

Smoke Medicine Herbal Allies Ancestral Wisdoms



i would love to write this Smoky Love Letter to you.
i would love to write to you about Smoke Medicine in a none Linear Way, in a Feminine Way.
The way smoke moves and swirls and dances.
The Smoke Dragon introduced.

i write to you in seeds.
i write to you to to awaken dormant forgotten parts of yourself and the collective.

Three of The Medicinal Qualities of Smoke that The Rainbow Mysterium Works With:

1. Cleansing and Clearing
2. Prayer Ways - Reverence and Communication
3. Herbal Ancestral Lineages - Ancient Wisdom Brought Forward

Lets Dive into These

1.

Cleansing and Clearing

The most common way Smudge aka Smoke Medicine is worked with as a Human Family.

Smudging and Smoking a Space and a Person before Ceremony is like Cleaning your Kitchen before you Cook.

It sets The Tone of Respect, Clarity, Serenity, Good Vibes..

It starts With The Gathering of The Herbs many days before
to The Lighting of The Smoke to Cleanse The Ceremony Space and People
to The Prayers in Heart and on Lips.

It set The Tone of Reverence.

Here is a pretty nice link to: How to Smudge Someone.

<https://www.youtube.com/watch?v=5f0okUPZorY>

- here i would add is that you do not have to use english words, a silent prayer of The Heart or a Song will be powerful. Although english words might help you to connect in with the practice if it is new to you

-i love smudging the Solar Path - The Front of The Body
and The Lunar Path - The Back of The Body

- i love to ask someone to lift up there arms so they stand in a cross

- i love to smudge under the feet

- i love to pray and/or sing as i smudge.



2.

Prayer Ways - Reverence and Communication

There is much we have forgotten, There is Much we are Remembering.

In a practice of plant communication, it is believed that there is 1 Deva / Spiritual Essence for each Plant.

This Means if you get acquainted with The Essence of a Plant, say White Sage (Salvia apiana), in One Part of The World, and you meet White Sage in another part of the world, The White Sage will carry the same information, but perhaps with a different knowledge of The Mountains and Stars and Directions the plant grew within.

In short White Sage holds a certain recognizable tone.

When we start working with Ancient Smoke and building relationship with Plant Smoke, we can rekindle the Relationship of Reverence through Service by adding to The Building Blocks of Our Human Ancestral Relationship with Them.

These plants are very willing to assist us in our remembering in Earth Honouring Ways.

We will be exploring different smoking herbs from around the world, these herbs have been in relationship with Humans for a long time and we can continue this relationship.

The Three Wonders of Smoke Medicine in Ceremonial Space:

1.

Cleansing and Clearing

as explored above

2.

Opening Prayer Ways

We start Ceremony with lighting Smoking Herbs and Saying Prayers.

Invoking Elements and Directions and All Relations of Earth for The Greatest Good of All

And Praying for Star Seeds and Great Mystery to be present as well for The Greatest Good of All.

These Prayer Ways stay open through out the Ceremony and The Intent is always clear at the simplest level: FOR THE GREATEST GOOD OF ALL

3.

The Final Transmutation from Finite to Infinite

After The Ceremony is closed and The Altar has finished Working - We Lay all The Physical Components to Rest.

During This Dis-Mantelling Session, This Intimate Packing Away and Final Cleansing We Light Smoke to Assist a Deeper Transmutation of The Works that has unfolded.

As We Pack away The Tools and and Gather The Offerings and Organic Matter that needs to return to The Earth Mother, we light Smoke, giving thanks for what we Received and Giving Thanks for What we are Giving Back.

Ashes to Ashes and Dust to Dust are the words that come to me in this time.

Honouring The Crone within This Final Practice.

Ashes to Ashes, Dust to Dust

Smoke Medicine Video by Shanti Bluebird

https://www.instagram.com/p/B-6kZMSp2bd/?utm_source=ig_web_button_share_sheet

3.

Herbal Ancestral Lineages - Ancient Wisdoms Brought Forward~

Smoke Medicine has been used Since Prehistory, Pre-Christianity... and deep within The Womb of The Matriarchy and surely even before that.

It might be believed that Smoke Medicine as as old as Fire Himself

For Wood-Smoke could be medicine on its own.

Can you smell The Cedarwood Smoke Burning?

And so lets explore some of The Herbal Smokes from Around The Earth through out The Ages and Cultures:



Here a South African Sangoma is Feeding Tobacco to a Burning Mphepho Nest.
Sangomas are in Relationship with Mphepho for Ancestral Matters.

The image comes from The Mystic Cat Website

Southern Africa

Walking The Land, The Fields, The Forests, The Coasts, The Mountains of my Birth Earth, The Fragrance of The Medicinal Indigenous Plants tickle my nose and calls my fingers to touch them.

Some plants i recognize, some are new to me,
Most Smells are Inviting, some like nothing, very few smells repel me.
Some i know and some i dont.

Gernaiums/Pelgoniums - Lemon, Rose and Mint
Heathers
Mphepho
Unknown Fynbos Species...
All of these feel like friends.

