Saging & Space Clearing

eKit
Namaste my Friend!

So, you are interested in learning about smudging and energetic space clearing, huh? Well, I am thrilled to tell you all about what I know, and the techniques I practice…..Let’s get started!

Do you know that on some level, we all inherently know that it's essential to have a good flow of clear and positive energy in our living & work environments, as well as in and around our own personal being? It’s true! Clearing your space of "yucky" energy will create a space that supports & nourishes your soul, so this is totally worth doing, or at the very least, giving it a shot.

Space clearing and energy clearing really go hand in hand. Whenever I use the terms "clearing" or "cleansing", I'm more leaning towards the "transmutation" or neutralizing of energy. There are many supportive tools and practices that can help you cleanse your environment, but for right now we are going to simply stick to the practice of "smudging".

So, in this eKit I've included the following topics:
- What is smudging?
- Why should you consider smudging?
- The science behind this cleansing practice
- How to naturally expose yourself to good juju
- Herbs and Resins that are the best for smudging
- How to smudge (yourself, another person or animal, an item, and home/office)
- A smudging video from me
- Example smudge prayers
What is “Smudging”?

Smudging is the common name given to the powerful cleansing technique from the Native American tradition; however, the burning of herbs for emotional, psychic, and spiritual purification is a common practice among many religious, healing, and spiritual traditions. The practice of burning herbs for purification and cleansing dates back to the beginning of mankind on Earth. And, it is a ritual that has been documented and practiced by many indigenous tribes around the world. It is a ceremonial way to cleanse a person, place or an object of negative energies or influences.

Smudging can be useful when you’re feeling depressed, angry, resentful, and unwell or after you have had an argument with someone. It is common to smudge yourself, the space and all the guests or participants before a ritual or ceremony or celebration. You can smudge your home or work space as part of a general spiritual housecleaning, and you can cleanse crystals or other objects of any negative or lingering energy with a smudging ritual. Or, smudging is a great way to simply create some extra positive juju, and who wouldn’t want that?!

Why Do You Need To Clear Your Space?

Well, we no longer live out in nature where Mother Earth naturally takes care of this cleansing business for us. Our manmade spaces just don’t cut it. Energy gets heavy, yucky and stagnant if we don’t do something about it. I truly believe it’s just as important to cleanse the energy in your space as it is to physically clean your space.

I always try to make space-clearing part of my ordinary home-cleaning routine. I know this works because I can feel the difference, as well as others who live in and visit my home. If you really want to feel the beneficial results of this practice, try smudging a teenagers room, a space where something negative and/or tragic has happened, or a space that simply has a heavy feeling to it. Just give it a shot. Take note of how you feel both before and after smudging….I know you will be happy with the results!
Yes, there is scientific proof that smudging works! Let's get our geek on for just a moment..... Have you ever walked into a space where an argument has just taken place & you’ve felt like you could "cut the tension with a knife"? If so, then you know exactly what I am talking about here. Everything that exists, and I mean everything and anything (a thought, a spoken word, an action, a feeling) is made up of energy and vibration. Basically, anything that occurs in a space leaves an energetic footprint.

When you burn sage (or other select herbs and resins) the smoke that flows out into the air is full of negatively charged ions. (I will explain what ions are and how they work in just a moment) These negative ions bond to the positive ions that are already in the air. Positive ions are always around us, and they can start to carry some yucky energy if they start to build up. These positive ions are often produced by power lines, cell phones, televisions, and other electronic devises. Positive ion build up can also be caused by people and/or items that may be carrying some negative emotions, thoughts or feelings. An excess of positive ions has been found to cause damage to cells in the human body, effect brain function, and cause feelings of stress, anxiety, and depression.

