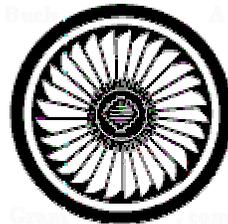


SMUDGING



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INTRODUCTION - SMUDGING IN A NUTSHELL

Basically smudging is the burning of herbs to create cleansing smoke. It is a spiritual process and can bring spiritual, emotional and physical balance.

Smudging cleanses the ritual space or home.

According to Native American tradition the spirit of the herbs is called upon to drive away the energies of negativity. The traditional main herbs used are sage, lavender, sweet grass, cedar or juniper.

Smudging can be used in all sorts of different rituals, from cleansing yourself to blessing the seasons.

Smudging derives from the idea that smell is the sense that connects us to a deep, instinctual part of the brain and certain scents have the power to change our energies and trigger emotions.

Smudging is easily learned and you can change or adapt any rituals to suit your own language or belief. It is not limited to the Native American way of life. Use smudging to enhance your life or eliminate negative energies after arguments.

There are as many uses for smudging as you can think of. Why not try it to cleanse your house, your crystals, your tarot, even your car or garage.

Enjoy your personal Space!

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A BIT OF HISTORY

Smudging dates back many many years. There are different cultures that have been found to use smudging in their daily lives, including the native American and the Chinese. Indeed the churches today that use incense as part of their ritual use a form of smudging as much as the tribal medicine man.

The actual term Smudging appears to have originated in the Native American culture. Native Americans believe that a spiritual connection is made between the person smudging and their spirit guides. Not only that but a connection is also made between the person and the spirit of the herbs.

It is especially important to show reverance and respect for the spirits at all times.

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WHAT WILL I NEED

Basic smudging rituals need very little. You will need at least the following:

1. A smudge stick or loose smudging herbs
2. A small shell or ceramic bowl for your smudge stick or to burn the loose herbs in.
3. Matches
4. A feather or fan for wafting the smoke

There are all sorts of other variations you can add to your rituals, such as crystals, tarot, aromatherapy or candles. It is up to you to find out what works for you. If you are using any other ritual items don't forget to smudge them first as a way of cleansing and blessing.

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HOW DOES SMUDGING WORK?

We are much more than the physical bodies that we see everyday. We are simply vibration energy. Everything on the planet is vibrational. Your molecules are vibrating at such a level that it creates “you.” A stone is recognised as a stone because its vibrational molecules vibrate at a different rate. The world is made up of subtle energy. When we undertake a smudging ritual we are allowing the vibrational energy of the spiritual smoke to affect our energy or the energy around us. That is why the state of mind is so important. If you undertake a smudign ritual in a foul temper you will only succeed in making yourself feel worse and affect your surrounding in the same way.

Cleansing a space or our bodies is a much needed balancing tool in order to remove building up of negative energy or emotions. Smudging clears away all the emotional and psychic rubbish that may have gathered over years or even hundreds of years.

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WHAT NOT TO DO

ABOVE ALL – BE SENSIBLE. It would be dangerous to get dressed in a big wafy gown, light your smudging bowl so that it is like a towering inferno then proceed to prance about wafting it into hyperspace. Burning excessive amounts can lead to respiratory distress or problems so be sensible.

Never leave your smudge unattended for any reason. When burning a smudge stick or braid, they will eventually go out on their own, but should you need to put them out quickly, you can tamp the end out in sand or soil, shaking off the excess. Using water is messy and not generally recommended.

Ensure your smudge container does not get too hot. Place a flat stone in the bottom or some sand or salt which will help dampen down the small amount of heat that will be generated. Also make sure the bowl/vessel you use can support the heat that will be produced so it will not crack.

Avoid smudging in the room when infants, pregnant persons, asthmatic or allergy-prone people are present.

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Do not blow into the mixture as it is seen as blowing one's own negativity into the mixture. The mixture is then wafted around one's self like a smoke bath thus maintaining the negativity.

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I'VE NEVER DONE ANYTHING LIKE THIS BEFORE HOW WILL I KNOW IF I'M DOING IT RIGHT

Don't worry – there is no right or wrong way. You don't need to be some sort of higher being or spiritually enlightened guru. In fact you don't even need to be psychic to perform a smudging ritual. No special training is needed at all. Just a willingness to be open and honest with yourself and allow spiritual guidance to filter through.

Just follow your instinct, your inner voice, your guide – in fact whatever it is you are comfortable with. If you are cleansing a specific area of the house and if you feel that a certain part of the room is where the root of the problem lies or where the most concentrated area of negative energy is lurking the go with your instinct. Believe in yourself and your thoughts and feelings.

HOW OFTEN SHOULD I SMUDGE

You can do this as often as you like – but be sensible about it. If you undertake a smudging ritual on a regular basis, both on yourself and your home. you will find it easier to maintain individual and domestic harmony. You will find your workspace lighter and easier to work in.

