



What Is A Medicine Bag?

A medicine bag is an ancient item that spiritually represents the person who wears it. The medicine bag is known in all cultures and throughout all of history. They contain objects such as leaves, feathers, stones, herbs such as sweetgrass, sage, cedar, lavender and other objects which have been added by the wearer and considered spiritually significant.

Medicine bags can be as small as 1 inch by 1 inch or as large as 30 inches in length. They are typically made of leather and you can purchase such a bag to make your own at most metaphysical stores.

The reasons to carry a medicine are for guidance, healing and protection. Most medicine bags contain a quartz crystal as one of its objects. Quartz energy resonates with all the energies of the physical body and is considered a remarkable healing stone. It connects you to your spiritual self.

Other items you might like in your own medicine bag are items you may have found a special attraction to or resonance with in your life. For example, a special shell you found at the seashore or a feather you found or a piece of pine tree or a juniper berry that holds meaning for you.

We often meet up with items that seem to be just waiting for us to pick them up and carry them home and then we don't know what to do with them. This is one place to give them a home close to your heart. The essence of these special items, create an energy in your medicine bag and that energy is the force that represents you.

By creating a medicine bag and wearing it close to your heart you are connecting with your spiritual self, the authentic you and always remembering who you are.

Some people when not wearing will also keep at their sacred alter or in their cars.

Medicine Bags are available at Visions In The Woods.