

Cedar is a Sacred Gift

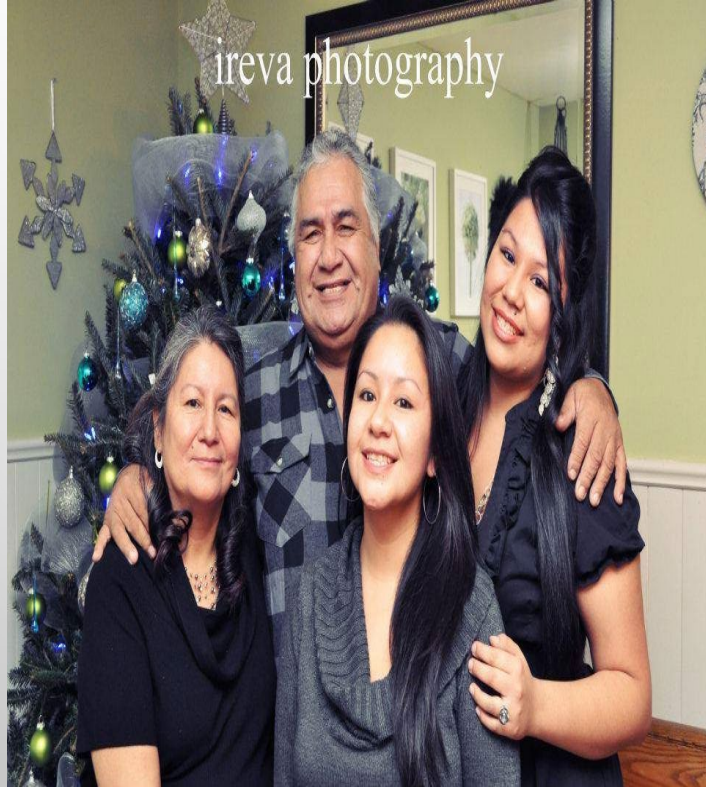


MAUREEN & JUNE MANITOWABI

2022 INDIGENOUS CHILD AND FAMILY WELL-BEING
CONFERENCE

NOVEMBER 09, 2022

MAUREEN MANITOWABI ZONWAAWAA KWE –MKWA CLAN



JUNE MANITOWABI

- DADA BAA GINEBIIHNS
- MKWA DODEM BEAR CLAN – SEVEN SISTERS WITH TWO SETS OF TWINS – RAISED ON A FARM
- THREE DAUGHTERS – STEPHANIE DUBE – APRIL MANITOWABI BA – SENECA MANITOWABI
- 6 GRAND CHILDREN & TWO GREAT GRANDCHILDREN
- FIRST DEGREE MIDEWIN LODGE – TRADITIONAL/JINGLE DRESS DANCER – WATER WALKER – CEDAR BATH PRACTITIONER / CONDUCTOR
- 24 YEARS IN CHILD WELFARE KGCFS- BSW - MSW –RSW
- SERVICES MANAGER
- CSW NOOKOMISNAANG SHELTER
- CSW LOW BARRIER COED SHELTER

