



Smudge basics

Process

Before you begin, it is recommended to open a window or door. Place the herbs in an abalone shell and light them. Then gently blow out the flame, allowing the material to continue to smolder. Start from the outer, moving from left to right and gravitate towards the open window or door. Be sure to get the corners of the room. We like to use a feather to direct the smoke into the corners and behind furniture. Once you're at the door, leave the smoke in the doorway to seal the door. Safely give the ashes to the Earth.

Intentions

With the smoke you ask for the good spirits to stay and tell the negative spirits to go away,

Smudging Material

- *White Sage bundle*. Disperses negative influences.
- *Sweetgrass braid*. Brings in the good spirits and the good influences.
- *Palo Santo sticks*. In Spanish, the name literally means "Holy Wood" clears misfortune, negative thoughts and chases away evil spirits
- Stand for your shell.
- Also included is a bag of crystals to put into your pocket or carry while you do this.

Be sure you practice safe smudging and do not leave a burning substance unattended.

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