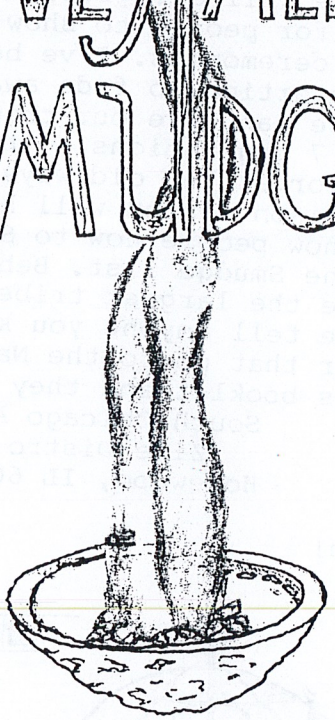
THE NATIVE AMERICAN SMUDGE



SMUDGING IS A NATIVE AMERICAN PRAYER CEREMONY

Respect Our Smudge!
Save Our Smudge!

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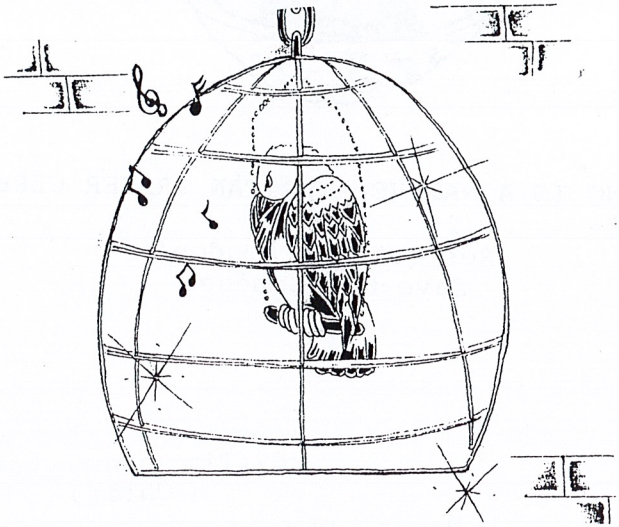
My name is Tim RunningWater (Chief)
With this booklet you can learn to Smudge in the manor I was taught. Youll also find a lot of stuff that shouldn't be done during Smudge, and the shouldn't be's are universal throughout the tribes. Some of you will agree with me even if in part and some will disagree. Either way I would just like for people to show respect during the Smudge ceremonies. I've been seeing traditional ways starting to fade away through the years I hope we can have our traditional ways for the next 7 generations so they won't ask why did they forget the old ways. One day I hope that the prison system will have a class once a month to show people how to Smudge before you're added to the Smudge list. Behind these iron walls we have the largest tribe in the country. So please tell anyone you know thats Native American or that go to the Native American Circle, about this booklet and they can get a free copy from:

South Chicago ABC
Zine Distro
Homewood, IL 60430

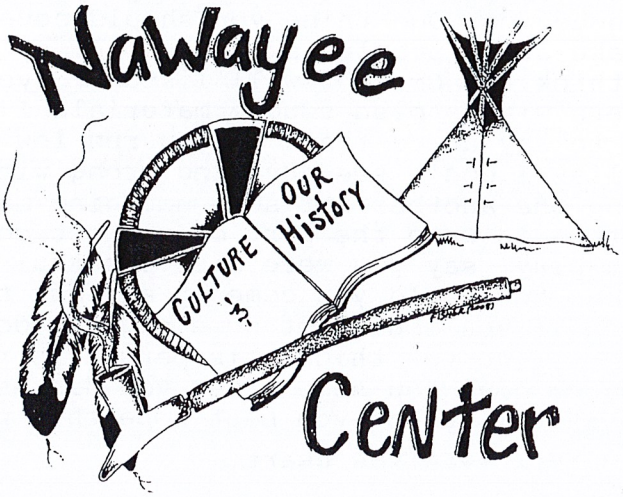
Please Pass it On!



Smudging is a prayer ceremony, done each morning by the Native Americans. Hopefully you'll use these steps to stay on the red path these are just a few of the many simple steps to help you stay on the red path. I was always told there is no correct way to smudge and nothing is what they say,"set in stone." With the things I've seen I think it might be time someone put some of this in stone. There has been so much disrespect going on during our smudge ceremony's that I figured I had to try and bring things back to the way I was taught to smudge. Each morning at first dawn we go out to do our prayers it was taught to me that you should be consistent with doing your smudging, (try to smudge each morning), if all possible be connected to the Earth, (meaning standing on the ground). We always show respect during and after our smudge ceremonies, and show respect to each other even outside the smudge ceremonies, this means no name calling, or harassing each other, over what tribe there from, how they look, crime committed, or sexual preference. When you see another Native person acknowledge this person it can be a simple hello, or a nod of the head, show respect to the officer who brings you out for smudging. One thing you should never do take other peoples smudge supplies, do you think the Creator will listen to your prayers with stolen smudge materials I would have to say no to that. If you run low on supplies I don't see anything wrong with asking one another for some smudging materials now this is were the part of respect comes in to play, say you were disrespectful to someone how could you come up and ask this person if you could get some sage to do your smudge or do you think this person is really going to give you some after you disrespected them at this point you best hope this person has a very forgiven heart.

No talking during smudge ceremonies, you are out there to pray not gossip, you should stand apart from each other 3 to 5 feet would be good, and you say your prayers to your self. If you are not on the smudge list you should not be out during smudge time remember this is not a rec and you should remind others of this if your friends want to talk to you they can wait until your done smudging,"you are out there to pray not play". No drugs, no foul language or contraband is allowed during smudge ceremony.Drugs or any intoxicating substances should not be used before, during or after the smudge ceremonies. Its not a time to just go get some fresh air or see your friends, we take all our ceremonies seriously.