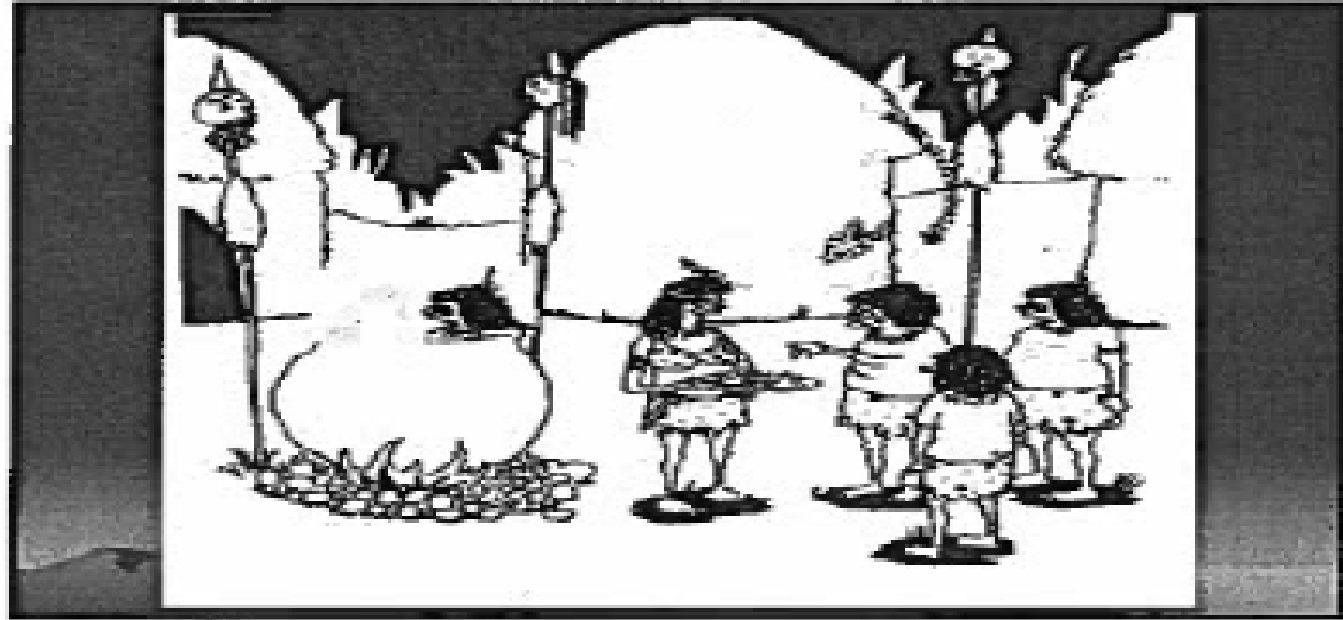




Visionaries and Special Recognition of the Cedar Bath

- Karen Manitowabi-ba stated that the Cedar Bath Teachings were gifted to her by our ancestors through visions. The Cedar Baths enhance our spiritual journey and healing on all levels.
- Dr. Liza Mosher-ba shared a dream she had of Grandmothers who were talking to her in the language and instructed her to pick Cedar and boil it to heal our people. She has helped numerous individuals in the prison systems, sexual abuse centers, Wabano Health CTRS, and Kina Gbezhgomi Child and Family Services (Louella Tobias) (2 phase approach) and subsequent honour and bestowment of a Grandmothers Pipe presented to Maureen Manitowabi (current caretaker) as our lead to conduct the cedar bath ceremony.
- Special acknowledgement to Auntie Terry ba (Theresa) Bisson and Dr. Edna Manitowabi, Elder Advisor & Resource for bringing the Little Water Boy during Cedar Baths and for assisting with ceremony.
- Staff Members Wilma Debassige – Cultural Enaadaamaaget and Darlene McGregor – Screener





