

# Cosmic Moon Crystals

## How to Smoke Cleanse

### Smoke Cleansing Steps:

#### 1. Set an Intention

- Before you begin, take a moment to set your intention. Are you removing negative energy, inviting love, or creating a peaceful space?

#### 2. Prepare Your Space

- Open a window or door to allow stagnant and negative energy a way to exit.
- If using a sage stick, when you light the end, let it smolder (not burn with an open flame). If using loose herbs, place them in a heatproof dish or an abalone shell and light them gently.

#### 3. Use Caution

- Always use caution while smoke cleansing and never leave the burning herbs unattended.
- If the sage stick is wrapped very tightly, you may want to unwrap a section and pull it apart for easier burning.
- The cotton string is safe to burn along with the sage stick.
- You may also break smaller pieces off and burn them in a shell or heatproof dish. The abalone shell and dish will get hot.

#### 4. Light Your Sage

- Light your sage for 15-30 seconds, gently rotate the stick in different ways to get a nice ember.
- Blow on it in one second intervals to maintain it.
- Sage will naturally stop burning and go out within a couple of minutes. This may vary between species.

#### 5. Cleanse Yourself

- Fan the smoke around your body, starting from your feet and moving upward. Imagine the smoke carrying away negativity and filling you with positive energy.

#### 6. Cleanse Your Space

- Move around your space with the sage stick or dish, paying extra attention to corners, doorways, and areas where energy feels heavy. Use a feather or hand to guide the smoke.

#### 7. Cleanse Objects

- Hold objects (crystals, jewelry, or tools) in the smoke, allowing them to be purified.

#### 8. Close the Session

- Once you feel the space is cleansed, extinguish the sage stick in sand or a fireproof bowl.
- Give gratitude for the cleansing and invite in love, peace, or protection.

To explore our full selection of sage and other metaphysical tools, visit us at [www.cosmicmooncrystals.com](http://www.cosmicmooncrystals.com)