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BEFORE YOU START

Ensure you will not be disturbed and have enough time to complete your ritual.

There is nothing worse than just starting and having to break off because the telephone is ringing or you've forgotten your appointment with the dentist.

Definitely will not make for a harmonious vibration!

Ensure any of the rituals you undertake are done in a calm and balanced frame of mind. There's no point in trying to cleanse negative energies after an argument when you are still in a mood and fuming.

Always be respectful to the spirits who will come to help you. If you are not comfortable working with the Native American animals or spirits then there is nothing to stop you using your own symbolism that is meaningful for you.

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BASIC SMUDGING FOR SELF-CLEARING

As stated previously there are many ways to use smudging. However, as a starter you may wish to try this one. If you are not comfortable with the Native American terminology that is fine – just adapt the words to suit your own beliefs or change them as you feel appropriate. The key to great smudging is respect.

FOR THIS RITUAL YOU WILL NEED:

smudge stick

matches

a small ceramic or stone bowl or a large shell (a saucer will do)

a large feather

INSTRUCTIONS

1. Light the end of your smudge stick and let it burn for a few minutes until the tip starts to smoulder. You may need to fan the flames for a while to get the smudge really smoking. Then extinguish the flame so the smudge stick smokes.
2. Call on the spirits of the smudge herbs to cleanse and protect you, saying:
"Sacred Sage, drive away all negativity from me"

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3. Then begin to waft the smoke towards your heart. Do not brandish the smudge stick but simply hold it away from you and use the feather to waft the smoke towards you. Then waft the smudge smoke over your head, down your arms and down the front of your body. Imagine the smoke lifting away all the negative thoughts, emotions and energies that have become attached to you.

4. As you carry out your ritual breathe in the smoke of the smudge, visualizing it purifying and cleansing your body from the inside. BE SENSIBLE – if you are prone to breathing difficulties like asthma proceed cautiously.

5. Now bring the smoke down the back of your body towards the ground, continue to visualise the negativity being taken away from you and down into the earth.

6. If you use a smudging stick that is comprised of more than one herb then you should repeat the ritual for each herb used to invoke the spirit of that herb to carry out its healing.

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USING SMUDGING FOR SPACE CLEARING

You can use this ritual if you want to rid your home of any unwanted or negative energy. (It doesn't have to be limited to your home it can be your workplace, garage etc)

FOR THIS RITUAL YOU WILL NEED:

smudge stick (sage and sweetgrass)

matches

a small ceramic or stone bowl or a large shell (a saucer will do)

a large feather

INSTRUCTIONS:

1. To cleanse the space in which you are working, (or living) light your smudge stick as described above and smudge yourself first following the routine above.
2. Once you have completed this then walk around the room wafting smoke into each corner. Again call on the spirit of Sage as in the Self-clearing to drive away all negativity from the room. Then repeat, asking the spirit of Sweetgrass to bring harmony and balance to the room.

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3. Come to the centre of the room and stand quietly for a few moments. Turn to the East of the room and fan the smudge smoke into that direction four times, saying: "Spirit of the East, Great Spirit of Air, cleanse and inspire this space." Adapt the words to suit yourself.

4. Turn to the South and smudge four times, saying: "Spirit of the South, Great Spirit of Water, strengthen and bring peace to this space."

5. Now turn to the West and smudge four times, saying: "Spirit of the West, Great Spirit of Fire, energize and protect this space."

6. Turn to the North and smudge four times, saying: "Spirit of the North, Great Spirit of Earth, ground and cleanse this space."

7. Return to your original position and look upwards, sending smudge up to the ceiling four times. Say: "Great Father Sky, guard this space from above."

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8. Now finally send smudge smoke towards down to the floor four times, saying, "Great Mother Earth, nurture this space from below."

9. Put down your smudge stick and stand quietly with your eyes shut.

Visualize the great spirits you have summoned standing guard around your room. If you are not comfortable with Native American terminology then you could imagine them as the great archangels. Above all visualize the loving energy of the Mother and Father Spirits above and below you.

Give thanks to all of them.

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POPULAR HERBS

Here is a short list of the most popular herbs. There is a longer list of herbs at the back.

SAGE – dispels negative thoughts and feelings

BAY LEAF – Used against colds and flu

CEDAR – a purifyer and a blessing

COPAL – usually used with other herbs for cleansing

FENNEL – Useful for repelling negative energies and calming nerves

LAVENDER – Love, protection, peace and happiness

SWEET GRASS – Usually used in conjunction with Sage. This attracts positive energy, good vibrations and balance

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MAKING YOUR OWN SMUDGE STICK

You can buy readymade smudge sticks from many outlets these days. However, if you do wish to make your own you can.

