

## Questions:

### From the video:

How is the term "medicine" used with a different meaning than is thought of by western medicine?

Traditional approach says "Medicine" is anything that makes you happy or feel good

How does the treatment for smoking cessation differ from a Western medicine approach?

Western approach = prescription medication (Nicorette gum, Zyban, etc) treat the condition

Traditional approach = treat the body and spirit (put tobacco you were going to smoke in the ground and give thanks

= Earth pulls negative energy out

### From the reading:

1. What does the Medicine Wheel symbolize?

Symbolizes the interconnection of all life; how life represents a circular journey like the seasons in nature.

2. List the 4 Sacred Medicines and describe what they are used for.

Sweetgrass = cleansing

Tobacco = Connection to the spiritual world (absorbs prayers)

Cedar = purification + to attract positive energy = balance

Sage = strength, wisdom and clarity

3. On loose leaf briefly describe 5 rituals that may be used in healing.

Smudging = smoke used for ritual cleansing

Healing Circles = meetings to heal physical, emotional, and spiritual wounds

Sweat Lodge = ceremonial sauna for healing and cleansing

Sun Dance = ritual celebrating harmony between man and nature

Pipe Ceremony = used for prayer and ceremonial purposes

Potlach = ceremonial feast to celebrate major family events