

A hand holding a smudge stick, with smoke rising from it, set against a background of horizontal rainbow stripes. The hand is positioned on the right side of the page, with the smudge stick held vertically.

SMUDGE PRAYER

by dawn lehstoseranón:nha

COURAGE

I wash my hands in the sweet smoke so that they may always be constructive and reach out to others in kindness.

RESPECT

I bring the smoke to my eyes so that I will always see the good in people and respect us all as equals; giving value and learning from our differences.

WISDOM

I bring the smoke to my ears so that I will listen carefully to others, learn from what they say and become someone they will want to talk to.

TRUTH

I bring the smoke to my mouth to acknowledge the power of language and so that I will always say good things to people and learn to choose my words carefully.

HONESTY

I bring the smoke over my head and down my back to lighten my burdens, clear my mind and bring clarity of purpose.

LOVE

I bring the smoke towards me to surround my heart so that what has been damaged can heal and what pain is to come will make me stronger and more compassionate.

HUMILITY

I bring the dish of medicines low and wash my feet with the smoke so that I will walk a balanced path of health and happiness.

May the smoke wash over me and collect my messages of gratitude and gather my worries. Let it all rise up to Sky World. May my ancestors see that I live with Good Mind and keep all of my promises.



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