

Smudging your Home

Place the sage bundle on a glass or ceramic surface and light one end of the herbs. An abalone shell may also be traditionally used. As the flame appears, put the herb out so it will smolder and smoke. You may cleanse yourself first by encircling the smoke around you. Use a feather or fan to direct the smoke to the areas or persons in need of cleansing.

*"Into this smoke I release
All energies that do not serve;
All negativity that surrounds;
And all fears that limit."*

Start at the front door of the home and light your smudge stick. Then, begin to move around the home. Move mindfully and with care, walking clockwise around the entire perimeter of the home. Be sure to allow the smoke to drift into even the hidden spaces, like inside closets, basements and dark corners. When you arrive back at the front door, say the prayer one last time. Visualize the entire home is filled with bright white sunlight. When you are finished, put the sage out in a bowl of salt or sand.