

Sage (Sukodawabuk)

September ???, 2018

Camp Asbury, Hiram Ohio



Sukodawabuk, also known as sage, is used in much the same ways as Keezhik (cedar). It is burned as a purifier, but when compared to the "piney" scent of cedar, sage has a spice air. Shkodawabuk represents the **Western direction**. Sage is used by the original peoples to make their prayers, to signal the creator of one's need for help. There are many varieties of Sage and all are effective in smudging. Smudging is a

way of using the smoke from burning herbs to cleanse the body, an object, or a given area of negative influences. Many Native Americans used varieties of sage for medicinal purposes as well as religious ceremonies. The burning of Sage in smudging ceremonies is to drive out evil spirits, negative thoughts and feelings, and to keep negative entities away. The root was used by the Ojibwa in three ways: as an anti-convulsive, on wounds to stop bleeding, and as a stimulant. The Potawatomi burned the plant to smudge and also used it as poultice on long-standing sores.

Abuses

The New Age is often guilty of abusing this sacred plant. Many use it out of ignorance for every occasion without any real understanding about its power. It's not appropriate or respectful to over-use it. A lot of health food stores are selling sweet grass and sage as "NDN incense". What they are doing is wrong! Don't give these places your money. Don't promote bad behavior. Never buy "smudge stix" from food co-ops or from anywhere that you can't be sure



the herb wasn't treated respectfully from seedling to harvest. Sage that is grown commercially has no power. We must stop skipping steps and taking short cuts. Smudge isn't just incense - to use it as nothing more than atmosphere for new age cocktail parties is disrespectful and will only bring harm to those who do so. It won't chase away ghosts, help you see what color someone's aura is and it is not intended to "cleanse crystals". Many New Agers think of "smudge stix" as magic objects. Their thinking is wrong and immature. Sage is a tool that helps us get to a point. Plastic Shamans who don't know how to use sage properly and respectfully can do great harm

to you. Only those who are well-grounded in Native American traditional values should ever even attempt to use this herb in a sacred way.

What to expect:

The workshop will do several shamanic journeys over the course of the weekend. A large altar/vortex is created with many stones. This creates a massive energetic field.

Who Should Come:

All interested parties with journey experience.

What to Bring:

Please bring any rocks or cedar related items that want to come along. A journal with colored pencils or pens is encouraged as well as any comforts such as blankets, pillows, etc.

Meals

Dinner will be served on Friday night, Saturday- breakfast, lunch and dinner, Sunday breakfast and lunch---departure at 3pm

When and Where to Come

Registration will begin at 12:00 noon on Friday, September ??? at Camp Asbury. The workshop will begin Friday running into the night, Sat-all day and into the evening, and Sunday 9:00 a.m. to 3:00 p.m. The workshop will be held at Camp Asbury, 10776 Asbury Rd., Hiram Ohio 44234

What to Pay

The fee for the workshop is \$450 if paid in full by July 1st, 2017. If paid after July 1st, 2017, the fee is \$495. This includes room and six hot meals as listed above. The deposit will not be transferred or refunded. It will be applied to the guaranteed fee of Camp Asbury.

To hold your space, send \$120.00 nonrefundable deposit now.

For further information, kindly call Lauren at 216-272-8438 or e-mail lauren@therockgirls.com to reserve a space in the circle. Please send a check, payable to The Rock Girls Inc. Mail the check to Rock Girls, Inc. PO Box 24455, Cleveland Ohio 44124. Once paid-in-full you will receive info on your stay at Camp Asbury.

Due to the workshop focus and the unique facilities, the attendance will be limited to 26 people.



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