



## **SMUDGING**

Smudging is a world wide ancient spiritual practice. Many cultures of the world use plants and herbs other than sage. One of the most important basics of smudging is seeing ALL plants (and all of nature) as sacred. Sage and other plants and herbs have their own powers and energies, and we use them to manifest intent into physical realms - rituals of nature as sacred. Sage, like other plants, should be harvested, not killed to produce a product. And when selecting a smudge stick, make sure it is wrapped in cotton or other natural string, not in synthetic materials. You may know your intent when selecting a smudge, or you / may be drawn to certain plants for subconscious reasons or uses not even listed here. Different plants are used for different purposes, and some tribes and cultures use various plants for different purposes and ceremonies than other tribes and cultures. If you are interested in more specific cultural uses than the general ones outlined here, your shop keeper can direct you to the right books for your interests.

## **HOW TO SMUDGE**

After selecting your smudge stick, light one end. It will burn for several seconds, then the flame will go out. When it does, gently blow on or fan the embers until the smudge begins to glow and smoke. Some plants are more oily then others and may require relighting. Use a shell or pottery or other heat proof container to catch ashes and lay the smudge in. Fan the smoke over yourself and around the room. This is the time to focus on your intent, and to sing or pray while fanning the smoke helps.





Many Native American ceremonies (including sweat lodge and sundance) begin with sprinkling blue sage (also called desert sage) on the floordon't burn this sage. Also altars - especially those in places of honor in the home - should be sprinkled with loose blue sage. Also use loose blue sage on the coals of the sweat lodge or altar with each

prayer, affirmation, or invocation. Ceremonies begin with burning sage, then sweet grass, then loose or bundled sage (smudge sticks), "washing" the smoke over yourself. Some tribes believe sweetgrass attracts ALL spirits, good and evil, and MUST be burned with sage or with sage immediately following. General usage of sweetgrass is for balance, offering. Sage is used for cleansing, to dispel negativity, evil spirits and intents, to purify, to release ghosts to the spirit world, and to cleanse past occupants from a new home. A combination of sage, sweet grass and tobacco is used when seeking visions. Cedar or juniper invites positive energy. Juniper especially is the favorite of the Thunderbird (called Wakinyan by Lakotas), who protects the 4 winds The Thunderbird is a book and weather. in itself, but for general purposes, it sweeps newness and freshness in with the winds. Don't forget to burn juniper during a thunderstorm for the Thunderbirds pleasure!

## Following are some basic uses of various herbs used commonly in the Far East, Middle East and North and South American cultures:

Alfalfa ~ protect from poverty Allspice ~ attract luck Amaranth ~ heal broken heart Star Anise ~ restore lost youth Aspen ~ eloquence, anti theft Blue Spruce ~ nobility, grace Lemon Balm ~ success Basil ~ attract customers, fidelity Bay Leaves ~ prophetic powers Calendula ~ prophecy of legal matters Carnation ~ strength Catnip ~ courage, friendship Chamomile ~ luck in gambling Cinnamon ~ empowerment Cloves ~ comfort of bereaved, anti gossip Comfrey ~ safety during travel

Copal ~ purity of love Dandelion ~ divination, wishes Dill ~ protection of children Eucaluptus ~ healing, protection Frankincense ~ sacred consecration Ginger ~ power, success Lavender ~ chastity, peace Lemon Grass ~ repel snakes Lilacs ~ protect property Mugwort ~ astral projection, dreams Murrh ~ spiritual meditation Peppermint ~ psychic visions Roses ~ attract love, domestic peace Rosemary ~ spiritual healing, protect Sage Flowers ~ end emotional conflict Sunflower ~ attract happiness Tamarisk ~ divination, exorcism Thyme ~ release the past Uva Ursi ~ psychic dreams Wintergreen ~ hex breaking Yarrow ~ release fears Pinon ~ invite sweet positivity Happy Smudging!