

HOW TO PERFORM A SMUDGING CEREMONY

Smudging is a Native American smoke ceremony used to purify spaces, individuals and objects.

Supplies

A smudge stick (White sage is the best for purifying)
Matches, preferably wooden
Fireproof dish or abalone shell
Sand or soil



Preparation

Open a window in each room your are smudging. This allows the negative energy and smoke a place to escape.

Have thoughts, prayers or intentions that you will say while smudging the room. These can be said out loud or silently. For example: "I cleans this room of all negative energy and fill it with love." Feel free to say whatever positive thoughts feel right. Just as powerful is to hold a deep feeling of love for your home while smudging. (It's suggested that before smudging a room you smudge yourself first.)

Lighting Your Smudge Stick

Light the tip of your smudge stick . (If it does not light easily open out the tip of the herbs a little.) Once its lit blow out the flame after a few seconds and allow it to smolder. You do not want flame, just a light smoke coming from it.

Smudging a Person

You can smudge yourself or another person by waving the smoldering stick from side to side, feet to head and from front to back of the body. You can also hold the stick and spinning slowly around moving it from high to low or visa versa, so the smoke envelops the body whether for yourself or another.

Smudging A Room

To cleanse or purify a room move clockwise around the edge while wave the stick in each corner of the room thinking or saying your positive thoughts.

Extinguishing and Storing

Once your ceremony is completed extinguish your smudge stick simply rubbing it in the earth or place the tip of it in some sand. (Sand is best as its cleaner and allows you to use the stick again more easily.) It is important to store your Smudge Stick in a warm, dry place to ensure that it burns easily. The same stick can be used over and over until it burns down.

How Often To Smudge

Smudge whenever you feel the need. Some do it seasonally. Its always a good idea to smudge anytime you feel negativity has entered your home.