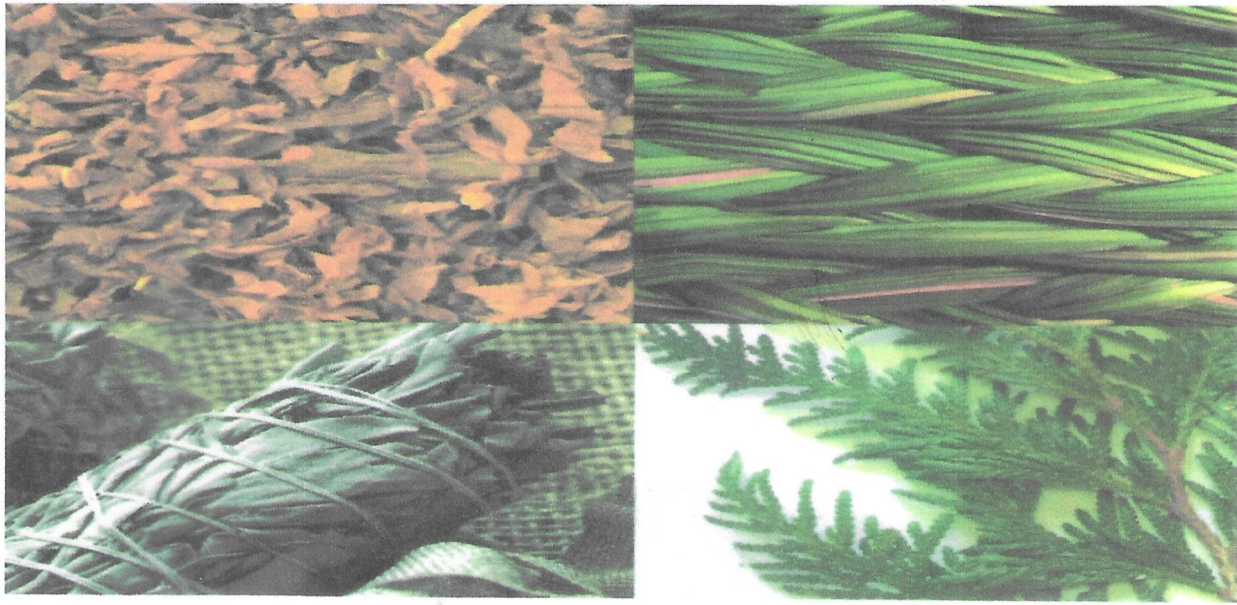




The four sacred medicines - tobacco, cedar, sage, and sweetgrass - are used in Indigenous ceremonies and traditions for various purposes, including cleansing, healing, and connecting with the spirit world. Tobacco is used as an offering and to facilitate communication, cedar is used for purification and restorative healing, sage is used for preparation and releasing negative energy, and sweetgrass is considered the sacred hair of Mother Earth and is used to create a link to the Creator.

Here's a more detailed look at each:

Tobacco:

Used as a first offering in ceremonies, to communicate with the spirit world, and to express gratitude. It's also used to activate other plant spirits.

Cedar:

Used to purify spaces, cleanse individuals, and for restorative medicinal uses.

Sage:

Used to prepare individuals for ceremonies and teachings, and to cleanse and release negative energy.

Sweetgrass:

Considered the sacred hair of Mother Earth and is used to create a connection to the Creator. It's also used in ceremonies for its relaxing and calming effects