

# Sacred Ashes

Elemental balance of Nature includes Air, Water, Earth, Fire  
My understanding is that these ashes are from Sacred ceremonial fires held  
some 10,000 years ago. Women tended the fires which provided warmth,  
fuel for preparing food and ceremony circles. We know there is evidence  
of intentional/useful fire 2 million years ago, so it is believable that these  
ashes were saved and passed down over the years.

For our gatherings, GrandMother Chrystal (Donna) Johnson kept the ashes  
for 20+ years followed by GrandMother Terry Bourne for about 10 yrs and  
me for about 10 years now. I understand we all received them at a Give  
Away ceremony at a gathering unaware that we were getting them. I feel it  
is an honor.

A smudge from the ashes is offered at our gatherings to remember and  
honor the GrandMothers who have gone before us. And to acknowledge  
they are with us/blessing us during our gathering.

You can accept this blessing at a location of your choice

Third Eye - Wisdom

Throat - Vocalization

Heart - Love

Feet - Dance/Movement

We rest gently on the backs of the generations of GrandMothers who have  
gone before us and prepare our backs to hold those going before us.

Aho, Penny Baker/Tol Waa Who