



Spirituality for Life: "Breath like a Buffalo"

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Breath like a Buffalo

- To many today, the buffalo is a reminder to bravely travel into the storm in order to get to other side much earlier and meet one's problems in life with an intent to learn.



Topics for Today's Presentation

- Hunting and Fishing,
- Gathering and preparing Medicines,
- Sewing and Beading
- Other discussion if there is time



Hunting and Fishing

- Native Americans had a practice so that no species would be totally annihilated from the Earth. All Life has a purpose on this Earth and must be respected.
- Life is Sacred regardless of species, which may be man, plants, animals, birds, insects, trees, etc.
- Life, is also a medicine and must not be taken without a purpose.
- In honoring the Life of an animal or fish when hunting, spearing, or fishing, an offering is also given.
- As much as possible, nothing would be wasted and the rest returned to the Earth.



Hunting and fishing

- An offering is used in the process of hunting and fishing by giving an offering for what you are being provided.
- It is best to make sure that what you are intending to hunt, that you only hunt that game and not others.
- Your intention is known besides just you and will affect your hunting or fishing as well.



Hunting and fishing

- Giving the animal or fish an offering
- Using as much as possible.
- Treating them gently and respectfully.
- Releasing the spirit.



Gathering and preparing Medicines

- Medicine come in many forms from plants and minerals to animals and gifts that have been earned.
- In Gathering medicines, one must also give an offering if you are to be given what you are asking for. Just picking a medicine does not guarantee that what you are given will contain what you are asking for.
- As in life, balance and the practice of giving and receiving is very important. Just as in giving in healing, there is a natural law that to take is also giving and to give is also receiving. It is not a one-way street.



Giving and Receiving

- As with Healing, there is a natural process in life that when one takes, you also give and when you give, you also receive. This is part of the danger within healing.
- The same is part of gathering medicines. You give an offering to receive what you are asking for. Explaining to the plant or other what it will be used for and what you are asking for is very important.
- An offering may take the form of Tobacco, Pollen, or other depending upon the tribal practice.



Preparing Medicine

- This is done in prayer, so you must also monitor your thoughts, feelings, and emotions at this time.
- Preparing medicines may take many forms, from cleaning and drying to chopping, grinding, crushing, and powdering.
- Depending upon what the medicine is, there are certain practices that are done with some that are not done with all.



Preparing medicines

- In preparing certain medicines, some may only be used at certain times of the day or may need to be given by doses throughout the day or for many days depending upon what the spirits have instructed.
- Remember, medicines such as herbs and such are also being given today as they have not ALL been passed down for thousands of years, as many believe.



Medicines are Earned

- Certain medicines may not work for all, which is the reason medicine peoples use different medicines for the same healing.
- What might work for one, may not work for another.
- Faith is also important.
- At times with some medicine peoples, medicine may not need to be picked at all, as they have developed a special relationship with that certain nation.



Sewing and Beading

- There are many practices which must be followed which are not always known today.
- One must constantly monitor one's thoughts and feelings while sewing and beading, as if your mind wanders to something you should not be thinking of, you are more likely to receive a reminder that you need to change your train of thoughts.
- What you think and feel is being transferred to the sewing and Beading you are doing



Sewing and Beading

- This is part of the practice when someone is providing protection to loved one while you sew, bead, making protection. Prayer is an essential part of this, which is also being transferred to the protection being made.
- This is part of the reason for monitoring your thoughts, feelings, and emotions while sewing and beading. If done haphazardly, you might inadvertently place negative thoughts, feelings, and emotions into the work you are doing.



Sewing and Beading

- Have you ever been sewing or beading and accidentally poked yourself with the needle?
- This is the reminder that was previously mentioned.
- When this happens, you should go back and change your thoughts.
- If you poked yourself to the point of bleeding, you should stop sewing or beading until you stop bleeding or you will get more than just blood on the work you are working on.



Any questions at this time?



Thank you