High amplitude energy (lots of high energy) such as very strong and/or passionate feelings gets imprinted even deeper into the amount of energy carried. A kind of energetic blueprint is left behind.....like muddy footprints across a freshly mopped floor. The energy vibration or blueprint gets stamped into the energetic makeup of a particular space. If the same kind of vibration happens over and over, it can be significantly imprinted into the space...kind of like a dirty doormat in front of a frequently used doorway.....it gets dirty and worn in. What happens is the remains of these "dirty foot prints" begin to build up, especially in places where normal cobwebs, dust & dirt build up...corners, high shelves often overlooked, nooks and crannies. Concentrated effort in smudging these often neglected areas is a great place to start.

Okay, this may be more information than you are looking for, but let’s get into the science behind why smudging has been proven to work. It all boils down to IONS.

What are Ions?

Ions are atoms or molecules in which the number of electrons is different than the number of protons. In other words, an ion is a negatively (more electrons than protons) or positively (more protons than electrons) charged atom or molecule. Positively charged ions are called cations, while negatively charged ions are called anions. Because they are either positively or negatively charged, ions are “mobile”...they move around and group together and can build up.
Time out - before I go any further, I want to note that we want to get rid of positive ions when smudging. It’s backwards from what you might think, as “positive” suggests something good and happy. Not the case here (remember, it’s backwards). What we want to remember here is this:

🌟 **Positive Ions** = Yucky feeling energy

🌟 **Negative Ions** = Happy feeling energy. Negative ions clean up the positive ions by neutralizing them, which in turn cleans the energy in the air.

Negative ions generally appear in natural settings in greater numbers than positive ions. For instance, negative ions are generated by moving water – rivers, waterfalls, crashing waves, even showers and fountains – and the presence of negative ions is actually used to identify potential sources of water on other planets. Waterfalls are probably the greatest producers of negative ions, thanks to the violence with which falling water breaks apart on both hard and aqueous surfaces. Plants also produce negative ions, especially when exposed to intense light during photosynthesis.

Okay, that’s great and all. Everyone likes waterfalls and rivers and bright sunny days, but does the fact that they generate lots of negative air ions have any bearing on our health? **Yes!**
Both negative and positive ions can certainly exert “physiological effects” on living things. In fact, that negative and positive air ions could have physiological effects on people has been seriously studied. Even if modern skeptics may pride themselves on discarding an idea that sounds a little kooky without doing any actual research themselves, that doesn’t mean evidence doesn’t exist. Let’s see what the research says:

**Mood**

Not everyone with seasonal affective disorder (SAD) can afford to sleep under the stars next to a small waterfall and babbling brook. That would be great, but studies indicate that simulating those conditions with negative ion generators, naturalistic day simulating lights, and neutralizing positive ions through smudging can be just as effective at combating SAD as bright light therapy.

Chronic depression (non-seasonal) has also been shown to be improved with negative ion therapy. High density ion therapy was far more effective than low density ion therapy.

Boosting negative ions (along with bright light and auditory stimuli) reduced subjective measurements of depression, improved mood, and reduced anger in both depressed and non-depressed college students.

**Stress**

In a study on the salivary responses of people completing a 40-minute word processing task on the computer, exposure to negative air ions reduced the rise in salivary chromogranin A-like immunoreactivity (a marker of stress and anxiety) and improved performance.

**Breathing**

The trachea is the windpipe…the passage through which air travels into our lungs. Along the trachea are cilia which are tiny organelles which keep airborne particles from passing into the lungs. If cilia activity is inhibited, as in cystic fibrosis, more foreign particles are introduced into the lungs. Ideally, if ciliary activity is uninhibited, the junk is kept out of the lungs and discharged later via saliva and mucus. Research shows that negative ion exposure increases ciliary activity in the trachea of humans and monkeys, while positive ion exposure inhibits it.

Another study in asthmatic children found that exposure to positively ionized air exacerbated their asthmatic response to exercise.
How to Get Exposure to Negative Ions Naturally

Besides smudging, here are a few other ways you can expose yourself to a plethora of negative ions and good feeling juju.

