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# ABORIGINAL MEDICINE

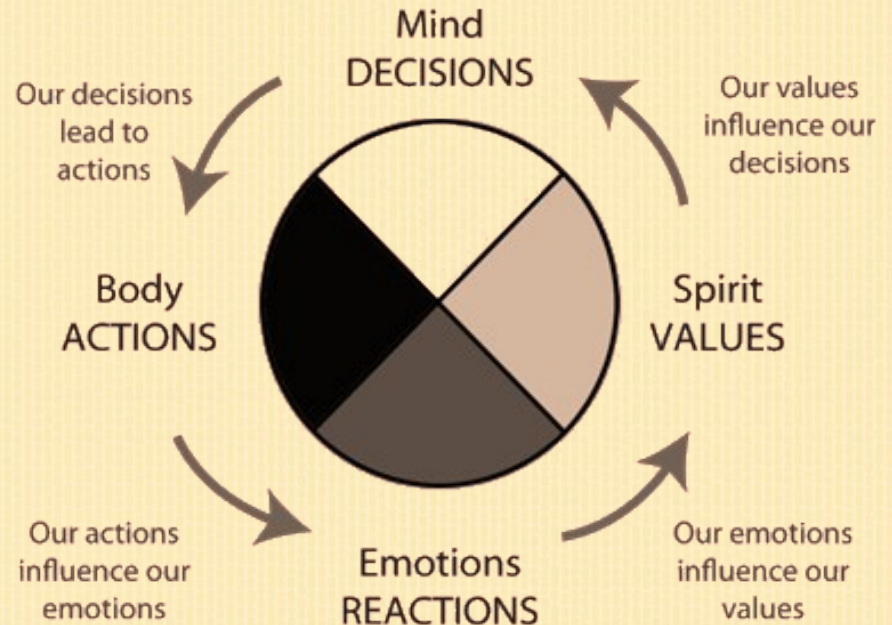


- less central
- emphasis on patient's environment
- folk remedies
- holistic mind, body
- medicine distinguished from healing
- based on series of virtues
- more routes to healing



# MEDICINE WHEEL

- interconnection of life cycles
- sacred number four
- 4 parts of a person
- 4 seasons
- 4 medicines
- 4 kingdoms
- values and decisions
- imbalance affects health



# THE FOUR SACRED MEDICINES

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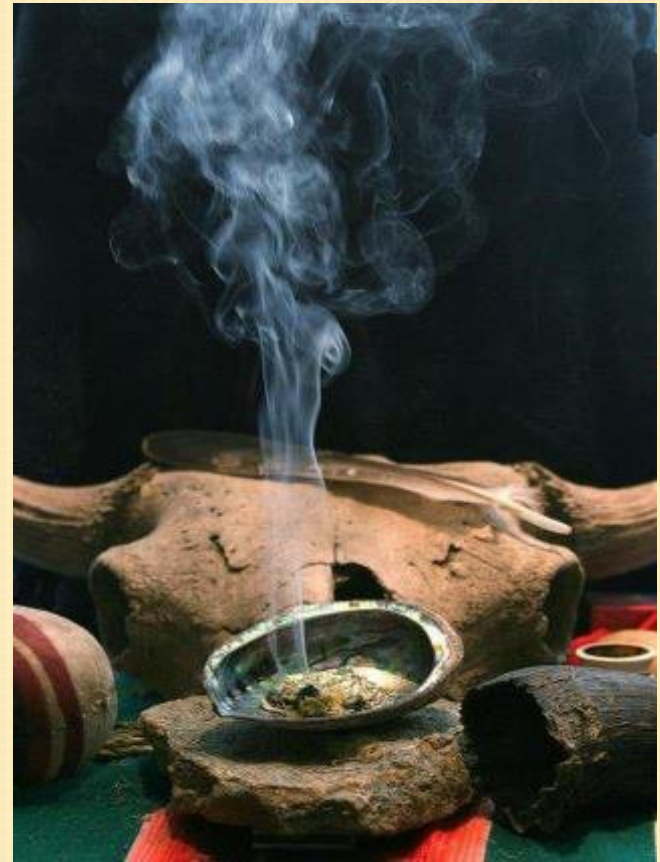
- ▮ Sweet Grass; ritual cleansing, injustice can be returned by kindness
- ▮ Tobacco; connection to spirit world, used for thanking the Creator
- ▮ Cedar; purification, attracts positive energy
- ▮ Sage; purifying, repels negative energy



# SMUDGING

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- ▮ ritual cleansing
- ▮ sacred medicines burned in shell
- ▮ person puts their hands in the smoke and carries it to their body
- ▮ possible production of beta-endorphins, promote healing



# HEALING CIRCLES

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- meetings
- healing physical, emotional, spiritual wounds
- symbolic object given to the person who wishes to speak
- shamans conduct the ceremony



# SWEAT LODGE

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- ▢ ceremonial sauna
- ▢ healing and cleansing
- ▢ hot stones placed in the centre of the lodge poured with water
- ▢ offerings, prayers, reverence
- ▢ sometimes negative health effects



# SUN DANCE

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- ▮ celebration of the harmony between a man and nature
- ▮ practiced at sun solstice
- ▮ usually also a buffalo is involved
- ▮ preparations of dancers in sweat lodge
- ▮ dance lasts for 4 days
- ▮ drumming, singing, dancing, fasting, self inflicted pain
- ▮ symbolizes rebirth



# PIPE CEREMONY

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- ▮ used for prayer, ceremonial purposes
- ▮ burned braid of Sweet Grass used to purify the place and participants
- ▮ Tobacco is smoked, prayers can be made to the Great Spirit
- ▮ also smoked when opening other meetings
- ▮ pipe holder



# SOURCES

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- ▮ Aboriginal bush medicine (online).  
Accessible  
<<http://www.bri.net.au/medicine.html>>
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<<http://www.bri.net.au/medicine.html>>
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