

Tobacco: The Sacred Medicine



For thousands of years, traditional tobacco has been an integral part of many Indigenous cultures. Used in ritual, ceremony and prayer, tobacco is considered a sacred plant with immense healing and spiritual benefits. Although not everybody uses tobacco in their personal practice, it is commonly recognized as a sacred medicine, to be treated with great respect.

Respectful ways to use tobacco can include:



Tobacco Tie

Tobacco is tied in a small bundle, often mixed with sage, cedar, sweetgrass and other medicines. This is used for various reasons including prayer, offering, gifts and good energy.



Sweat Lodge

Sweat lodges are another way for cleansing and purification. Tobacco is often used in sweat lodges as an offering to ask for prayers and blessings.



Sacred Pipe

Only those who have earned the right can carry a sacred pipe. Tobacco is used in ceremony to connect with the Creator.



Burn in a fire

Burn tobacco leaves in a fire to send or request prayers for self or others, connecting to the Creator or the Ancestors.



Smudge

Tobacco and other medicines are burned in a shell and brushed over the body with a feather to cleanse the spirit and bring good energy.



Say Thank You

Tobacco is sprinkled on the ground or in the water as a way to say thank you when we take plants or fish from the earth.

Keep Tobacco Sacred

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