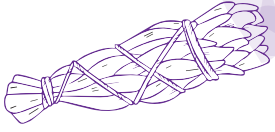


Tranquility Shop's



# Guide to Smudging



**S** smudging, or burning sage, is a Native American tradition for healing, clearing a space, and religious ceremony. In modern times, sage is often used to energetically clear a space, clear the mind, remove household odors, and alleviate airborne germs. Smudging is an intuitive process, so there is no wrong way to do it, but if you would like some guidance, here is a helpful guide.

You can begin by taking some deep breaths to get centered and grounded. Then set an intention for smudging like, "I am releasing negativity," "I am releasing the energy of a previous owner," "I am infusing peace, love, and wellness into my home." Next, light the sage stick. Wait until the flame dies down so it smolders, then walk around the room with your smoldering sage. It is recommended to use a bowl or plate to catch debris during this process. You can start at the main door that you typically use to enter and exit the space. Trace around the door, then proceed around the room stopping at each window to trace around it and each door to do the same. You can choose to move smoke with your hand or a feather into corners, closets, under furniture, anywhere you feel drawn to cleanse. As you move around the room, you may restate your intention. You can call on help to accomplish this from ancestors, angels, guides, or the Universe in general. As you smudge, notice how the smoke moves. If it rises up, the area is clear. If the smoke seems to turn or move oddly stay in that area until it rises straight up. Continue around the room until you reach the place where you started. If it feels right, you can close the ceremony by drawing a symbol with your sage stick (spiritual symbol, heart, energy spiral, etc.), then extinguish your smudge stick. Smudge sticks can be saved for future use. Grinding a smudge stick out in an earth element (dirt, sand, salt, etc.) is the preferred method for extinguishing it; water is not recommended. Also know that you can smudge a person (including yourself), a car, a piece of furniture, or any object to cleanse, release, or clear. Smudging is a great way to cleanse your crystals and stones, simply move them through the smoke until you intuitively feel they are clear and ready for your use!