Cedar (Giizhik) is one of the Four Sacred Medicines

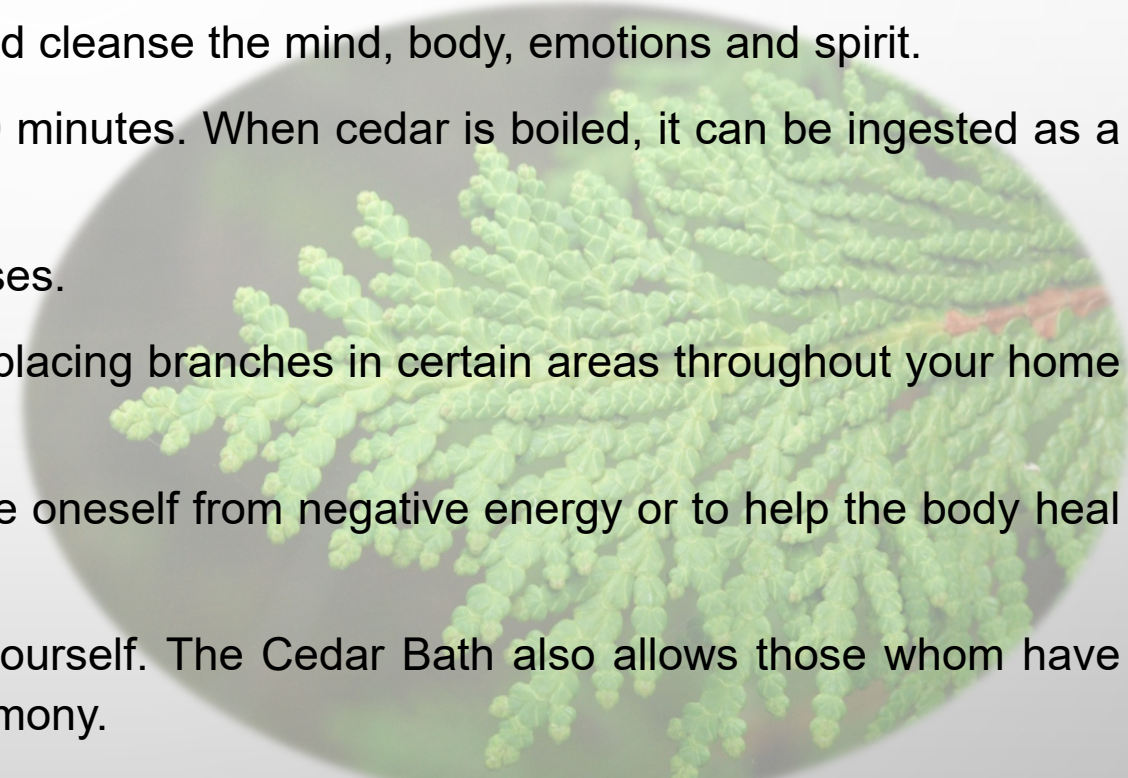
- Cedar is identifiable from the south on the spiritual section of the medicine wheel and is one of the sacred medicines and has many restorative medicinal uses.
- Cedar is used to purify the home and is utilized for fasting and sweat lodge ceremonies as a form of protection, purification and cleansing.
- Cedar contains vitamin c (good oxidant) and is detoxifying. Can also make Cedar Tea for colds, sore throat, flu , COVID-19.
- Cedar is green in colour and is available 365 days a year on mother earth.
- Tobacco should always be offered when picking cedar, along with sharing the purpose for picking the medicine.





Cedar is a special medicine

- This medicine is used in ceremonies to purify and cleanse the mind, body, emotions and spirit.
- Cedar is usually boiled in spring water for 20-30 minutes. When cedar is boiled, it can be ingested as a tea or utilized as bathing water.
- Cedar can also be burned for ceremonial purposes.
- Cedar branches can also provide protection by placing branches in certain areas throughout your home such as above doorways or windows.
- Cedar is widely utilized as a medicine to cleanse oneself from negative energy or to help the body heal from unresolved abuse issues (Cedar Baths).
- The experience of the Cedar Bath is a gift to yourself. The Cedar Bath also allows those whom have passed onto the spirit world to assist in the ceremony.
- Cedar Bath is a sacred private ceremony that may be completed near water and cedar trees.



HEALING CEDAR

- CEDAR COMES WITH ITS OWN TRADITIONAL TEACHING THAT ALSO CONNECTS INDIVIDUALS TO CONCEPTS OF BALANCE , TRUTH AND CONNECTEDNESS.
- MANY ELDERS REFER TO THE CEDAR TREE AS A ‘WOMAN’S MEDICINE’
- CEDAR IS PLACED IN A CIRCULAR MOTION AROUND OUR FASTING LODGES – MARRIAGE CEREMONIES – CASKETS FOR FUNERALS – ITS CLEANSING – THE CEDAR CIRCLE IS PROTECTION .
- CEDAR KNOWS WHERE TO FIND THE TRUTHS – CEDAR IS CONNECTED INTO THE EARTH AND IT REACHES IT’S ARMS UP TO OUR CREATOR.
- CEDAR BOUGHS ARE ALSO USED IN SWEATLODGES AND USED TO FORM A PATH FOR PEOPLE TO WALK ON AND USED FOR COVERING THE INITIATION LODGE FOR MIDEWIWIN CEREMONIES. CEDAR IS ALSO WORN IN PEOPLE’S SHOES AS A FORM OF PROTECTION.



