect, gratitude & to ask for something. It is commonly wrapped in cotton cloth. We are encouraged to use traditional or organic tobacco only.

This offering is done in 3 commonly used ways: by placing in the ground, on water or into a sacred fire with prayers connected to the purpose of action desired

White Sage

This is one of the four sacred medicines of the Anishinaabe People.

It is used in the ceremonial practice of smudging where some of the dried medicine is lit with fire and the subsequent smoke is used to fan over ones' body in the spirit of cleansing any negative energy that one might be carrying.

It has been scientifically validated to be an effective microbial cleansing agent for the air.