



# SMUDGING/CLEANSING

## “SMUDGING” VERSUS “CLEANSING”

From the outside, “cleansing” and “smudging” with sage seem to be the same thing. *Smudging* is a specific practice by Native Americans, as well as some other cultures, and is deeply tied to spiritual ceremonies and customs.

*Cleansing*, on the other hand, is simply the act of burning plant matter so that its smoke may benefit the space. Cleansing isn’t inherently spiritual and isn’t bound to a specific culture.

I present this class to you with the utmost respect to Native Americans, as well as the other cultures, that have created these amazing rituals that bring us these blessings. I come from Native American heritage and have over the years learned these rituals from my elders and friends. This class is open and welcoming to all.

## OPTIONS

There are many ways to create your own smudge wands and to smudge/cleanse. What we will talk about in this class is the way I learned. There will always be contradictions and other ways of doing things, it doesn’t make one way better than another, its just another way to create a positive environment for you.

## CONSIDERATIONS WHEN USING SMUDGE WANDS

While smoke from a smudge wand may seem like a great idea for everyone, it might not be the best idea for those who have respiratory issues such as asthma. Smoke, in general, is irritating to sensitive lungs.

Also, smudging/cleansing someone’s space against their will can have a negative effect. Such as if you have kids and they have stated they don’t like it or asked you not to do it, it is best that you respect it.

## SAGE CLEANSING SUPPLIES

If you are unable to grow your own herbs, plants and flowers, make sure you find a supplier that are respectful towards the plant and harvest them ethically. Always use organic items so that you aren’t having to worry about added chemicals. Though online and big stores may be cheaper, these items are often mass produced and lack the

personal touches of handmade items. For instance, stores like White Buffalo, most items are made by practitioners that add blessings and/or charge their items. Supporting local vendors that are selling organic items in our communities is important. By utilizing local herbs, plants and flowers you are more likely to be buying from ethical sources.

You'll also want to use a fire-resistant bowl to catch the ashes as it burns so that they don't damage your belongings. It can be made out of clay or you can use a shell. Many people also use a separate bowl designated for sand. Sand is a great medium to extinguish the burning sage when you are done with it.

A feather wand is a way to maintain control of where you want the smoke to go. Though the smoke does go in the various directions intuitively, you also want to make sure that you are cleansing what you are intending on cleansing. The feather wand is optional.

Crystals and crystal grids are a great way to amplify your intentions. Though not required, I find that adding crystals and crystal grids in different spaces prior to cleansing, or carrying a crystal with me, has aided in making my intentions very clear and amplified the energies.

Finally, you'll want to have a flame to ignite the sage. Keep it handy so that you can light and relight the sage throughout the process.

## **BENEFITS OF SMUDGING OR CLEANSING CLEARING NEGATIVE ENERGY**

The smoke helps to change the molecular structure of both the air and energy, which produces a cleansing effect, removing negativity.

## **ENERGETIC AND EMOTIONAL BENEFITS**

There are a few metaphysical ideas behind burning sage. The first is that as the smoke rises, your intentions and blessings go up with it. This puts a physical act towards your wishes and manifestations. For example, you may want to bring more peace into your home. So, while burning sage, you would want to keep that in mind and imagine the smoke lifting it up into reality. The second use of sage is to purify the air. Aside from simply smelling heavenly, sage smoke is thought to push out negative energy and replace it with positive energy. If you want to amplify these effects, slowly work on de-cluttering your space. Minimalism can go a long way in improving your mental and physical health, in addition to sage cleansing.

## **PHYSICAL BENEFITS**

The effects of sage go beyond psychological qualities, too. It has proven antibacterial and antimicrobial properties, meaning it has the potential to improve air quality and immune function. (Side note: having living plants in your home does this, too.) Research has shown that it also improves memory, provides relief from depression

and anxiety, and may even help you sleep better. It's easy to see that bringing sage into your life will have a positive effect.

## **RELAXING EFFECTS**

Smudging and cleansing can offer calming, relaxing effects that are known to help lower blood pressure, relieve stress and tension and normalize breathing rates, as the negative ions produced are absorbed directly into your bloodstream – they may even help to fight off damaging free radicals that can lead to premature aging and disease.

