

How To Smudge Your Home



Supplies

- A White Sage smudge stick (Best for purifying.)
- Matches, preferably wooden.
- Fireproof dish or abalone shell
- Sand or soil for extinguishing herbs at the end.



Preparation

Open a window in each room your are smudging. This allows the negative energy and smoke a place to escape.

Have thoughts, prayers or intentions in mind that you will say while smudging the room. These can be said out loud or silently. For example: "I cleanse this room of all negative energy and fill it with love." Feel free to say whatever positive thoughts feel right. Just as powerful is to hold a deep feeling of love for your home. (It's suggested that before smudging a room you smudge yourself first.)

Lighting Your Smudge Stick

Light the tip of your smudge stick . (If it does not light easily pull apart and fan out the tip of the herbs a little.) Once its lit blow out the flame after a few seconds and allow it to smolder. You do not want flame, just a light smoke coming from it.

Smudging a Person

You can smudge yourself or another person by waving the smoldering stick from side to side, feet to head and from front to back of the body. You can also hold the stick and spinning slowly around moving it from high to low so the smoke envelops the body whether for yourself or another person.

Smudging A Room

To cleanse or purify a room move clockwise around the edge while waving the stick up an down near the walls and up into the corners of the room thinking or saying positive things.

Extinguishing and Storing

Once your ceremony is completed extinguish your smudge stick rubbing it in the earth or placing the tip of it in some sand. (Sand is best as its cleaner and allows you to use the stick again more easily.) It is important to store your Smudge Stick in a warm dry place to ensure that it burns easily. The same stick can be used over and over until it burns down.

How Often To Smudge

Smudge your home whenever you feel the need. Some do it seasonally. Its always a good idea to smudge anytime you feel negativity has entered your home. As a bonus it rids the home of stale odors and leaves it with a nice earthy smell.