

Four Sacred Medicines of the Anishinaabe

Aaniin, Gitche Manadoog has given many medicines and other items to help Anishinaabe through tough times. The first of these are plants/medicines. Asaama (tobacco) is the first of these. It has been said that asaama is the catalyst and the foremost plant spirit. There are three other respected plants Keezhik (cedar), Shkodawabuk (sage), Weengushk (Sweet grass). These make up the four Sacred Medicines of the Anishinaabe.

These medicines can be used every day. They can be used to smudge yourself, others and homes. Shkodawabuk, Keezhik, Weengushk have many other uses. I have been told that Asaama represents the eastern door, Weengushk represents the southern door, Shkodawabuk represents the western door and Keezhik the norther door. Elders tell us that the spirits like the smell created when the sacred medicines are burned. I have been told that Traditional people will say that asaama is always first. “Always through Asaama (tobacco)”, is what the Elders say.

Maybe it would be a good practice to use these medicines. Miigwech

If you would like to get additional information on the use of these medicines, please contact the Prevention Intervention Department and we can provide you with names and contact numbers.