



Tobacco

- A sacred plant
- Given as offering to others such as Elders, knowledge keepers, or Cultural advisors in exchange for services such as a prayer.



Red Cedar

- Used by First Nations and Métis People (does not grow in Inuit regions)
- Used for purification and to attract positive energy, feelings, emotion, and balance.
- Used for its Vitamin C content when fruits were unavailable in Winter months.



Sage

- Used by First Nations and Métis People
- A woman's medicine.
- Represents strength, wisdom, and clarity of purpose.
- Purifying medicine: drives away negative energies.
- Used for smudging.



Sweetgrass

- Used for spiritual cleansing by almost all First Nations People.
- Braiding of this plant honours the teachings of interconnection between mind, body, and spirit.
- Has been associated with the virtue kindness because it bends (but does not break) when you walk on it.



Diamond Willow Fungus

- Used for ceremonial and medicinal purposes.
- A sacred mushroom
- Usually found in Northern Alberta.
- Usually picked in the fall or winter

References

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