Mphepho calls to be explored:

Known wildly as a Divination Herb by Bantu People to envoke Ancestors.
A Big Plant Ally to The Sangoma - The African Shaman.
It is said to be aware of simply lighting this plant for Smoke Medicine without intent.

Personally, as my relationship with Mphepho has grown since 2009, i have come to know more of Mphepho's Story through listening to The Ancient Ones that Walked this Land before The Bantu Tribes... The Khoi and San People...
The Bantu Tribes has been here in South Africa for about 300 years before the Europeans.
The Khoi-Khoin (who has been here for 1000s and 1000s of years before The Bantu and European people)

The Khoi-Khoin whisper ways of
Cleaning The Air Physically, Moving out old energies...
Anti-Microbial - Anti-Parasitic - Anti- Bacterial - Anti Fungal

They made beds with the plant mater to keep away bugs and mites.
And The Smoke to clear the air of illness.
And Mphepho itself is much older...

So i have learned from Mphepho, that it is Nameless. And if i listen i can find my own unique relationship while acknowledging The Wisdom of The Human Ancestors.
This plant was my first Herbal Ally and i am still learning.
This plant whispers that we apply to much emphasises on what humans say and we should start listening deeper.

This i share with the greatest respect to Ancestral Lineages.

Rainbow Nation is Calling.

Australia

This Beautiful Old Country, Ancient Land that was Part of Gondwana, The Souther Super Continent as Pangea started breaking a part into The Continents as we know them today. The Ancient Human Lineages of Australia sing with The Voices of The Khoi-Khoin of Africa.

So much has been forgotten.
So much is calling to be remembered.

Since i have no walked this land myself, i can only share what i have researched and what feels safe and welcomed.

The Herbal Allies that come forth for Smoking Medicine are:

Eucalputus
Teatree
Lemon Myrtle

And here are 3 Links to start a self study expedition:

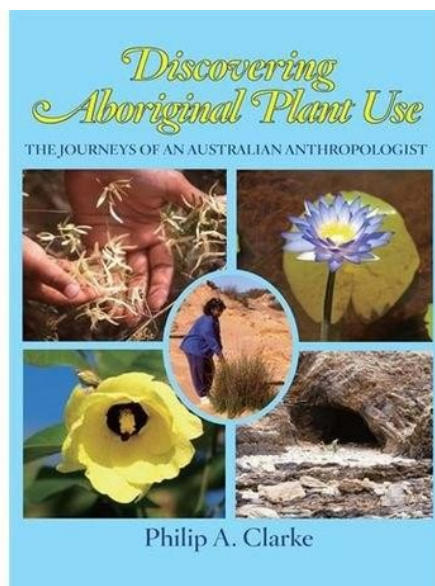
<https://en.wikipedia.org/wiki/Pituri>

<https://vitalveda.com.au/product/smudge-stick-set/>

https://en.m.wikipedia.org/wiki/Smoking_ceremony

I also encourage to get a book such as this one, to get to know The Ancient Herbal Allies of Australia:

And if you can, meet up and join Wisdom Circles of The Living Ancestors of The Land.
Meet The Elders, grow relationship with them. If you are a Woman, Seek Woman Wisdom Keepers.
Let The Men hold Men.
And Let Women hold Women.



Aboriginal Smoking Ceremony for Baby - Unknown & A Book to Recommend to assist your Self Study

Celtic Lands

England Ireland, Scotland, Wales, The Small Ilands, Germany, France and so on...
All of these lands had nomadic tribes in a time before recorded history and pre-Christianity.
Most of Us have European Ancestry in our blood and i have found it very healing to connect with
These very Ancient Ancestors that lived in a time before the Patriachy.

These, in brief, are just some of the Herbs that i have come to know to associate with The
Practice of The Human Ancestors of these lands.

Juniper

Dried Leaves and Berries

Ancient Smudge for New Beginings and Purification of Spaces
and a Wonderful Smoke to Assist Magic

Mugwort

Smoking Herb
Divination

Thyme

Thyme Smudges would have been a very common Herbal Smoke in The Celtic Lands.
Wild Thyme growing in Deep abundance.
The Medicinal Smell evident when rubbed between the fingers

Heather

Luck Community Celebration

Chamomile

Brings Tranquility, Regeneration, Gaurdianship

Agrimony

Is known to be The Celtic Smudge of Old.
Dried Leaves Sprinkled over a Hot Coal will release The Fragrant Smoke for Ceremony,
Purification, Grieving, New Beginnings, Liberation



Witches Brew by Emily Balivet

Delphi

More than the place, it is this leave of a tree that wishes to be acknowledged.
Now a Days a Culinary Herb.
But in Olden Days a plant for Divination and Prayer:

Laurel

Sweet Bay, *Laurus nobilis*

The following piece comes from The Best written form i could find
- The Mythic Forest, The Green Man and The Spirit of Nature

*"The Laurel Tree is regarded around The World as Sacred for many.
The Laurel was Apollo's Tree.
Apollo being The Greek Sun God.
(Rainbow Frequency Vibes anyone?)
Philpot wrote of Apollo's laurel:*

"no sanctuary of his is complete without it... no worshipper could share in his rites who had not a crown of laurel on his head or a branch in his hand. As endowed with the power of the god... the laurel assumed an important and may-sided role in ceremonial symbolism"

There is considerable agreement that the laurel was sacred at Delphi long before Apollo's temple was constructed. A sacred laurel grew at the site when the earth Goddess Gaia was the dominant diety there and the laurel.

