

Smudging

What is smudging?

Smudging is using the smoke from burning special herbs such as sage, lavender, sweetgrass, lemon myrtle, frankincense etc to cleanse a person, place or object.

Lighting the smudge bundle

Leave the binding around the smudge bundle. Light the wider end, or the end with the least amount of binding. Allow to burn until the end is glowing. Blow out the flame. Your smudge bundle is now ready to use.

To cleanse yourself

Start above your head. Waft the smoke in front of your body, to both sides and to the back (as best you can) and under your feet so you have surrounded yourself with the smoke. Ask to be cleansed of all negativity, and to be filled with love and peace.

To cleanse your home

Make sure there is no one in the house while you smudge. (Pets can be inside.)

Start at the main entrance to your home. Smudge yourself. Then ask (God, Angels, Buddha, or who ever you believe in) that all negativity, all negative energies and entities and anything or anyone who means you harm, etc. be removed from your home. Ask that your home be filled with love, peace, happiness, etc.

Now enter the home, and turn to your left. Move **clockwise** through the house. Waft the smoke from the smudge bundle over all the walls (and in the cupboards) of every room in the house. Follow the walls of the house until you return to the front entrance. Step outside the house and give thanks for the cleansing. You may now smudge others who are about to re-enter the house if you wish.

The smudge bundle can now be extinguished in clean dry sand.