

My House Cleansing & Purification Ritual & Blessing.

Let's start first with what is sage and smudging?



Sage is a sacred plant that has been used since ancient times. “Smudging” with sage is an ancient practice from Native American and other indigenous cultures. It’s a purifying “smoke bath” that can be used to cleanse a person, place, object, or space of negative energies or influences. When the smoke begins to melt away, it takes the unwanted energy with it. This can be lower vibrational energy, negative thoughts, or even words from an old argument still hanging in the air.

I like to do my cleansing on the full moon, but you can really do it anytime you want. Here are the different moon cycles and what you can focus your intentions on.



NEW MOON

Start of a new lunar cycle and represents new beginnings. This is a time to set your intentions for something to grow. This is a time to make new goals, plan new projects and plant the seeds of your desires for the next month.

WAXING MOON

Your intentions from the new moon are sprouting and growing. This is the time to start something new, make big purchases, sign contracts. This is also a time for socializing and meeting new people.

FULL MOON

Your seeds of intention are now in full bloom. Since the energy is now contracting from all the growth of a new moon, this is the perfect time to let go of anything that no longer serves you.

WANING GIBBOUS

Begin to remove obstacles. Time for settling disputes and making amends.

LAST QUARTER / WANING CRESCENT MOON

Rest & retreat. A great time for selfcare and preparing oneself for the next cycle. A good time for beauty treatments like a spa day.



SMUDGING This is how I cleanse and bless my home.

I use 2 different smudges.

Sage

Sweet-grass

A white candle

Matches or lighter

Abalone Shell

Feather

My first step is to open every bedroom and closet doors as well as cupboards and drawers you don't need to open them wide open just enough for the smoke to get in, I also open every window in the home about 2 inches again you don't need to open them wide open you don't want the smoke to blow out the window too quickly. Once everything is opened, I set up my tools now my home has 2 levels so I always start downstairs in the basement I set up a small table where the centre of my home is, the first thing I do is light the white candle next I say the

St. Micheal Prayer. I then set my intention I ask for I ask for my spirit guides, angels and loved ones to come forward and help me, cleanse and purify my home (you don't have to do this step it's not necessary), next I apply the sage to the candle-flame, and get it smoldering.

Start going around the house in a counterclockwise direction, using the feather or your hand if you don't have a feather wafting the smoke into every corner and closet.

Pay particular attention to areas where water, electricity, or gas comes in or out, where the electrical panel is located, any heat sources, and appliances.

Remember the hallways are rooms of a sort, too.

Smudge every entryway and window as well as under any furniture especially under beds.

While smudging with the sage, I repeat this prayer: (again you can makeup your own)
Cleanse this house and make it clear —
Only light and love may enter here!

After you've gone through the whole house, go back to where you started and snuff out the sage, and light the sweet-grass. Smudge with the sweet-grass, in a clockwise direction through the house,

You may repeat this prayer is you like:

Power of the Divine

Protect and bless this house through time!

Once you've done the inside, you can go around the entire outside of your house and property, Now I don't always do this but I if you feel the outside of your home has some funky energy then I'd suggest that you follow these steps go around the entire outside of the house with each smudge just as you did inside, and concentrate on every entryway and window.

Once your finished:

Go back to where you started and you may say if you like

By the Power of the Divine

This home is Blessed!

Thank you spirit guides, angels and loved ones for helping and snuff out the candle.

I usually wait about 20 minutes before I close all the doors and windows and everything else that I opened up.