**Be with nature** - The best way to get exposure to negative ions is of course the old fashion and natural way... Be in the great outdoors! Go to the beach and play in the water. Go hiking in the forest, or climb a mountain. Enjoy some gardening, or if you don’t like to garden just sit in the garden and read a book. Surround yourself with plants and trees and breath in the outside air. Swim under a waterfall or take a shower in one. Spending most of your time inside your home, office or car is certainly not going to do you any great good. And when you do have to spend time indoors, open your windows and get some cross breeze going – this will help a lot.

**Take a shower** - The closest thing many of us get to moving water is our regular showers. And that’s not so bad. Moving water is moving water, and showers do a good job of producing negative ions in their own right.

**Negative ion generating garden** - Okay, so this may be a bigger project than you are looking for, but if you love to garden and you are handy around the house you can put together your own negative ion-generating garden. Along with planting lots and lots of green life, install a waterfall, river or fountain in your garden. The more the better! I have 6 fountains in my back yard and it is wonderful! The important factor here is the presence of running water to increase the amount of negative ions in your environment.

**Himalayan salt lamp** – You have probably seen these neat lamps in a metaphysical store or in a friend’s house. Starting as low as $15, you can purchase a lamp made of Himalayan salt. These lamps are usually pink (the natural color of Himalayan salt), they typically sit on a wooden base, and they have a light bulb inside the hollowed out core of the rock. These lamps are not only beautiful, but they generate a bunch of good juju via negative ions. (Please visit my shop at www.ShamaMama.com if you are interested in purchasing one for yourself)
Herbs and Resins used for Smudging

There are many ways to smudge and a variety of different herbs may be used. Sage is probably the most popular herb for smudging, followed by Sweet-grass. Different tribes and cultures use a variety of different herbs and resins based on the element(s) they represent and/or the kind of smoke they produce.

Before we get to the list of the best herbs and resins to use for smudging, let's take a quick look at the different ways you may find these herbs....

**Dried Herbs** - Dried herbs are just that....herbs that have been picked and laid out or hung to dry. Typically, most “leafy” herbs are the ones that will need to be dried. What I mean by this is, those herbs that come from a bush, leaves of a tree or flowers/petals are most often dried.

Dried herbs are usually bundled into a “smudging stick” or “smudging wand”. Or, the leafy herb may be left loose and burning in a fire/heat proof bowl.

**Resins** - Resins are what most often come from within a tree or bush itself. Think of sap that comes from a tree. If a certain kind of tree is sliced or cut into, a sappy liquid will often seep out. This liquid then hardens and becomes resin.

To burn a resin, it is best to use a hot coal or a charcoal tablet. It is very easy to do.... All you need to do is light the coal in a fire/heat proof bowl. Once the coal is burning well, place a small piece of the resin on top of the coal. That’s it...super easy!

**Incense** - Incense are commonly known to be used during religious ceremonies, mediation, or simply as an air freshener. But, some incense may also be used for smudging! It just depends on what the incense stick is made of, as well as your intention in burning incense. If it is made with any of the herbs listed below, using an incense stick is a very quick and easy way to go.
Here are some examples of the most common and effective smudging herbs:

**Sage**

There are a number of different kinds of sage, and all of them are just fine for smudging. However, the most common sages for smudging are Desert Sage and White Sage. Any kind of sage will work just fine, so don’t get too caught up in trying to find a particular kind. I have successfully smudged with Purple Sage, Garden Sage, Sagebrush, Mugwort, Russian Sage, Golden Sage, and Pineapple Sage.

Sage is primarily tied to the element of air though it can also be used as for four-element general purposes. Sage has a somewhat sharp, light and refreshing scent. It is one of the most sacred herbs among Native Americans. Sage is well known for its ability to purify the mind, body and spirit before prayer, meditation, ritual or ceremony. Sage is often used for area and personal cleanings. Some people carry a small amount of sage in a pocket or medicine pouch to insure personal and spiritual safety.

**Sweet-grass**

Like sage, sweet-grass is primarily tied to the element of air. As its name suggests, sweet-grass produces a sweet and light fragrance that does not last for long. It is excellent for cleansing sacred spaces. Sweet-grass is a rare grass which is found growing wild in very few places. Traditionally, sweet-grass is believed to invite in the good spirits.

