

Smudges

Alfalfa: associated with psychic abilities; attracts animal spirits

Allspice: uplifts and increases energy and determination

Amaranth: heals, protects, helps mend broken hearts

Aspen: for ascension, protection, and overcoming fears

Basil: attracts love, happiness, peace, and money; steadies the mind

Bay Leaves: for psychic power, divination, success, and money

Blue Spruce: the symbol of pure intentions, generosity, and giving

Calendula: for love and constancy

Catnip: attracts good spirits and great luck

Cedar: banishes fear and enhances psychic power

Chamomile: for protection and purification

Cinnamon: raises high spiritual vibrations and aids healing

Cloves: for protection and exorcism

Coastal Sage: clears negative energy and heals auric tears

Dandelion: for divination, spirit calling, and wish magic

Dill: for protection, luck, money, and lust

Eucalyptus: for healing and protection

Frankincense Resin: reduce stress; connect you with source energy

Ginger: adds power to magical activities, brings passion

Lavender: brings peace, restful sleep, purity

Lemongrass: for purifying, removing obstacles, opening doors

Lilac: for protection and exorcism

Mugwort: brings clarity and deepens psychic abilities

Myrrh Resin: for psychic healing and grounding

Palo Santo: clears homes of energies associated with illness

Peppermint: for purity, protection, release, and renewal

Pinon Pine Resin: protective, healing, and nurturing

Rosemary: removes negative energy associated with sickness

Sage Flowers: brings wisdom and purity

Thyme: use to recall the past without pain

White Sage: clears negative energies from objects, spaces, or people