

Smudging

Smudging is a process used to clear away lower vibrational energies and bring in higher vibrational energies. A simplified understanding is to clear the negative and bring in the positive. There are a variety of ways one can cleanse negative energies and bring in light and love. Using sage, palo santo, incense, and/or crystals can remove lower energies. Smudging is becoming more popular as people are becoming more and more aware of their energetic surroundings. This process can be used for clearing a space, a person, or an object. Below are the basic steps for smudging. It is simple to do.



1. Light the smudging material (sage, palo santo, incense, etc.) until it has a small flame. Let it burn for a moment. Then blow the flame out. Blow on it a bit more to make sure it is smoldering.
2. At this point you may want to put the smoldering material in a fireproof container such as an abalone shell. Or you may use it alone by holding it. Just be careful about embers that may drop.
3. Next you will move the smudging stick around the object or person being cleansed making sure the smoke is moving around all sides. It may be easier to use a feather to wave the smoke towards the object being cleansed.
4. It is helpful to use a prayer as you work (silently or out loud). "Please remove all negative energy, and anything that is not serving the highest good of all. Fill this with light and love."
5. If you are using a crystal, it can be moved around the object or person in the same way with a prayer. This is a good way to cleanse when you are unable to burn.
6. After you have completed cleansing everything, you can continue to let the smudging materials burn until they go out on their own. The plant materials being used have an intelligence of their own. They will continue to burn until all negativity is removed.
7. Always make sure to open a window or door to give the negative energy and the smoke a place to exit.