If you feel you cant follow these simple guidelines than you should find a different path to follow this, is not for you.
Native Americans are a proud, respectful people, we do not like to have anyone disrespect our culture in anyway. To us this is a way of life, it is a part of who we are...



A SIMPLE PRAYER FOR SMUDGING

(We always start facing East)

I send greetings and thanks to the Creator
I give thanks for this day, for the opportunity and ability to be in this Circle with my Relatives. (Facing East)
I give thanks for the East, for the comfort of the rising Sun. (Facing South)
I give thanks for the South, for the memories and teachings of our Ancestors. (Facing West)
I give thanks for the West, for the Thunderstorms, our adversities which strengthen us.(Facing North)
I give thanks for the North, for the starting up of things. (Back to facing East)
I give thanks for the Sky People, the Sun , Moon, Stars and the Weathers.
I give thanks for the Earth, who is our true Mother.
I give thanks for the Rock People our Grandfathers and the waters.
I give thanks for all the Plant People, especially for Cedar, Sage, Sweetgrass and Tobacco.
I give thanks for all Two-leggeds, all Four Leggeds, Those with many legs, Those who swim, crawl and Fly.
I give thanks for the seven Generations before us.
I give thanks for the seven Generations yet to come and I honor my obligations.
I give thanks for this Circle.
I give thanks for the Circle of the universe,
I give thanks for the Circles in all the iron Houses and ask for help and direction for those who are not allowed to worship in an appropriate manner.
I ask for mercy and kindness for those who are sick and suffering, whether they are suffering from injustice, suffering from poverty, suffering from violence or suffering from grief. suffering from the evil white man, and suffering from mental illness.

At this time you'll go into your personal prayers.

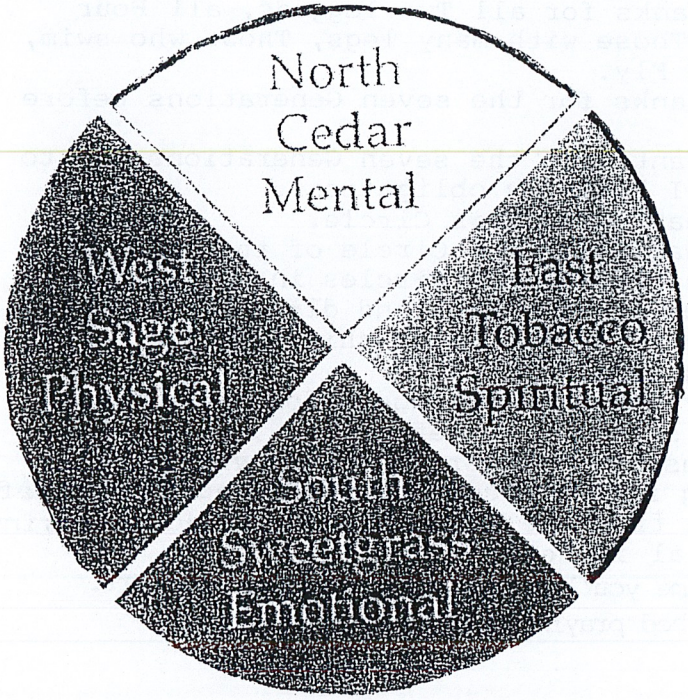
When finished praying turn clockwise to exit.

Set your medicine (Sage exc.) on fire with a wooden match and then blow out the flame. Let it rest in the abalone shell, let it smoulder let it create smoke. Use your feather to move the smoke. When it goes up, it is taking your gratitude, worries and messages to Creator.

You can wash the smoke through your house - Sage will help to freshen., kill germs and spiritually cleanse. You can Smudge as often as you like and wherever you like. If you have had an argument, sadness or negative people in your home, you should Smudge all the corners and doorways.

In the morning, it is traditional to burn Sage to begin a new day with gratitude and a fresh start. You pray until your Sage stops burning.

After burning your medicine, you should spread the ashes outside on the ground in front of your door to signify that negative thoughts, actions, words and feelings are not welcome inside your home.



SMUDGE

Courage!
I wash my hands in the sweet smoke so that they may be constructive and reach out to others in a good way.

Honesty!
I bring the smoke over my head and down my back to lighten my troubles and bring clarity of purpose.

Respect!
I Smudge my eyes so that I will see good things in people and learn from them.

Truth!
I Smudge my mouth so that I will speak good things to people and learn to choose my words carefully.

Wisdom!
I Smudge my ears so that I will listen carefully to others, learn from what they say and become someone they want to talk to.

Love!
I bring the smoke towards me to surround my heart so that what has been damaged can heal and what pain is to come will help me to be strong and grow in a good way.

Humility!
I wash my feet in the smoke so that I may walk a path full of purpose, compassion and kindness.

May the smoke wash over me, collect my messages of gratitude andgather my worries. Let them rise up to the Sky World. May my ancestors see that I live with good intentions.

We are privileged to be able to Smudge each morning, so lets not give them a reason to stop us from having it. At one time not so long ago it was against the law to practice any Native American ceremonies, I'm not talking about behind the iron walls I'm talking about beyond the iron walls. Once the DOC see things getting out of control they will stop us from having our Smudge Ceremonies, they will say safety and security comes first. We must learn to standup together as one to be strong. Stand up to protect our Smudge!

I know that staff have to do their part also but most importantly we must do our part if they think we don't care why should they. If you are not sincere about this practice than please find the path that is best suited for you. I was born Native American I didn't come to jail to become a Native American. So it wouldn't be right for me to just sign up for a different practice. We welcome all but be sincere and respectful to our ways.

Thank You, Tim RunningWater (Chief)



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