Making your own smudge stick can allow you to make a deeper connection with the spirits of the sacred plants used in smudge - and so can make your rituals and ceremonies even more meaningful. Sage and Lavender are a popular choice as these are really easy to grow.

YOU WILL NEED:

*A selection of your chosen herbs
coloured cotton or embroidery threads
a little tobacco or cornmeal;
a sharp knife
candle
matches*

INSTRUCTIONS:

1. It is advisable to pick your plants fresh from the garden. Do not use culinary dried herbs for the smudge sticks as these will flare too easily.

2. It is generally accepted that you should pick the herbs as they come into bloom during a waxing moon. You need to approach the plant with respect and ask its spirit for its permission to be used in your smudge.

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When you feel it is right, cut the plant with a sharp knife (you will need to cut the pieces around 8 inches long). Only take what you need and give a something back as way of thanks. This could be pinch of tobacco

3. Once you are ready to make the smudge stick you should undertake a small ritual. Gather your herbs together. Light the candle and quietly give thanks and prayers to the spirits of the plants you have gathered. Ask their help in making a powerful smudge stick.
4. Next take a sturdy stick as a base. arrange the stems of the herbs around it. Take a piece of cotton and tie it around the stick, starting at the bottom and bind the bundle firmly to about half way up the length of the stick.
5. Now hang your smudge stick up by its bottom end (the tied end) somewhere warm and dry until the plants are almost dry - but not totally moisture-free.

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MAKING A SACRED SMUDGE BOWL

Native American shamans do not always use smudge sticks. They also like to use loose smudge mixture, placed in a bowl or shell and lit. This is easy to make and especially useful if you do not have access to fresh herbs. It also has the advantage that, as you become more experienced and intuitive, you can alter your mixture to fit each individual ritual.

YOU WILL NEED:

your choice of dried herbs and resins
a shell or bowl
self-igniting charcoal blocks
a candle and matches
a feather
sea salt.

INSTRUCTIONS:

1. Before you begin you need to compose your frame of mind. Sit down with all your ingredients. Light your candle and center yourself. Ask the spirits of the plants you are using to give you their help.
2. Take a bowl or large shell - it needs to be able to withstand the heat of the burning charcoal. Ensure it is clean and cleansed by washing it in water to which you have added a little sea salt.

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3. A basic smudge mix would include a tablespoon (pinch) of sage (either sagebrush or culinary sage) plus a teaspoon each of lavender. Mix the herbs together.

4. Place a charcoal block in your container and light it. Wait until the charcoal stops sparking and has turned white-grey. Then add a few pinches of your smudge mixture. It should readily smoke.

5. Use your smudge bowl in exactly the same way as you would your smudge stick - hold up the bowl and use a feather to direct smoke towards you, someone else or out into the area in which you are working.

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A FINAL THOUGHT

IT WORKS!!!!. The best way to get to know your smudging spirits is to practise. With their help and guidance you will find smudging an invaluable enhancement to your life. You will find that you feel more balanced and centered. Your home will be a light filled place where people will enjoy spending time.

However, you will not turn into this wonderful airy creature overnight. In fact when first undertaking the smudging ritual on a regular basis you may find yourself feeling a bit agitated or uneasy and not sure why. This is because you are 'clearing' yourself of negative energy with the help of the smudging.

Just use common sense and respect and enjoy your new-found passion!



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Agrimony

Used in protection sachets and spells, Agrimony has long been used to reverse spells sent against the magician. Banishes negative energy. Promotes sleep



Alfalfa

Also known as **Lucerne**. Helps ward off poverty and hunger, best placed in a jar in the cupboard or pantry. Also burn alfalfa and scatter the ashes around the property for the same purpose. Also used in money spells. Powers: Prosperity, Anti-hunger, Money.



Angelica Root

Gives protection and can be used to banish negative spirits.



Aniseed (powdered)

Use in protection and meditation incenses, used in purification baths, especially with bay leaves. It is used to call forth spirits to aid in magical workings. Powers: Protection, purification.



Basil leaf

Basil is strewn on floors, because it is believed that where it is, no evil can live, it is used in exorcism incenses, and purification baths
Powers :Love, Exorcism, Wealth, Protection

Bay leaves

Bay leaves can be used as protection and purification. Gives powers of protection, psychic powers, healing, purification and strength.



Bistort root

Also known as **Dragonwort**. Used in wealth & money incenses. Can burn with frankincense to improve psychic powers, or when used divination. Helps fertility.

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Blessed Thistle

Used in hex breaking spells.



Catnip (Catmint)

Catnip attracts good spirits and luck. Also used in spells for beauty and happiness.



Chamomile flowers (Belgian)

Used for help with sleep and meditation. Also used to attract money.



