Tobacco is a Medicine
By Joe Reilly, Frank Bartley, and the Dream Seekers Youth Group November 17th, 2009

If you use tobacco use it in a good way
Use it as an offering, use it to pray
There is a sacred way that we’re supposed to use it
Tobacco is a medicine plant so don’t abuse it

Tobacco is a medicine
But you have to respect this medicine

Niin ba moon maanda semaa mno mishkiki eta
I put down this tobacco for good medicine only
If I’m feeling grateful or if I’m sad or lonely
When I use it in this way it helps me to feel better
Niin ba moon maanda semaa mno mishkiki eta

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Pipe carriers smoke tobacco in a ceremonial way
The smoke from their sacred pipe helps them to pray
Cigarettes and chewing tobacco are not Native traditions
Abusing tobacco in these ways causes poor health conditions

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Tobacco was a gift to the people from the Creator
We can use it to pray like a spiritual translator
We need to respect this medicine to help our communities heal
It is one of the four sacred plants on the medicine wheel

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