On the plains, sweet-grass is usually braided together in bunches as a person's hair is braided, although I have seen it simply bunched and wrapped in cloth as well. Either way, it is usually burned by shaving little bits over hot coals or lighting the end and waving it around, letting the smoke spread through the air. This latter method is how I was taught to burn sweet-grass, allowing the purifying smoke to get to all parts of the space.

Sweet-grass may be a good alternative to sage for those who are just starting to learn about spiritual and energy cleansing. The intense aroma of sage can be difficult for some people in the beginning….if this is the case for you, try starting out with sweet-grass. As mentioned above, sweet-grass may be difficult to find growing where you live, but it can be easily found in most health food and metaphysical stores.
Rosemary

Rosemary is tied to the element of Earth. It has a lighter smell than sage but still packs a good punch in the cleansing area. I prefer to mix rosemary with sage for smudging.

In Ancient Greece, people burned rosemary branches on the altars of their gods, considering it a sacred herb. However, the Greeks were not the only ones....the plant was also sacred for the Romans and Egyptians. The custom of burning rosemary branches has become a practice in hospitals in France where it has been maintained until present day! Roman priests used rosemary as incense in religious ceremonies, and many cultures considered it to be a beneficial herb to use as protection. In England, it was burned in the homes of those who had died from illness, and placed on coffins before the grave was filled with dirt.

Cedar

Depending on where you live, you may think of juniper when you think of cedar. Although it is perfectly acceptable and effective to burn juniper for cleansing purposes, cedar is different than juniper. Cedar refers to Western Red Cedar and/or California Cedar. Cedar is closely tied to the element of air. When burning cedar for purification purposes it will hold its own in regard to getting rid of negative energy, but it is also known to bring in good influences as well.

Native Americans of the Pacific Northwest deeply honor cedar trees. The spirit of cedar is considered very ancient and wise by Pacific Northwest Tribes. Besides burning cedar, it is also spread along with sage on the floor of the sweat lodges of some tribes. Cedar branches are brushed in the air to cleanse a home during the House Blessing Ceremony of many Indian nations. For many, downed cedar trees are honored with offerings and prayers.

Frankincense Resin

Frankincense is primarily tied to the element of fire, though it can also be used as for four-element general purposes. Frankincense is the resin from the Frankincense Tree which is found in Africa. Healers get the resin from the frankincense tree by slashing the bark of the tree and letting the resin bleed out. The resin then hardens, and is often referred to as “tears”. It is the aroma and smoke produced by burning the resin that is known for their superior cleansing qualities. Frankincense is used extensively in meditation and healing. In numerous religious traditions, frankincense’s spiritual scent was believed to confer divine blessing.
**Juniper**

Juniper is strongly tied to the element of fire, though it may also be used as for four-element general purposes. Juniper has a sharp, piney scent which is excellent to stimulate and revive a person when tired in body, mind or spirit. Juniper has been used in ancient times for ritual purification of temples. The smoke from dried juniper is believed to aid clairvoyance. Juniper is extremely useful for purification and to stimulate contact with other worlds. It is also known to aid a person who is trying to resist illness or disease.

**Lavender**

Lavender is closely tied to the element of air. Lavender has a light, aromatic and refreshing scent. Native to Europe, lavender is useful for attracting peace, happiness and restful sleep. Lavender also reduces depression, grief and sorrow. It aids in meditation and divination, and is often said to aid in manifestation. In ancient times, lavender was an important herb used in mummification and eternal purification.

Lavender may be dried and burned like you would burn sage. Or, if the lavender is somewhat fresh, it may be easily burned on top of charcoal tablets. I enjoy a combination of sage, lavender and rosemary in my handmade smudge wands. (I sell smudging products at [https://www.etsy.com/shop/BlueMoonShadow](https://www.etsy.com/shop/BlueMoonShadow) and [www.ShamaMama.com](http://www.ShamaMama.com))

**Hibiscus Flowers**

Hibiscus flowers are primarily tied to the elements of both fire and water. Burning dried hibiscus flowers produces a sharp, invigorating scent that lasts for a long time after burning. It is often used in divination and psychic communication, and is most excellent for rejuvenating the senses and restoring life force. Hibiscus can also help you connect with feelings of deep love and affection.

