

Elder Teachings – Sacred Medicines Teaching

Speaker: Elder Blu Waters

As was said in the Creation Story Teaching, the land provides everything that we need to be able to live life in a good way, so therefore everything about the land is sacred medicine.

Whether it be a physical medicine, whether it be an emotional medicine, whether it be an intellectual medicine, or a spiritual medicine, every part of creation, the plants, swimmers, crawlers, flyers, four-legged ones, and us, all have spirit, and all can be medicine. This might mean the drinking of tea made from plants to calm us, it might mean eating the foods of the land to provide us with sustenance, it might mean seeing the sunrise to heal our emotions, or a conversation with someone to help bring us clear thinking. Everything is sacred medicine when used in a good way. When not used in a good way it becomes harmful. Just like in my conversations with people, if I am kind and compassionate, I am medicine to someone. On the other hand, if I am impatient and demanding, I am not good medicine. To live your life in a good way and to treat each other in a good way is a sacred way of being. To do otherwise is to bring harm to each other. Through lived experiences and observation, we gain wisdom and know which plants provide which medicines, and so too we learn how to be sacred medicine to one another in our relationships. Sometimes it is just sitting in silence with someone, at other times it is the words that I am speaking to you that become the medicine, because I give you a different perspective, I give you a different understanding, I share my lived experience with you. Sometimes the medicine is something physical like a plant that will help heal an injury. Knowledge too is medicine and so our teachings are sacred and meant to be shared. All of

creation is considered sacred because without the air we cannot breathe, without the water we cannot live, without the land we cannot exist, without each other we will pass away. All of creation is sacred because it allows us to exist as human beings. When we see that spirit is in everything and when we live life in gratitude, we have everything we need to live life in a good way, and so, we are all living with sacred medicine.