



AMERICAN INDIAN CIRCLE PROGRAM SACRED PLANTS REFERENCE GUIDE

**NORTHERN STATE
UNIVERSITY**

NORTHERN STATE UNIVERSITY is dedicated to the recognition of tribal traditions and ceremonies that complement the holistic well-being of American Indian and Alaska Native students.

We support the ceremonial use of smoke produced in the burning of cedar, sage, sweet grass and tobacco. American Indian and Alaska Native students may submit a Ceremonial Use Exemption Form for use of a Canupa (sacred pipe) and smudging within respective residence hall rooms.

Contact the Director of the American Indian Circle Program for an exemption form at lara.nelson@northern.edu or 605-626-3573. To obtain a digital copy of this pamphlet, visit the Academic Support/American Indian Program website at northern.edu.

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Cedar



Sage



Sweetgrass



Tobacco

CEDAR | Hąŋte (*Dakota*) Húnte (*Lakota*)

Cedar is used to purify the environment and/or intercession from the spiritual realm. When burned, a sweet aromatic scent is produced it also has restorative medicinal use.

SAGE | Peji hota (*Dakota*) Pejihota (*Lakota*)

Sage can either be burned or used in dry form, and may be used for the purpose of releasing stress, removing negative energies from one's environment, and cleansing sacred items. It is used in preparation for ceremonies and can also be drank as a tea.

SWEET GRASS | Waca ŋga (*Dakota*) Wachanga (*Lakota*)

Customarily braided, dried and burned, sweet grass is used in prayer, smudging and purification of the spirit. When Sweet grass is used in a healing or talking circle it has a calming effect. Sweet grass braids smolder and do not produce an open flame.

TOBACCO | Caŋsaša (*Dakota*) Chanli (*Lakota*)

Tobacco is used first as an offering for everything and in every ceremony. It is used for prayer, protection, and respect and healing.

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