Cinnamon

Also known as **sweet wood**. When burned as an incense or smudge, cinnamon raises high spiritual vibrations, aids in healing, helps draw money, stimulates psychic powers and produces protective vibrations. Powers: Spirituality, success, healing, power, psychic powers, lust, protection, love.



Coltsfoot

Use to engender peace and tranquillity. Powers: Love, Visions.



Dill seeds

This can be used to attract money, protection and lust



Eucalyptus leaves

The leaves are used to maintain health, and for protection. Powers: Healing, protection.

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Galangal root

Also known as **Low John the conqueror**. Draws good luck. Powdered Galangal is burned to break spells and curses. Powers: Psychic powers, protection, Lust, health and money.



Ginger

Used in success spells or to ensure the success of a magical operation. Powers: Love, Money, Success, Power.



Hops

Helps bring on rest and sleep, Hops are also used in healing. Powers: Healing, sleep.



Hyssop

Hyssop is the most widely used purification herb in magic. It is added to baths in sachets, infused and sprinkled on objects or persons to cleanse them, and hung up in the home to purge it of evil and negativity. Powers: Purification, protection.



Jasmine flowers

Dried Jasmin flowers are added to sachets and other love mixtures, they attract a spiritual (as opposed to 'physical') love. If carried, burned or worn will draw wealth and money. If burned in the bedroom, will help have prophetic dreams. Powers: Love, Money, Prophetic dreams.



Lavender buds

Lavender has long been used in love spells and sachets, The scent of Lavender particularly attracts men. The flowers/buds are burned or smouldered to induce sleep and rest, and is scattered around the house to maintain its peacefulness. Also added to purification baths. Powers: Love, protection, sleep, chastity, longevity, purification, happiness, peace.

Lemongrass

Burn for strength and purification.

Marjoram



Also known as **Joy of the mountain** and **Mountain mint**. Marjoram is used in love spells and is also added to food to strengthen love. Carried, it is protective, as it is when placed around the house, a bit in each room, replaced every month. It is also used in money mixtures and sachets. Powers: Protection, Love, happiness, health, money.

Meadowsweet

Fresh Meadowsweet is placed on the altar for love spells, and dried it is used in various love mixtures. Also strewn about the house to keep peace, the scent of meadowsweet cheers the heart. Powers: Love, divination, Peace, Happiness.



Mint

Mint is used in travel spells and to provoke lust. Its bright green leaves and crisp scent led to its use in money and prosperity spells. Powers: Money, Lust, Healing, Travel, Exorcism, Protection



Oak bark

Carrying any piece of the oak draws good luck. Powers: Protection, Health, Healing, Fertility, Luck



Passion flower

Contrary to its name this herb is used to calm problems, and bring peace.



Rose

Roses have long been used in love mixtures, petals can be added to love baths, rose is also used in healing spells, and fast luck mixtures. Petals sprinkled around the house calm stress and household upheavals. Powers: Love, Healing, love divination, Luck, Protection.

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Rosemary

This is a powerful cleansing & purifying vibrations especially prior to performing spells or magic.



Rue

Also known as **herb of Grace**. Rue is added to healing incenses to break hexes and curses that may have been cast against you. It is protective and clears negativity.



Sage leaf

Sage is used to promote wisdom, and the leaves are used in countless healing and money spells. Protection etc..



Red Sandalwood

Write your wish on a chip of Sandalwood (small wish!) and burn in the censer or cauldron. As it burns it sets the magic flowing, remember to visualise your wish at the same time. Powers: Protection, wishes, healing, spirituality.



Thyme leaf

Used in healing spells, burnt to attract good health. Often burned prior to magickal rituals to cleanse the area. Powers: Health, healing, sleep, psychic powers, love, purification.



Vervain

A common ingredient in love mixtures, protective spells, money and prosperity workings. The dried herb is scattered around the home as a peace-bringer, and is also worn to calm the emotions. Powers: Love, protection, purification, peace, money, youth, chastity, sleep, healing.



Violet leaves

Said to be a cure for headaches and dizziness. The leaves worn in a green sachet helps heal wounds and prevents evil spirits from making the wounds worse. Powers: Protection, Luck, Love, Peace, Healing.

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Wood betony

Also known as **Bishopswort**. Betony is added to purification and protection mixtures and incenses, and it is traditional on Midsummer to burn it on a bonfire and jump through the smoke to purify the body of ills and evil. Powers: Protection, Purification and Love.

WEBSITES TO GET YOU STARTED

<http://www.mesmerize.co.uk/herbs.html>

<http://www.ostrichesonline.co.uk>

http://www.mandrake-press.co.uk/acatalog/Catalogue_Smudge_Sticks.html

<http://www.wholesale.druidskeep.co.uk/index.html?lang=en-uk&target=d1.html>

<http://stores.ebay.co.uk/Moonlit-Herb-Garden>

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