

Smudging Or Cleansing

Smudging or cleansing is usually done by burning white sage. If you can't get sage, you can also use cedar or sweet grass.

Always be sure to say a prayer and ask for a white light of protection to surround while you smudge.

You will need a bundle or bunch of white sage, and a fireproof container containing dirt or sand. I use a large glass ashtray filled with dirt and place the burning sage on top of the dirt to avoid having small lit pieces drop onto the floor or furniture.

Light the sage, allowing the flame to go out. You should just have a nice volume of smoke to do the smudging. Start at the farthest corner of the house or apartment and make sure the smoke goes up into all the corners of the room. As you are smudging, you will need to ask for blessings to have your home cleansed of all negative energy. You can just say a prayer, even the Lord's Prayer is fine, and continue to go room by room until you have completed the whole house or apartment. Since you are removing negative energy, you should also ask no harm come to you and you mean no harm. Then say a prayer of thanks for the help in removing the negative energies.

When you have completed the whole space, use the dirt or sand to extinguish the sage. Be sure it is completely stubbed out before setting it down.

The sage is burned to remove negative energy. When I've completed smudging, I then burn something to bring back the calm and peace. For this you can use lavender, vanilla, cinnamon or anything you feel will be relaxing and calming. This can be candles, scented oils, or even incense.