

Traditional Medicine

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Eeyou-linuu
Nituhkuyin



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CONSEIL CRÉ DE LA SANTÉ ET DES SERVICES SOCIAUX DE LA BAIE JAMES
CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY



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miyakasikan iinu
SAGE

Sage is one of our sacred medicines growing in Eeyou Istchee and other regions. There are two types—one is soft after drying and the other hard—both used for smudging but should not be combined. Once gathered and dried, sage can be used for smudging in our homes, at work and in our ceremonies.

Combined with prayers, smudging brings us closer to the Creator. The smoke helps purify and protect our bodies, spirits and living spaces. Smudging also improves mood, alleviates stress and insomnia, and repels negative energies, including viruses.

Smudging your home with sage

- 1 Begin by saying a prayer aloud or silently, telling the Creator your reasons for smudging. Place the sage in a smudge bowl (commonly a shell) and light it. Let the flames die out so the leaves produce a fragrant smoke.
- 2 Using your hand or a feather, push smoke into all rooms in your home. Start at the front door and move clockwise around the house, allowing the smoke to drift into closets and cabinets. Follow the same procedure in the basement so that your entire living space is smudged.
- 3 Once finished, leave sage in the smudge bowl and store in a safe place.

Smudging an individual with sage

- 1 Begin by saying a prayer aloud or silently, telling the Creator your reasons for smudging. Place the sage in a smudge bowl (commonly a shell) and light it. Let the flames die out so the leaves produce a fragrant smoke.
- 2 Using your hand or a feather, guide smoke towards the individual, from head to foot. Individuals may cup the smoke in their hands and bring it to their bodies from head to foot, inhaling if desired.
- 3 Once finished, leave sage in the smudge bowl and store in a safe place.

Precautions when using Traditional Medicine

As with any medicine, exercise caution. Follow instructions and be mindful and careful when lighting the sage in the smudge bowl.

Do not use with people with breathing problems.

Women on their moon time should not handle or be smudged by sage.



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