

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

Tobacco is a medicine
But you have to respect this medicine

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

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

Tobacco is a medicine
But you have to respect this medicine

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

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

Tobacco is a medicine
But you have to respect this medicine