Cedar Bath Protocols

In order to deliver Cedar Baths, special instructions (teachings) were provided to each individual to assure full understanding and comprehension:

- Receive full Cedar Bath teachings, instructions and protocols to fully deliver each type of Cedar Bath.
- Understanding that we are only vessels performing this ceremony, and that it is our ancestral Grandmothers who complete the work through our hands and body.
- Learn the varied ties to be applied on the Little Water Boy (water drum) including songs required.
- Learn the process of appropriately opening and closing of Spirit.
- Instructions to complete tools required during the Cedar Baths, i.e. – turtle rattles, cloths, medicines, etc.
- Practice upon each other prior to delivery upon agency clientele and other staff members.



Types of Cedar Baths

- **Cedar Bath for Grief / Loss:** This type of Cedar Bath deals specifically with Grief and Loss issues that may arise from a death of a family member or any other grief issue the individual may feel. For the Grief / Loss Cedar Bath, individuals will be asked to bring their own comb or brush. Participants will place their feet in the copper pot filled with warm cedar water and the conductors will gently wash their hair, face, arms, hands, legs and feet last. The individual will be encouraged to talk of their loved one and to let them go (not to hold on) rather to release with love.
- **Cedar Bath:** This is the main Cedar Bath in which the 4 quadrants are addressed to include Physical, Sexual, Mental and Emotional Abuse issues to be dealt with on an individual basis. This type of Cedar Bath may be applied numerous times to extract layers as required to assure full cleansing of spirit. A stool or a massage table may be utilized during Cedar Baths.
- **Western Doorway Cedar Bath:** This is the preparation of the Spirit to enter the western doorway (spiritual realm) after death.



