

# YOUR MEDICINE BAG



*You may already have one and not even know it.*

Do you have a shelf or space on your desk where you gather items you love? These are the small tokens you find or are given that have a special meaning. You see your collection and it evokes a feeling – often of serenity, love or peace. That feeling is magical. If you took the right little bag and plunked some of those little objects inside, you would have your medicine bag – or at least its beginnings.

Assembling your medicine bag can be as simple or as profound as you'd like. Trust yourself. The bare minimums are these:



★ Gather objects that represent love and protection to you. Choose things that are small and easy to carry. It's a good idea to stay away from anything too fragile.  
★ Your items will be all tumbled together in a single bag, so if a beloved treasure might break, it's better to leave it out. The best collection is a combination of tokens that have been given to you and that you've discovered for yourself. *Somehow, over time, my medicine bag has accumulated a number of tiny, silver angels.*

For a Haunt Spots tour, your medicine bag can provide clarity, connection and protection. Add items that serve those purposes. May I suggest:

A small baggie of salt – it's excellent for protection. Be careful to seal it up so your bag doesn't get all gritty inside.

Stones. Different types of quartz help with clarity and healing. Onyx is great for protection. The lore of stones is extensive; if you google stone lore or stone properties, you'll find some excellent reference websites. The stones you select will depend on the experience you are seeking. *I have quartz, smoky quartz and amethyst geodes among others.*

Favorite herbs. Sage is perfect for a medicine bag. *I often carry rose petals, lavender and rosemary.*

Pick a bag. It can be any natural fabric or material. Traditional medicine bags are leather. Do this last so that you can select one that will hold all of your talismans. If your bag doesn't have a drawstring, wrap the opening with a ribbon or leather tie. *My bag is of lovely, soft brown leather.*

When you carry your medicine bag, it should remain closed unless needed. You can either keep it with you or leave it in the car when you explore. If you leave it in the car, the passenger area is best. *Since I'm usually juggling a camera and clipboard already, I leave my medicine bag in the car – but I always wear a token or two when researching possible Haunt Spots. Back in the car, I make quick connection with it before journeying on. Hey, why tempt fate?*

You may choose to offer a talisman from inside your medicine bag to someone to use during a cleansing or closure gathering. Like a muscle, it grows stronger with use. And we're stronger having shared. Focus on the person with whom you're sharing and select the item. Once it's been used, the person needs to place it back in your hand instead of directly in your bag. Sharing an item shouldn't diminish its strength of connection with you – and frequently will increase it, but you want your energy going into the bag.

Creating your medicine bag is a fun activity of power and joy. Have a good time with it!