The petals of the hibiscus flower must be dried prior to burning. You may dry your own flower petals, or you may easily buy them from any health food store as the petals are often used for tea and other homeopathic healing remedies.
Yerba Santa Leaves

Yerba Santa leaves are very much tied to the element of air. The benefits and characteristics of yerba santa are very similar to that of sage. Traditionally, yerba santa leaves were used for enhancing psychic abilities, magical protection, healing and spiritual strength. This herb is excellent for meditation and divination, and is said to be ruled by the Moon. One Native American tribe rolled the leaves into balls, dried it in the sun and chewed it for a natural mouthwash.

Similar to sage, yerba santa leaves are usually used in a smudge stick or wand, or by simply burning the loose dried leaves.

Pinon Resin

Pinon resin is primarily tied to the element of fire, though can also be used for four-element general purposes. Pinon resin has a pleasant and meditative fragrance. It is cleansing, strengthening, warming, and used by Native American cultures for its spiritual and healing properties. Pinon resin produces a thick stream of smoke, and is excellent for refreshing the senses and reviving a tired body and soul.

Copal Gold Resin

Primarily tied to the element of both fire and water, copal gold resin may also be used for four-element general purposes. When burned, the scent of this resin is sweet, slightly woody, earthy and spicy. Copal gold resin was a holy incense used by the peoples of Mesoamerica. Traditionally, copal gold resin was used as incense in divinatory and cleansing/purification ceremonies. This resin contains aromatic chemicals called terpenes, which make it volatile and flammable. It is interesting to note that Mayan shamans used to smudge with copal resin prior to ingesting mushrooms.

Myrrh Resin

Myrrh resin is closely tied to the element of Earth. This resin produces a lot of smoke when burned and has a very earthy and piney scent. Myrrh resin is gathered from an almost leafless Middle Eastern shrub called the Commiphora Molmol. It was heavily used by the ancient Egyptians in rituals of healing and passing, and it was one of the ingredients used by the Egyptians to embalm bodies. Myrrh resin is known to be most useful for spirituality, meditation, happiness, release, transformation, strength, confidence and stability. It is a very good choice for smudging and cleansing, and can easily be obtained in your local health food or metaphysical store.

Rose Flowers and Petals

Tied closely to the element of water, rose flowers and petals produce a heavy, warm, aromatic scent with just a hint of sharpness. The scent will last a long time after smudging. Rose flowers and/or petals are excellent for meditation, divination, increasing psychic abilities and it often aids with psychic communication.

If you enjoy making your own smudge sticks, you may want to try wrapping the stick with rose petals then securing the petals with string or twine. This easy practice makes a most beautiful smudge stick and it smells wonderful! (Check out my video showing how to make your own smudge stick at www.ShamaMama.com.)
If you are looking for a particular combination of herbs, you may want to consider growing and drying your own plants.

How to Smudge

Before I get started here, I would like to share one piece of advice that I have learned through practice. The amount of herb you use is like butter...a little goes a long way. Your natural tendency will most likely be to use a lot of herb, but it's not always the best idea. You can smoke yourself or others out by using too much herb. It is not necessary to have large billowing clouds of smoke pluming everywhere (just like you know you don't need extra melted butter on you popcorn). A small steady stream of smoke is perfect.

Any action undertaken with intention and belief can become a potent ritual, so consider your intention before you smudge and hold it clearly in your mind. Smudging should be done with care, with reverence and in an attitude of love. Your intention is very important and should be stated clearly, either out loud or quietly in your head.

A candle flame is recommended to light the smudge stick as it may take a little time to get the stick smoking. Once the stick is lit with flame, blow it out so that the smudge stick is smoldering, not burning - be careful not to blow ash everywhere. If you're using loose leaves, a candle is still recommended, but the single leaf will light much more quickly. Again, you want to blow out the flame so the sage doesn't burn away too rapidly, and you won't get the sage smoke if it burns rather than smolders.

