

# What's in Your Bag? (The Medicine Bag)

Some call them medicine bags; others medicine pouches, charm bags, gri-gri, mojo bags or amulets. Whatever the name, these pouches hold items the user finds symbolic in order to provide protection, prosperity, healing, love, etc. A medicine bag is essentially magic in a bag. Objects are collected, empowered and worn, carried or placed in the home. Since all things contain energy, crystals can be an important contribution to the medicine bag, as well as other natural items such as herbs, flowers, pebbles or feathers. What crystals should you choose for your medicine bag? It depends on the desired outcome. Of course, Clear Quartz crystal can be used since it is the ultimate, all-around wonder crystal. You could also use a birthstone if you wish. There are endless possibilities here. Along with your chosen crystal(s), you may want to add some herbs, flowers or whatnot to go into your bag for that added boost. Below is a list of common issues, their corresponding crystals and herbs to give you a bit of guidance.

**Prosperity** - Crystals: [Citrine](#), [Malachite](#), [Green Aventurine](#), [Jade](#), [Tiger's Eye](#), [Peridot](#). Herbs, flowers: Mint, Cloves, Cinnamon stick, Cinquefoil, Bergamot, Oak leaves.

**Healing** - Crystals: [Bloodstone](#), [Amber](#), [Agate](#), [Amethyst](#), [Hematite](#), [Azurite](#), [Jasper](#), [Carnelian](#), [Calcite](#), [Diamond](#), [Turquoise](#), [Sunstone](#), [Sodalite](#). Herbs, flowers: Chamomile, Sage, Feverfew, Yarrow.

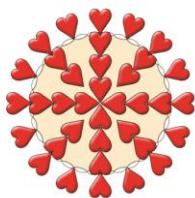
**Protection** - Crystals: [Apache Tear](#), [Obsidian](#), [Jet](#), [Onyx](#), [Black Tourmaline](#), [Malachite](#), [Topaz](#), [Garnet](#), [Turquoise](#). Herbs, flowers: Pansy, Thyme, Morning Glory, Ivy, Lobelia.

**Love** - Crystals: [Rose Quartz](#), [Ruby](#), [Emerald](#), Pearl, [Moonstone](#), [Rhodocrosite](#), [Pink Tourmaline](#). Herbs, flowers: Apple (seeds can be used), Rose petals, Violet, Feverfew.

**Creativity** - Crystals: [Iolite](#), [Agate](#), [Green Aventurine](#), [Amazonite](#), [Lapis Lazuli](#), [Blue Chalcedony](#), [Pietersite](#). Herbs, flowers: Dill, Fennel, Fern, Lavender, Mint, Marjoram, Parsley.

A medicine bag can be bought, such as an organza bag, or any other little bag you wish. If you want to get creative, you can make your own. A simple one can be made out of a square piece of fabric (size is up to you, but 4" x 4" is just enough to fit in a purse, pocket or hung around the neck), tied with a ribbon of your choosing. You could sew one by stitching two squares, right sides together and leaving the fourth side open. Turn right side out, insert your objects, and sew the opening shut. Sew on a piece of ribbon for hanging. Now you are ready to empower it. This is just simply stating your intention while holding your bag. Place the bag near your checkbook or purse for prosperity; near your computer for creativity (or kitchen for creative cooking), under your pillow for love, etc. A medicine bag may also be worn or carried with you. Place one in your car for protection. Hang one on your front doorknob to protect your home. The medicine bag will lose its power after about a month, so if it is still needed, remove the crystals and cleanse them, as well as replacing any herbs or flowers. If the bag has done its job, remove the objects, cleanse the crystals and return the natural elements back to nature. It all boils down to what feels right to you. Use your imagination, state your intention, and have fun with it!

- Sonia Acone



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