

# Tulalip Lushootseed Family Activity

## The Cleansing/Smudging

## Spring Unit

### Activity Overview:

In Tulalip culture, spring is known as a time of rebirth and renewal. Not only for nature, but it's also for the cycle of our lives. In this activity, families will smudge together as a time to renew our minds, bodies, spirits, and whole being.

Families will identify weather patterns and cultural activities that occur in the spring and why they are important to the Tulalip people.

## Lushootseed

st'əljix<sup>w</sup> - *Medicine*

sbadaš - *tobacco*

stabəł ʔaʔx<sup>w</sup>dup tiʔə?  
*What kind of plant is this?*

stab ʔuhəliʔtx<sup>w</sup>  
*What does it heal?*

st'əljix<sup>w</sup> ʔu ʔə ti \_\_\_\_  
*Is \_\_\_\_ medicine?*

### Small Prayer

ʔu ʔaʔʔaʔ ʔəq siʔab  
*Oh Lord / Father*

ʔut'ig<sup>w</sup>icid čəł dx<sup>w</sup>ʔal tiʔəʔ sləxil  
*We thank you for this day.*

ʔut'ig<sup>w</sup>icid čəł dx<sup>w</sup>ʔal ti  
sʔəsəq<sup>w</sup>uʔčəł  
*We thank you for allowing our gathering.*

g<sup>w</sup>əhəliʔtx<sup>w</sup> čəx<sup>w</sup> ti luʔluʔčəł  
*Please bless our elders.*

g<sup>w</sup>əhəliʔtx<sup>w</sup> čəx<sup>w</sup> ti bədbədaʔčəł  
*Please bless our children.*

g<sup>w</sup>əhəliʔtx<sup>w</sup> čəx<sup>w</sup> ti sʔalʔalčəł  
*Please bless our home.*

ʔub ʔəsʔistəʔ  
*So be it, Amen*

# Procedures/Instructions



- Tulalip Peoples use smudging to purify a person's body, spirit and areas. Smudging is a ceremony in which you burn medicines (sweet grass, sage, cedar, tobacco etc.) to cleanse the body, spirit, and areas being worked on.
- Prepare the smudge bowl or bundle: materials needed will be an abalone shell, some form of medicinal herbs, lighter or matches. Take a couple pinches of your choice of herb and place it into the abalone shell and light the st'əlǰix<sup>w</sup> (medicine).
- Smudge Our Bodies: When we smudge, we cover a few key areas: the mind (top of the head), ears, eyes, mouth, heart, back, hair, and whole being (push the smoke down the body towards the floor) and the feet. First, cleanse our hands with the smoke as if we were washing our hands. We then draw the smoke over all of those different areas with our hands.
- Once the smudge is completed it can burn out naturally. Some choose to bury the ashes or wash them away with water. Check with your Elders and knowledge keepers about their protocols for the ashes after a smudge.
- Smudge our Home: You can smudge your home at night or during the day. What's most important is that you smudge your home when you feel it needs to be done, or if you feel negative, sluggish, anxious, or stressed.
- Start at the front door of the home and hold your smudge: Then, begin to move slowly around the home. If you feel comfortable you can sing a song or say a prayer during this time.
- Closing the Ceremony: When you arrive back at the front door, say your final prayers for the home and the people in it. Then speak your intention one last time to close the smudging ceremony.