Loose leaf vs. Smudge Stick – There is not necessarily an advantage to using loose leaves vs. a smudge stick for smudging, or vice versa. Try both techniques and see what you prefer. When you smudge with loose leaves, your burn time will not be as long. A smudge stick will last longer, and most often you can use the same stick over and over again. A smudge stick lasts a loooong time, so for your lengthier smudges, a stick may be your best option. When you are done smudging with a stick you can simply snuff it out or extinguish it gently with a bit of water.
Tools

Herb(s) – You may choose to use an herb wand, or you may choose to burn loose herb leaves in a bowl.

Burning Bowl - Plan not to touch or move the vessel or the herbs once you have ignited them. One traditional method is to use a half-shell as the vessel to hold the herbs you have selected to burn. And one of the most popular shells to use is the abalone shell. Some of the American Indian Shamans prefer not to use a shell and choose other man-made, fire-resistant vessels to use in their ceremonies. But, those who do prefer the shell believe that using it brings in a balance of the four elements to the ritual: Earth, Air, Fire, and Water.

Fan - You may find it helpful to use a feather or a fan to direct the smudging energy as the smudge smoke rises from your bowl or stick. You may also find that you prefer to simply use your hands as a fan. It’s completely up to you.

Matches, lighter or a candle – You will figure out what you prefer. Sometimes it takes a while to light a wand/stick, so a candle flame is often easier. Again, this is completely up to you.

Self-igniting charcoal – this is not the charcoal you use when you barbeque! Self-igniting charcoal comes in a tablet form and can be bought at most health food and metaphysical stores.
This is a picture of a fan I made from feathers and wood found on a beach that is sacred to me. You can also see my abalone burning bowl, and a sage stick I made from my garden.

Smudging Yourself

Smudging yourself on a daily basis can be very helpful in keeping yourself balanced and maintaining a peaceful state of being. However, you should definitely use shamanic smudging techniques when you've been around people who are ill, depressed, fearful, angry or generally emotionally unbalanced. It is also beneficial to smudge yourself before meditating to create a calm state of being.

Smudging yourself is easy. If you're using a smudge stick, light the smudge stick with a candle flame or match. Hold the stick in the flame until there is a lot of smoke and the stick is burning well (you may find that a candle is better than a match. It can take a while to get the stick really smoking). Using a feather, feather fan or your hand, gently fan the smoke onto your body, starting at the top of the body and moving downward. Get the back of your body as best you can. It’s also important to be sure the smoke gets in your armpits, and on the bottoms of your feet. When you're done, inhale a little of the smoke (just a little!) to purify your insides.

If you're using a smudge pot or fire bowl and loose herbs, light the herbs (using self-lighting charcoal is helpful here) until it is smoking well. Then, put the fire bowl on the ground and stand over it with your legs spread and feet on either side. Weave back and forth in the smoke until you have been thoroughly cleansed. Again, when you're done, inhale a little of the smoke to purify your insides. People often feel more relaxed, lighter and brighter after smudging.
Smudging another person

Smudging another person is very easy. Start by stating your intention, either out loud or in your mind. Then, begin smudging the person starting with their head and working your way down their body. Fan the smoke onto the person so that you can visually see the smoke clinging to, and creeping around, the person. Pay special attention to the underarms and groin area as energy can be easily get stuck in these areas. Be sure to get both sides of the person. Also, be sure to smudge the bottoms of their feet. Who knows what kind of energy path a person has walked through!.....always smudge the feet.

I remember the first time I saw a person being smudged. I thought the person doing the smudging must have been a very spiritual and knowledgeable practitioner, and I was in awe of them. I now understand that anyone can smudge another person – there does not need to be a lot of pomp and circumstance, and the person doing the smudging does not need to be a spiritual leader of any sort. It is a simple act, and if you work from your heart with a clear and positive intention, you can’t go wrong.

