

How to Make a Medicine Bundle

“North American Native people who follow their Traditional Teachings will have sacred items to help and guide them through their life. These sacred items form part of their Sacred Bundle.

A Sacred Bundle can consist of one of many items, it can be the little tobacco or medicine pouch that someone wears around their neck, or it can be the items that the Spirits have given to a person to carry for the people. There are two types of bundles: Personal Bundles and Bundle for the People.”-Dancing to Eagle Spirit Society



Your Personal Bundle includes items you have acquired that have special meaning, precious treasures that have been entrusted to your care. I liken these objects to representations of how you tend to your soul. These are items that help you in your development, objects that have been given to you in ceremony or items that have somehow taught you and helped you. These can also be items that were given to you by your grandparents or parents, your teachers or elders. All of the contents of your personal bundle remind you of the beauty of Creation and power of personal healing.



How to use your Medicine Bundle

Some people display their sacred items on an altar designated in a special place in their home, others keep the bundle tucked away until it is ready to be used in ceremony. Some leave feathers or objects out around the home to help calm the energy and ground others. Sacred bundle items can be used seasonally or some medicine people use their bundles in every ceremony.

Enjoy creating your personal Medicine Bundle

*Choose a piece of felt, silk, cotton, leather, deer skin, use any natural material that feels right.

*Red felt is a traditional color and fabric that is used.

*Cut out a circular piece of fabric or leather

*Add offerings of tobacco & sage as a blessing & thank you to the Plant and Animal Spirits

*Include pieces of your power animal such as fur, bone, feathers, claws, teeth

*Keep gemstones with special meanings and assigned healing purposes in your bundle.

*Use natural thread or leather strings to enclose and secure your bundle.

*Adorn and decorate your bundle

*Place on your altar or offer in ceremony



Create a “Bundle for the People”

This sacred collection of items is used for healing ceremonies. It is said that these bundles contain things that the nations of the world will need to survive. The healers who carry these medicine bundles say they do not own these bundles. Traditional teachings tell us that we do not even own our bodies, we return these to Mother Earth upon our departure. The Healers that care for these Sacred Bundles have been chosen by the Spirits to honor and uphold the important healing work for humanity.

How does a Medicine Bag differ from a Medicine Bundle?



A shaman's medicine bag is worn on their body for the convenience of having a sacred offering to give to nature, when needed. Medicine bags traditionally hold loose leaves of tobacco for gratitude prayers. The convenience of wearing a bag with prayer offerings is utilized when harvesting a medicinal herb or flower from nature. The medicine healer is prepared with an offering to give back. Shaman always possess an offering, whether they carry any items with them or not. Breath is a gift of spirit, a piece of hair is also a suggested offering when foraging and harvesting plants or stones. You always have what you need.

Medicine healers frequently carry loose leaves of white sage or leaves of another plant used for clearing purposes. By doing this, the shaman is prepared for smudging whenever the need may arise. Medicine bags may also hold pieces of the shaman's personal medicine, meaning the Plant Spirit allies or Gemstone allies who work closely with the individual.

Palo Santo is another plant offering that frequently makes its way into a healer's medicine bags. Palo Santo can bring a quick energetic shift to the energy of a space without a lot of smoke residue. This beautiful wood incense makes a wonderful offering for an impromptu ceremony.

Expanding Sacred

Other important items for a healer's medicine bag would be crystals and gemstones that assist the shaman in their personal healing work and goals. For example, if the individual is working on grounding and connecting to the earth, a grounding stone such as jasper, obsidian or black tourmaline may be included in the bag for earth connection and protection.

If the healer is focusing on opening up to spiritual guidance and connecting to spirit guides, a crystal programmed for spiritual help may be of assistance and carried in the medicine bag. Crystals programmed with a specific power animal energy are frequently included in medicine bags.

Your medicine bags and bundles will change as you grow over the years. My biggest piece of advice with this is not to weigh yourself down. Let the medicine tools create themselves. Stay in your intuitive flow and don't get heavy or burdened when it comes to "stuff". Power tools will come and go out of your life, just like we will give our bodies back to Mother Earth when we are no longer in need of that particular tool.

Stay open to guidance about what is needed in your medicine bundles and bags. Add every beautiful little piece to your bundle with joy, love and strong intention. Your medicine bag should be light and convenient, with just enough offerings to assist you but not too many heavy objects to weigh you down. Medicine bundles can be big or small, depending on what your intention is when you make them. Take your time and have fun with all of this. Remember, we use sacred objects as a way to harness our intention. There is no wrong way to make a medicine object if it comes from the heart!