

Smudging



We have all felt stuck, depressed or lethargic at some time or another and this can be due to sluggish or stuck energy in our aura. The good news is the ancient practice of smudging clears negative or stuck energies.

But smudging with herbs isn't just something we can do to clear our aura, it is also used for energetically cleansing a space.

It is important to know that all plants are sacred, not just sage although white sage is probably the most commonly used herb for smudging. It's worth looking into different plants though if you want to smudge for a specific purpose. Say for instance you want to relax and have peace then you could add some lavender to your smudge stick or to cleanse and purify you could add lemongrass. Eucalyptus is added for protection and healing.

How to smudge



You can use a smudge stick or loose herbs, which is what I prefer. This abalone shell is what I use to burn my leaves in and I put Himalayan salt in the bottom of the dish. I'm not even sure why I decided to do that, but it feels right for me. So regardless of whether you use leaves or a stick it's a good idea to have a heatproof dish. If you are using a stick hold it over the dish just in case a small piece of lit herb falls. I also use this feather for fanning the smoke but it works just as effectively with your hand.

If you decide to use a bundle like the one in the top image, hold a flame to it until it begins to smoke. If a flame appears, gently shake the bundle or blow softly until it is

just embers and smoke. I sometimes find that I have to re-light a bundle a few times whereas with the leaves, they generally keep going until they burn out.

Smudging Yourself

When you are smudging yourself or someone else, once you have a nice smoulder happening, use your hand or a feather to direct the smoke over your body from your feet up to your head, then back down again. Don't forget to smudge around your arms, which can be done by holding them out from the sides of the body, and your legs. If you are using leaves in a dish you can just hold the dish under your arm and move it along from your shoulder to your hand. As you do this, visualize the smoke taking away with it any negative energy from your life allowing room for fresh positive energy to come in. It's always nice to hold an intention while smudging.

Smudging Space

This would most likely be a space like your home, perhaps a particular room or perhaps your workplace. Smudging will clear any energy from that space that doesn't align with your intention for the space.

The smoke from dried sage actually changes the ionic composition of the air, and can have a direct effect on reducing our stress response.

Some reasons you may decide to smudge are;

- When you move into a new home
- When you begin a new job or start your own business
- Before meditation, yoga or a healing session
- After an argument or any illness
- When you have teenagers with turbulent emotions

When you're smudging a space, there are different thoughts from different cultures on how to proceed. I think really it's just up to you whether you start from the door and go clockwise or anti-clockwise. Personally, being in the Southern hemisphere, I tend to move anti-clockwise. I think it is most important to hold an intention and be present to the process being sure to move the smoke well into the corners of the room where stagnant energy can gather.

Once the space is cleared, allow the sage bundle to either burn out or gently press it out in your heat-proof shell or container. You can even bury the remaining smudge in your garden to really feel the completeness of the cleansing ritual. Once buried, the sage has done its work in completing the elemental cycle.