## **INCREASED ENERGY**

Studies have found that the negative ions produced also help to normalize serotonin (that well-known feel-good hormone, in the brain, which can help boost one's mood, improve focus and create a more positive outlook.

## **IMPROVED SLEEP**

An Italian Study showed that negative ions can help improve sleep patterns, also have positive effects on regulating serotonin production.

## **CLEANSING OBJECTS**

Not only can smudging cleanse a room, but it can cleanse objects. It is advised that anytime you buy a new crystal that you cleanse it before setting its intentions. Also, whenever you bring a new object into your home, especially something like an antique that's likely to have been exposed to negative energy over the years, you can use a smudge stick, allowing the smoke to pass over the object to help clear it so that it doesn't affect you or your environment.

## **WHEN TO SMUDGE OR CLEANSE**

- The smudging/cleansing ceremony should be performed at least a few times each year, however, some, including myself, do it more frequently.
- You may also want to do it whenever you're feeling gloomy or have been surrounded by negative energy that can follow after a group gathering when you've been affected by a negative person's energy.
- It's also a good idea to do whenever you move into a new place.
- Whenever you make a purchase, home décor, furniture, etc. Ensuring that objects in your home are cleansed is a great way to ensure the energizes surrounding you are those that you intend.
- After an argument. You want to release those negative emotions and start fresh.
- After you are ill.
- After any nightmares or night terrors you may have.
- Before manifesting or meditating is a great way to begin setting your intentions.
- Though most workplaces won't allow you to use a smudge wand, you may want to use smudge spray to remove any negativity and boost the energy of your workspace.

So many reasons to smudge/cleanse. There is no right or wrong schedule that you have to follow, it's just what feels right to you. Following your soul instead of your ego and you will know what is right for you.

## **SELF CLEANSING INSTRUCTIONS**

1. Determine what your intentions are for smudging/cleansing your home.  
Examples are:
  - a. I release all negativity from my mind, body and soul, and replace it with positive energy.
  - b. I release my worries, anxiety and fears and replace it with positivity and peace.
  - c. I release the drama of my past and consciously create a better future.
  - d. I release all the guilt and shame from my life and make space for love and happiness.
  - e. I release old habits and choose new, positive ones.
  - f. I release all that which is no longer in alignment with my highest self for the greatest good and replace it with abundance, love and happiness.
2. Setup any crystal grid and/or pick out a crystal with intending energies. you.
3. Open a door or window near you to let out the old energies.
4. Hold the smudge wand between your hands and thank it for lending its energies. For loose smudge, place your hands over it to thank it.
5. Light your smudge wand. Let the flame burn for a few moments to let it go out on its own or wait about 10 seconds and blow it out yourself.
6. While repeating your intentions, using your hand or feather wand, start at your head and work your way down to your feet. Try to push smoke towards your backside as you go.
7. Once done, push the unwanted energies out the open door or window with your hand or feather wand but do not close the door until your smudge wand is lit.
8. You can put your smudge wand out in a bowl of sand, by using a palo santo stick to put out the embers, or by letting it burn out on its own. Do not put it out under water. Water is said to cancel out the cleansing power of Fire, however, the more practical reason is that soggy smudges can attract mildew.

## **HOME CLEANSING INSTRUCTIONS**

1. Determine what your intentions are for smudging/cleansing your home.  
Examples are:
  - a. I rid myself and my space of negative energies. All negativity present, be gone forever. I surround myself with light, happiness and positivity.
  - b. I cleanse this space to remove the past. Fill this space with joy and love; send your blessings from above.
  - c. That which brings me down I banish from myself and space. I fill this space and all that I am with love, light and abundance.