The Laurel was also sacred to Dionysus, Juno, Diana and Silvians, its leaves crowned Dionysus' head and, in Christianity; it represents the crown of martyrdom. The Laurel continued to be regarded as "the surest way to gods' protection and favor into the 3rd century CE when it was used to gain the protection and favor of the Christian god as well"

It is clear that most of what is written about The Ancient Priestess ways is written through the lens of patriarchy and post Christianity.
It is clear that laurel was appropriated by the Christians as it has done with most of the ancient ways and tools.

It is up to our transgression and gnosis to uncover the bones of the ancient ways and flesh them out.

Image Pythia - Oracle of Delphi - John Collier
<https://www.ancient.eu/Pythia/>



North America

Sage

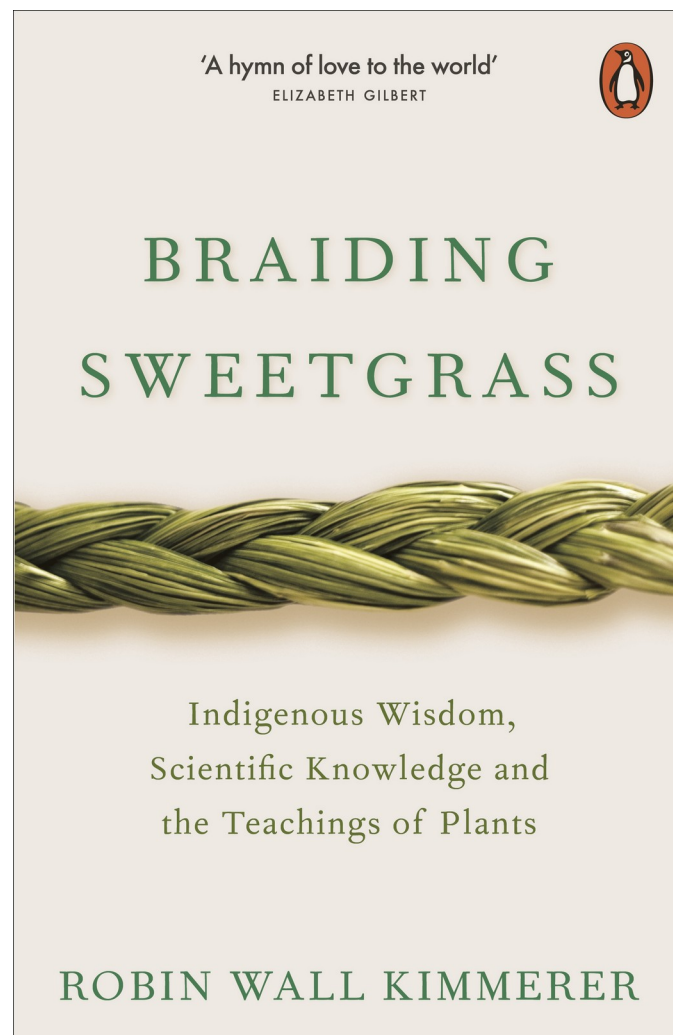
Salvia apiana, the white sage, bee sage, or sacred sage, is an evergreen perennial shrub that is native to the southwestern United States and northwestern Mexico, found mainly in the coastal sage scrub habitat of Southern California and Baja California, on the western edges of the Mojave and Sonoran deserts.

<https://www.lanirvanaorganics.com/blogs/candles/the-history-and-symbolism-of-sage-and-smudging>

Sweetgrass

<http://www.nativetech.org/basketry/sweetmed.html>

<http://www.native-languages.org/legends-sweetgrass.htm>



Central America

Copal

Scared Tree Resin

<http://blog.shamansmarket.com/copal-sacred-tree-resin-mesoamerica/>

<https://en.wikipedia.org/wiki/Copal>



Copal Image from Energy Muse

The Great Smoking Mirror
Sacred Path Cards
Jamie Sams



MEDITATION:

Through the smoke
I see looking back
Another reflection of me.

Mirror of my inner-self
Who are you
If I am me?

Mirror of my outer-self
What do others see?
Is it the truth in my heart

Or human vanity?

Ode to Smoke Dragon

Long forgotten Smoke Dragon
Divine Source of Prayer
Maker of Magic
Transmuter of Finite into Air

You who hold The Stories
of Ancestors Long Passed
You who hold a Wisdom
that will Forever Last

Alchemy in The Brewing
From Ashes to Ashes
Oroboros Dancing and Swirling

You who are as old as Fire himself
You who touch The Stars
and Carries my Prayers of Gratitude
Connecting Heaven and Earth

I remember you..

