

SMUDGING YOUR HOME

Expel negative energy

INTENTION

THE MOST IMPORTANT PART OF THE SMUDGING PROCESS IS CREATING AN *INTENTION*.

ASK YOURSELF:

1. WHY ARE YOU SMUDGING
2. WHAT ENERGY ARE YOU TRYING TO CLEAR?

Cleansing Prayer

INTO THIS SMOKE, I RELEASE ENERGIES THAT NO LONGER SERVE ME, ALL NEGATIVITY THAT SURROUNDS ME, AND ALL FEARS THAT LIMIT ME.

BEST TIMES TO BURN SAGE

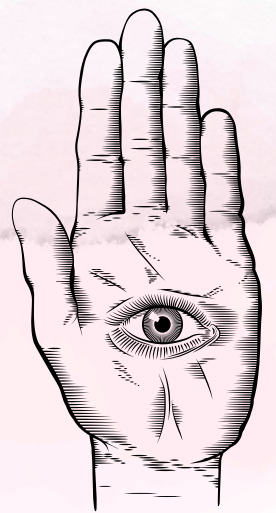
- WHEN MOVING INTO A NEW HOME
- TO CLEANSE SPIRITUAL TOOLS SUCH AS ORACLE CARDS OR CRYSTALS
- TO HELP CLEANSE YOUR AURA AND RELEASE ANY OUTSIDE ENERGY YOU MAY BE HOLDING ONTO ☾
- AFTER AN ARGUMENT OR EMOTIONAL UPHEAVAL
- WHEN SOMEONE IN YOUR HOME IS ILL OR DEPRESSED

INSTRUCTIONS

STEP 1: BEFORE BURNING, OPEN THE DOORS AND WINDOWS IN EACH ROOM. THIS WILL ALLOW ANY STAGNANT, NEGATIVE ENERGY A PLACE TO LEAVE EASILY

STEP 2: LIGHT YOUR SMUDGE STICK OVER A FLAMEPROOF BOWL UNTIL A SMALL FLAME HAS CAUGHT. IF IT CATCHES FIRE TOO QUICKLY, BLOW OUT THE FLAME. THE SAGE SHOULD SMOKE GENTLY LIKE INCENSE

STEP 3: WALK AROUND YOUR HOME CLOCKWISE, USING YOUR HAND OR A FEATHER TO WAFT THE SMOKE INTO ALL AREAS OF YOUR SPACE.



Smudge Sticks

ADDITIONAL SPIRITUAL PROPERTIES

WHITE SAGE



- CLEARS NEGATIVE ENERGIES
- RAISES VIBRATIONS
- PROMOTES FRESH BEGINNINGS

ROSEMARY



- PROTECTION AGAINST PSYCHIC ATTACK
- CLEANSSES AURA
- CLEARS STAGNANT ENERGY

PALO SANTO



- CLEARS NEGATIVE ENERGY
- DEEPER CONNECTION WITH THE DIVINE
- BRINGS GOOD LUCK

LAVENDER



- PROMOTES FEELINGS OF HAPPINESS + EMOTIONAL HEALING
- PURIFIES ENVIRONMENT
- INCREASES CLAIRVOYANCE

CEDAR



- CLEANSSES AURA
- DRIVES OUT NEGATIVE ENERGY
- BLESSES SPACE AND ATTRACTS GOOD ENERGY

JUNIPER



- INVIGORATES THE MIND, BODY, AND SOUL
- ATTRACTS POSITIVE INFLUENCES
- WARDS OFF NEGATIVE ENERGY

How to put out a smudge stick

AFTER YOU SET YOUR INTENTION FOR THE CLEANSING, THE SMOKE WILL ASCEND INTO THE AIR AND YOUR THOUGHTS, WISHES AND INTENTIONS THAT YOU SET WILL RISE AND MINGLE INTO THE UNIVERSE, CONNECTING HEAVEN AND EARTH. WHEN YOUR SMUDGING RITUAL IS COMPLETE, EXTINGUISH THE SMUDGE STICK BY PUTTING IT OUT IN A BOWL OF SAND.