

ASD-N Weekly First Nation Education K-12

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This week we learn about the four sacred medicines; sweetgrass, cedar, tobacco and sage. Each medicine was a gift from the Creator. These medicines are there to help us to be our best self: physically, mentally, emotionally and spiritually.

There are many ways in which Indigenous people use these sacred medicines throughout Turtle Island; whether it is in ceremony, giving thanks or gifting them to a special person in your life.

Watch the video to hear Mi'kmaq Elder Donna Augustine speaking on the Four Sacred Medicines.

<https://youtu.be/CJ8SLZWb27E>