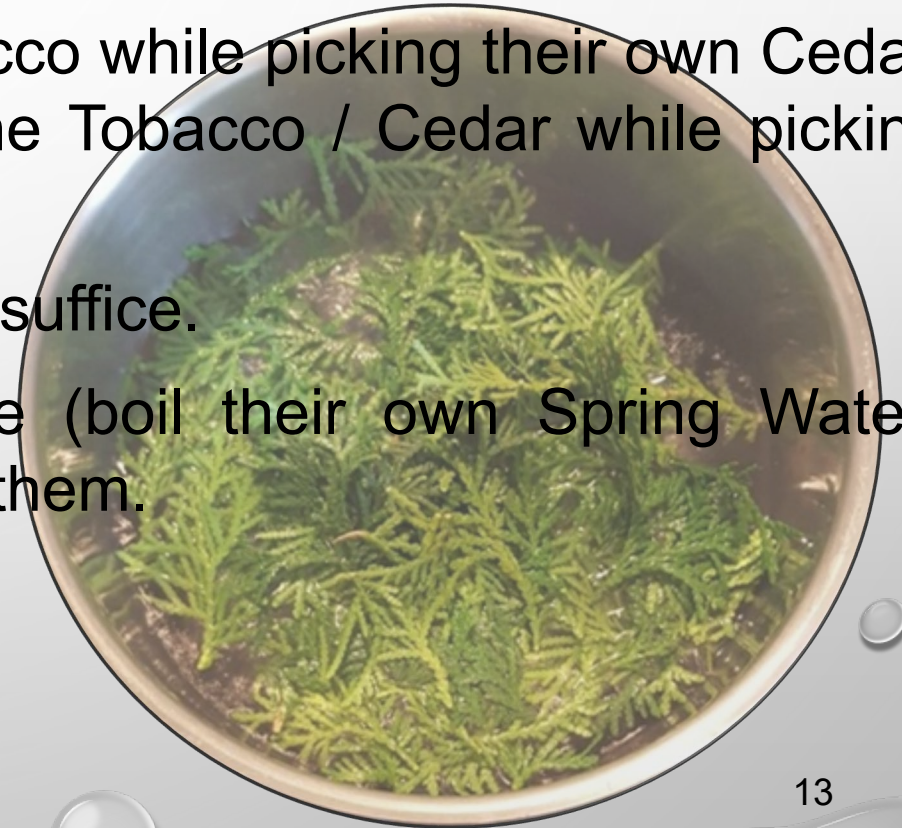
Types of Cedar BathsContinued

- **Baby's First Cedar Bath:** Before the arrival of a new baby, cedar water can be saved in a glass jar and can be added to prepared bath water or applied to a baby washcloth at the first time while washing a new baby. It is said that Cedar Baths after birth will help clear the baby's life path in a good way.
- **Cleansing Cedar Baths:** Cedar Baths are an alternative method to assure cleansing throughout a person's life. Individuals may perform their own personal Cedar Baths while at home. An Elder may encourage you to take a cedar bath when you are sick or out of energy. Elders say that Cedar is a good medicine because it stays all year, does not fade in the winter and thereby has good qualities.
- **Cedar Foot Soaks:** Cedar foot soaks bath are used to ground your feet and cleansing areas of the most important body part of your body.



How to request a Cedar Bath

- Offer Tobacco to a qualified conductor and agree to date, time and location.
- Participants may be instructed to offer tobacco while picking their own Cedar. Individuals will be encouraged to talk to the Tobacco / Cedar while picking and specifically pray for areas of help.
- Usually ½ size of a regular grocery bag will suffice.
- Participants may be instructed to prepare (boil their own Spring Water) combined with cedar leaves and bring with them.
- Dress attire:
 - For Women: cloth dress or flannel gown.
 - For Men: shorts & t-shirt.





How to request a Cedar Bath....Continued

Required items to bring with you:

- One white towel and four white face cloths. You may inquire with the conductor if these items are supplied or not.
- One wooden bowl of strawberries with a tobacco offering.
- Comb or brush if a Grief / Loss Cedar Bath.



Upon arrival at home the participant is encouraged to add Himalayan Sea Salt with inclusion of a few cedar leaves to warm water. Once cooled, the water can be placed in a plastic pitcher and the participant will then shower or bathe while slowly pouring this water over their head and bottom of feet during bathing.

Machine wash all items worn during the cedar bath separately from your regular laundry.

Remain quiet for at least four (4) days.



Benefits of a Cedar Bath

- Cedar Baths will benefit individuals of all ages and conditions, i.e. – babies, children, youth, during pregnancy, adults, elders, etc.
- Cedar Baths do not discriminate as it is open to all.
- Cedar Baths can help individuals heal from any historic traumas or abuses, i.e. – multi-generational traumas (residential school), unresolved sexual abuse / physical abuse, emotional abuse, mental abuse, domestic violence / spousal abuse, separation, divorce, loss of income, loss of a job, etc.
- Cedar Baths will help individuals reconnect to their spiritual being and assist to commence their own healing journey.
- Cedar Baths will help you to regain your cultural truths about yourself and self-reflection and self-actualization. You will become stronger and feel lighter and may feel a renewed spiritual aura.



'The Cedar Bath is getting rid of the abuse as a child, to let these go. It makes you see where it's coming from and what's happening and you deal with it.'

'A Cedar bath is a ceremony that can be used to help people on their healing journeys. Participants will be given traditional teachings on the Cedar Baths and will learn how these teachings can support clients on their path to recovery'

Odawa Elder Liza Mosher, from 'In the words of Elders'

Culture as Treatment Symposium – 'Traditional Medicines: Health from the Land – March 21,22, 2013 – Wabano Centre for Aboriginal Health, Ottawa

QUESTIONS ???

Miigwetch

