

# Medicine bundle: Pouch

A medicine bundle is an ancient tool for holding the contents used in ceremony and ritual. Each medicine keeper has their own bundle with sacred tools they have been gifted or created for their own medicine practice. The bundle might be a piece of fabric or animal skin. As part of your sacred practice you might create or be gifted bundles adorned with pieces from nature that call you and ancestral symbols need you. Below are some examples of medicine bundles from Turtle island:

Plains Native American



Sioux



Navajo



The following materials are for a medicine pouch that will measure 6 ½ inches x 9 inches



## Gather:

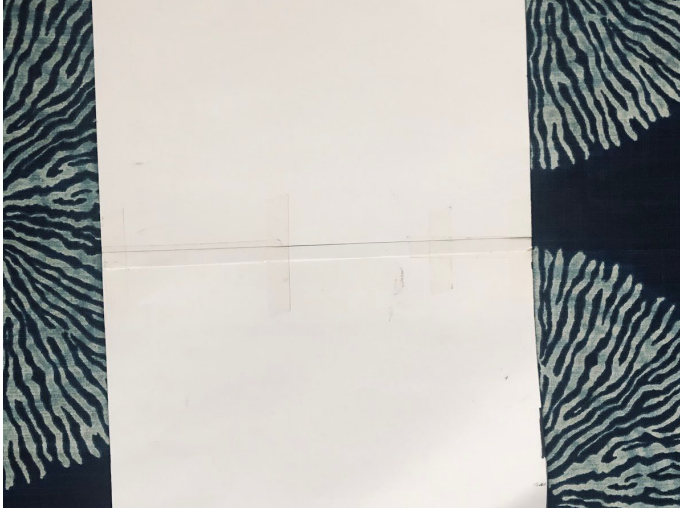
- Fabric: 2 different/same fabrics 17 inches length x 10 inches width each\*\*
- Measuring tape or yard stick
- Ruler [not necessary with yardstick]
- Marker
- Painter's tape
- Scissors
- Needle + thread [or sewing machine + thread]
- Clothes iron
- Paper

*\*Allow ancestors to move you! Choose a fabric or adorn it so it speaks to your lineage, your ancestors, your medicine!*

*\* These dimensions can be modified to make a large bundle pouch*

# Medicine bundle pouch

## Instructions



Begin by creating a paper or cardboard template of the length + width of the pouch:  
17 x 10

*Feel free to add the equal amount of inches to each side for a large pouch*



Trace your template onto your fabric twice, then cut out your two pieces.

## Medicine bundle pouch



Place both fabrics on top of each other. It's completely okay if your fabric pieces do not perfectly align. Make sure to follow a straight line as you stitch the two pieces together.

Using a needle and thread or sewing machine stitch together the top piece to the bottom piece on 3 sides of the rectangle. Leave 1 short side open.

*Make sure to close your stitch the place you began, and when you made yourself around the 3 sides.*



Each of your 3 sides should be closed.



It's completely okay if there are pieces of thread + this part looks messy! Feel free to cut the excess fabric [fabric outside of your stitch + thread too]

## Medicine bundle pouch



Now turn your pouch inside out by sticking your hand inside the pouch. Grab the furthest short side and begin to pull it towards you, until it is inside out.



The inside out process will look like this! It's like peeling your shirt off above your head.



Iron both sides.

Now to close the last side! Fold the fabric inside the open side. Use your iron to flatten the top folds, this will make this side easier to sew, whether with a sewing machine or by hand!

Sew the top shut, make sure to lock your stitch.

## Medicine bundle pouch



Play with the width you want your bundle by bringing one of the top short sides down to overlap itself. For a pouch with a similar length as pictured fold your fabric about  $\frac{2}{3}$  of the length of the piece. See *example below*.

Sew the sides together, then allow the top flap to fall over. You can add a button or leave it as is.



You have a medicine bundle! Place your sacred objects inside and be free!

### What you might store in your bundle over time + with intention:

In your bundle you might carry:

- A small bottle of blessed/holy/spring water
- A white candle
- Sacred smoke or spirits to awaken the spirits: blessing herbs such as copal, frankincense, sweetgrass, or tobacco [honoring those medicines from your traditions and avoiding cultural appropriation], spirits like brandy, spirit water
- An offering: cornmeal, seeds, strands of your hair