2. Setup any crystal grids and/or pick out a crystal with intending energies. Different grids/crystals can be placed in different rooms or a crystal can be carried with you.
3. Open a door or window to let out the old energies.
4. Hold the smudge wand between your hands and thank it for lending it's energies. For loose smudge, place your hands over it to thank it.
5. Light your smudge wand. Let the flame burn for a few moments to let it go out on its own or wait about 10 seconds and blow it out yourself. (You may need to relight your bundle a few times during the cleansing.)
6. Smudge/cleanse yourself first using the self-cleansing instructions.
7. While restating your intentions while you move through the house, start at the lowest level of your home moving from room to room from left to right. Make sure that you cleanse all closets and furniture in each room. Start from the furthest left corner of each room and make your way to the door pushing the unwanted energies out the door. Use your hand or feather wand to push the smoke in the appropriate directions.
8. Make your way through the entire house, doing every room including closets, laundry room, etc.
9. You want to end at the window or door that is left open. Push the unwanted negativity out with your hand or feather wand but do not close the door until your smudge wand is it.
10. You can put your smudge wand out in a bowl of sand, by using a palo santo stick to put out the embers, or by letting it burn out on its own. Do not put it out under water. Water is said to cancel out the cleansing power of Fire, however, the more practical reason is that soggy smudges can attract mildew.
11. Those that smudge/cleanse infrequently, or when you use the smudge stick as far down as you can safely burn, or that use loose smudge, you want to bury the remaining smudge. Returning it to the earth is a sign of completing the ritual. Some say that burying it in a garden brings blessings to the plants.

## WHAT YOUR SMOKE CAN TELL YOU

The direction of your smoke tells you:

- UP – The energy is clear.
- North – You have downloaded the wisdom you need.
- South – Regeneration, shifting and transmutation are coming. Become more passionate by sending love to where you need the most healing.
- East – Energy has been cleared or moved through.
- West – Emotional purification or transformation of some kind is needed.

# BEST HERBS FOR SMUDGING

Below are some local items to use in your smudge wand as well as the ones we've covered today.

Apples – love, beauty, wisdom, abundance  
Balsam Fir — cleansing and purification  
Basil – health, happiness, protection  
Birch – abundance, new beginnings, love, protection, strength  
Carnations – healing, amplification  
Cedar – energy clearing, spiritual development, healing  
Clover – faith, hope, prosperity  
Cinnamon – love, success, prosperity  
Daisies – friendship, happiness  
Dandelions – wishes, resilience  
Dill – luck, prosperity, and lust  
Dragon's Blood Resin – healing, protection, banishing, amplification, love  
Eucalyptus – health, purification, protection, peace  
Fern – protection, self-awareness, intuition  
Iris – self-awareness, intuition, spiritual development  
Juniper — cleansing and purification  
Lavender — love, calming, relaxation  
Lemon – purification, protection, energy boost  
Lemongrass – psychic ability, amplification  
Lilac – wisdom, psychic ability, spiritual development  
Oranges – creativity, purification, truth, energy boost, passion  
Palo Santo – stress relief, protection, good fortune  
Pine — cleansing and purification  
Peppermint — healing, growth, clear mind  
Roses/ Rose petals — meditation, calming, attracts love  
Rosemary — focus, mental clarity, health, protection  
Sage— negative energy clearing  
Thyme – protection, courage, new beginnings  
Vanilla – love, peace, good fortune  
Violets – spiritual development, love  
Willow – healing, energy clearing, protection

# Crystals

## and their uses

### Anxiety

Rose Quartz  
Amethyst  
Labradorite  
Hematite

### Sleep

Amethyst  
Labradorite  
Smoky Quartz  
Obsidian

### Luck

Adventurine  
Jade  
Tourmaline  
Sunstone

### Prophecy

Moonstone  
Clear Quartz  
Lapis Lazuli  
Amethyst

### Protection

Clear Quartz  
Tiger's Eye  
Black Tourmaline  
Amethyst



### Astral Projection

Ametrine  
Angelite  
Apophyllite  
Sapphire

### Love

Rose Quartz  
Garnet  
Moonstone  
Jade

### Happiness

Tiger's Eye  
Clear Quartz  
Pink Opal  
Citrine

### Grounding

Hematite  
Red Jasper  
Black Tourmaline  
Shungite

### Empathy

Hematite  
Amethyst  
Obsidian  
Malachite





## Disclaimer

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