Traditional tobacco is a gift that was given to Aboriginal people by the Creator, and has a spiritual place within the Aboriginal community. Traditional tobacco has been used in ceremony for thousands of years.

When tobacco is burned the smoke rises, which provides a link to all of the spirits beyond the sky.

Tobacco in its original form has both honour and purpose. Ceremonial tobacco represents:

Spirit • Humility • Love • Bravery • Positive Intentions • Healing • Wellness Honesty • Truth • Wisdom • Respect

Ceremonial tobacco is meant to be smoked with Elders and/or Ceremonialist, in pipes. The intention behind ceremonial tobacco being offered should always reflect a spirit of healing or helping to improve someone's life. Ceremonial tobacco holds within its existence the authority to open up individual minds and hearts to receive prayers.

At a basic level, ceremonial tobacco is an offering used as a traditional form of conflict resolution. An individual presents the tobacco as a request for assistance in their life. The Elder accepts the tobacco, and uses in ceremony and prays for the person who made the offering. Through ceremony, the burden or conflict is released. New doors open up. The giving and receiving of tobacco is characterized by sincerity and respect. Tobacco may also be gifted to people who are not Elders; they will then use the tobacco in ceremony or as an offering to an Elder.

Who Can Be Gifted Tobacco

Elders • Chiefs • Band Council • Individuals • Youth and Children

How Can Tobacco Be Gifted

On its own, or In combination with a gift

Tobacco is one of the four sacred medicines. The offering can be in the form of a tobacco pouch, tobacco tin, or tobacco tie (loose tobacco wrapped in a small cloth).

How To Gift Tobacco

1. In person
2. With good intentions and thoughts
3. In front of you in your left hand
4. State your request or intention
5. If accepted by the Elder or gifted person place in their left hand
6. If not accepted, it is appropriate to ask for the right person to approach