



Medicine Tools

The Sacred Pouch

A Medicine Pouch provides protection as well as gives you a way to carry items that enhance your personal medicine. The Medicine Pouch should be one of the first Medicine Tools you acquire, or make yourself. A Medicine Pouch can be made from either leather or cloth; the size of the pouch is up to you. You can judge the size by what you plan on placing in the pouch. Always keep in mind, the Medicine Pouch is a sacred tool and any items placed in the pouch also become sacred and should only be used for the purpose they were meant. A bonding ceremony should be performed after you have completed the gathering of your pouch, this is important for you to merge your energy with it. (Also called give away to the universe ceremony)

The Medicine Shield

Shields have been very important to man since the dawn of time. Shields

have been a protective force in battle, be it physical, spiritual, mental, or emotional. Shield styles are as varied as their uses. Besides protecting oneself, home, or family, shields can be used to heal. They are also used to form an alliance with ones personal or tribal animal totem or to tell stories or record events.

The Medicine Wheel Rattle

The Rattle is a powerful tool for communicating with the Spirits and enhancing your prayer and ceremonies: particularly ones with song and dance. Different Rattles invite in a variety of energies depending on their sound, what they are made from, how they are made and how they are decorated. If a Rattle is for Spiritual purposes rather than simply a musical instrument, it should be made in a ceremonial way and treated with respect. A pouch should be made to hold the Rattle when you are not using it.