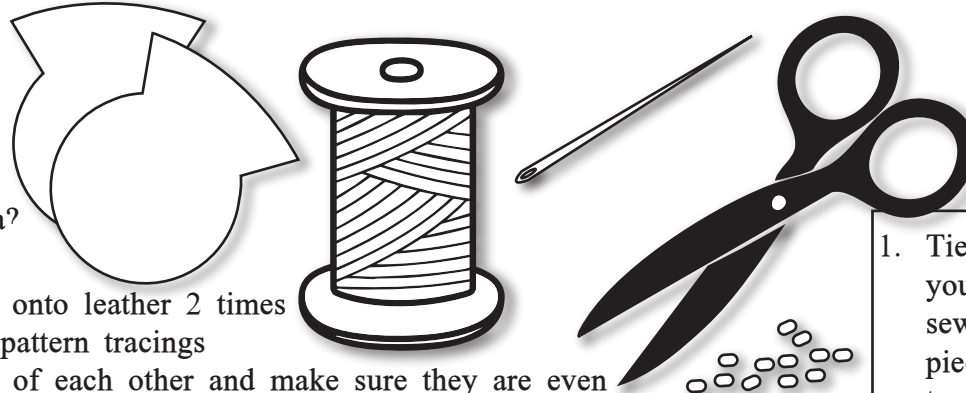


MAKING A TOBACCO POUCH

It is important that the materials you are using were harvested in an appropriate manor. If you do not know where or how your materials were gathered, it is suggested that you give thanks and offer tobacco for each of them before you use them. As we work, we work with a good mind and make sure that we put love, thanks and compassion into all we do.

Materials:

leather kané·wa?
sinew ahsli·yé
needle kanu·wále?
scissors ta?shali·sás
beads osti?néhtala?
hole punch



1. Trace the pattern onto leather 2 times
2. Cut out the two pattern tracings
3. Lay them on top of each other and make sure they are even
4. Using sinew, a glovers needle and beads, edge bead the two layers together starting at the top left, going down the side, up the other side then across one layer, and back across the parallel layer to avoid sewing it shut
5. Punch two holes near the top
6. Thread your leather lace through the holes, and tie the ends of the lace together.

HOW TO EDGE BEAD

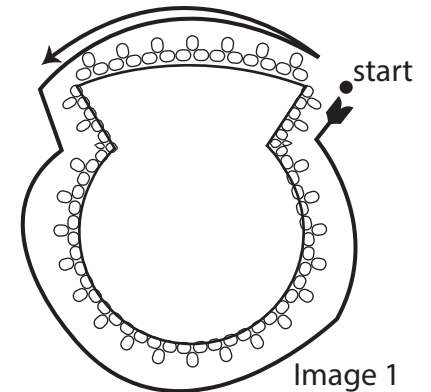


Image 1

1. Tie a knot in your thread and sew the two pieces of leather together at the starting point (image 1).
2. Load one bead on your needle and thread (image 2).

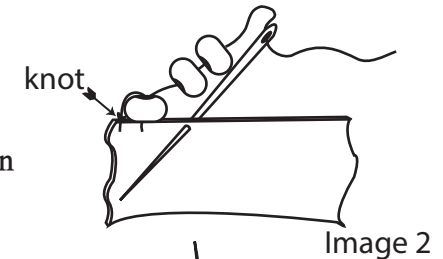


Image 2

3. Anchor the bead down by sewing through the two layers of leather and then back up through the bead (image 2).
4. Load two more beads onto your thread (image 2).
5. Anchor the beads down by moving over and sewing through the two layers of leather and back up through the bead (image 2-3).
6. Continue step 5 until you have beaded your entire pouch edge (image 4).

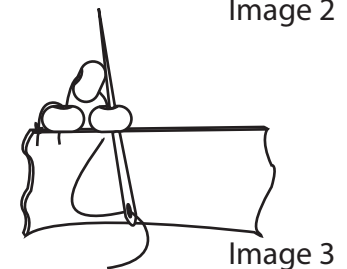


Image 3

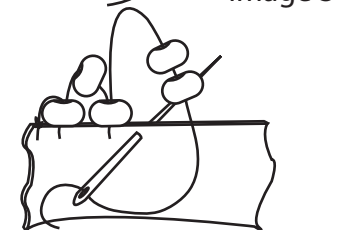
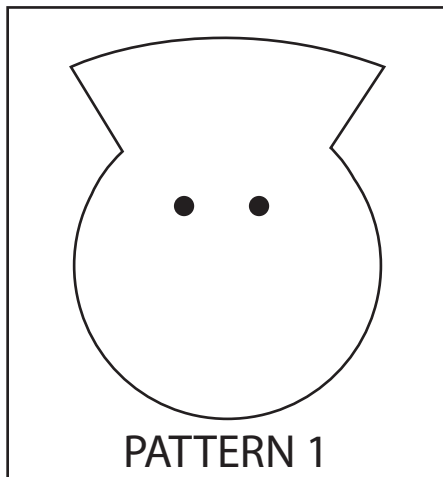
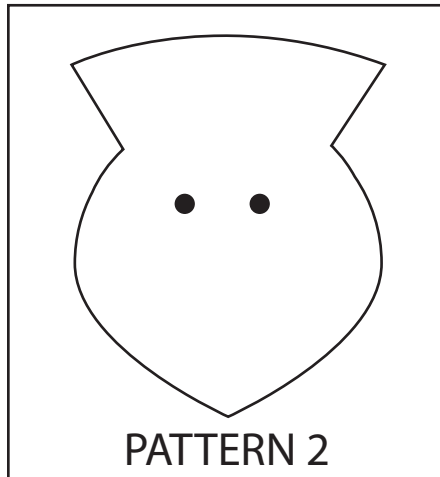


Image 4



PATTERN 1



PATTERN 2

What will you put in your TOBACCO POUCH?

The four medicines, tobacco, sweetgrass, sage, and cedar

Tobacco is a sacred medicine that is used with care and respect. When we say thank you, ask for help, talk to the creator, or harvest something from the natural world, we offer Oyu?kwa?u-wé (Indigenous Tobacco) as a gift. This shows kindness and honor to the natural world. We say that everything—trees, animals, water, even rocks—has a spirit and is alive in its own way.

When we give Oyu?kwa?u-wé, we are thanking Tsyunhéhkwa, the things that help us live, like food and water. This offering helps us stay connected to the Earth in a respectful way. It's a responsibility given to us by Shukwaya?tisu (The One Who Created All of Us, he made our bodies), and it reminds us to treat all beings with care and gratitude.

Sweetgrass is a special plant that smells nice when it burns. People use its smoke to clean and refresh places, things, and people. It is sometimes kept with dance clothes to help them stay fresh. It can also be made into a sweet tea to heal ailments. Sweetgrass is hard to find and grows in only a few places. It is believed to bring good spirits.

Sage is another plant used to clean the mind, body, and spirit. People use it to clean special items like eagle feathers and pipes. Some carry a little bit of sage with them to feel safe. Burning sage, called smudging, is a way to thank the Earth and make a space feel peaceful. A special shell is often used to burn sage, cedar, or tobacco during ceremonies.

Cedar is a sacred plant that is used for cleansing. Its smoke, or a tea made from the leaves is used to clean rooms, help with prayer, and clear away bad feelings. Cedar helps bring good energy and remove negative emotions.

Sometimes called a medicine pouch, it is up to you what you put in it. Along with the all or any of the four medicines, you could also put small mementos that hold special meaning to you. Perhaps a small pebble, shell, beads or a feather. So what will you put in yours?