Smudging an animal

I love to smudge animals because they love to be smudged! One of my dogs will actually put herself in my path when I am smudging a person or an area because she wants me to smudge her first. She will lie down on her back with her belly and legs up in the area as if to say “smudge me please!” and you can visually see from her reaction that she truly enjoys it. Animals are a lot like children – they are pure, and have not been taught by society to act, feel or believe a certain way. Because they have not been influenced by society as many people have (especially adults), they are more attuned to energy healing.

To smudge an animal, follow the same practice as you would if you were smudging a person. Again, stating your intention is the first and most important step. It can be difficult to start at an animal’s head and work your way down, getting the underarms and feet. Just do the best you can. Depending on the animal, they may be a bit nervous the first time – just keep it quick and simple. You will most likely find that the more often you smudge an animal, the lengthier their smudging session will be because they begin to become comfortable with the process and they learn it is something they enjoy.

Smudging an item

Smudging an item is about as easy as it gets. Once again, the most important thing to do is what?.....Yep! – state a clear and positive intention. Then, light your herb and let the smoke flow over and around the object you are cleansing. It’s as easy as that!

Smudging a house or office

Light the smudge stick as suggested above, and walk about the perimeter, giving special attention to the corners and the places behind doors. You can also fan the smoke throughout the room with a large feather. If you are instinctively inclined, you may state a prayer of gratitude for the cleansing and keep in mind your intention of removing any negatively inclined energy from the area during the ritual. At the end of this eKit you will find a couple of cleansing prayers that you may memorize, or simply print and read while smudging. Again, it is your overall intention that is most important, but many people prefer to have prepared words to say during the act of smudging.
Smudging during meditation

If you're going to use smudge smoke during meditation, use a charcoal burner or fire bowl, light the herbs and enjoy the scent and smoke as you meditate. Meditating with these herbs often produces a deeper and longer-lasting state of relaxation and contemplation.

Incense is a good smudging tool to use during meditation as the incense stick will stay consistently lit on its own with very little to no fuss.

Video: Smudging – How To Basics

http://www.youtube.com/watch?v=_fTIGWjYf8&feature=youtu.be

Please visit my website often for more information and to become part of my community. I also have an amazon storefront and Etsy page where you can purchase your Shamamama tools. www.shamamama.com

Sources referenced during the compilation of this eKit:

- http://www.webmd.com/
- http://www.marksdailyapple.com/
- http://hibiscusmooncrystalacademy.com/
- http://www.shamanswell.org/
- http://www.shamanism.org/
Thank you for your time and interest.
I wish you all the best and tons of success!

I hope our paths cross again.
Below are a few examples of words that may be spoken (out loud or in your head) while smudging. Please know these are simply examples of words that work well for other people. You should say what feels right to you, so feel free to create your own blessings. .....Happy Smudging!

For Any Person

**Smudging Prayer**

*May your hands be cleansed,*  
*that they create beautiful things.*  
*May your feet be cleansed,*  
*that they might take you where you most need to be.*  
*May your heart be cleansed,*  
*that you might hear its messages clearly.*  
*May your throat be cleansed,*  
*that you might speak rightly when words are needed.*  
*May your eyes be cleansed,*  
*that you might see the signs and wonders of this world.*  
*May this person and space be washed clean*  
*by the smoke of these fragrant plants,*  
*And may that same smoke carry our prayers,*

For Any Place

**Negative energy and entities are not welcome here**

*If you are not of the light*  
*you must go now*  
*Only positive energy & entities are welcome in this space*  
*If you are of the light*  
*you may stay*  
*This home is protected,*

For Any Person or Place

**This place/person is enveloped in the divine white light of love**

*The purple light of protection envelopes*  
*this space/person*  
*Person/place is surrounded and protected*  
*By these colored lights*
For Any Sacred Space

Negativity that invades my sacred place
I banish you away with the light of my grace
You have no hold or power here
For I stand and face you with no fear
Be gone forever, for this I will say
This is my sacred place and you will obey