

Clearing & Cleansing your room(s)

Smudging: What you need to know

There are times that the energy of a room is affected by the energy of the people in it. You may have experienced this when you enter a room or a place and notice that it feels different/strange/uncomfortable... Your body is sensing the energy in the room.

Trust your instinct!

A place can hold the energy of everyone in that space which is great for group meditations, yoga, healing and other uplifting activities that you want to raise the energy levels. Not so good if the energy feels low as this will affect us too.



What is Smudging?

Smudging is the ritual of burning sage and is one of the most effective ways to clear and transform negative energies from the space you are using for an activity/healing, your home and to clear crystals.

Smudge your crystals by holding them in the smoke, making sure that all sides of the crystals are placed in the smoke.

This works well and can be used on delicate crystals that cannot be placed in water or salt without damaging them.

You can use sage to clear away negative energies, and sacred incenses like frankincense, cedarwood and sandalwood to bring in positive energies. You can then burn Palo Santo to raise the vibration of the space you are clearing. This is great for healing energy spaces

Smudging can offer calming, relaxing effects that are known to help lower blood pressure, relieve stress and tension and normalize breathing rates. It not only clears the room's energy it helps to clear yours as well. You can fan the smoke over and around your body setting the intention to clear your energy field (aura).

Clearing the space, helps to remove its past. Fill your space with joy, love, and light. Boost your mood—and decrease stress.

How to Smudge?

First you need to light the end of the sage and let it smoulder and smoke. (No flames)

Hold the smudge stick in your hand and with the other hand (or with a feather) fan the smoke around the room and into each corner of the room, where stagnant energy gathers. This is especially true of corners where you have your TV or other electrical equipment as it attracts and holds stagnant energy.

As you fan the smoke, you are set the intention of clearing the room/space of all negative energies and asking to transform this energy to either neutral energy (for future use) or to hold positive energy. (Happiness, peace, love, laughter, mindfulness etc)

Once you finished, focus and reflect on the experience. Breathe and thank the space for the energy.

Stay in the middle and observe the shift of energy. Observe what happens. How are you feeling?

The process drives out the negative energy in the room and also cleanses yours.

Your Smudging Kit

Smudging kit includes dry sage and sometimes combined with other herbs, bound together to form a 'wand' or 'stick'. You will need a fireproof bowl like a shell and matchsticks. You can include your favourite crystal in the shell dish.

The *Smudging kit* represents different elements;



- the shell represents the element of water
- the matchsticks represent the element of fire
- the burning herbs represent the element of air (you can also use a feather to fan the smoke around to cleanse – also represents air)
- the crystal represents the earth

Specifically, white sage is commonly used by people along with lavender, juniper and cedar.

If you don't want to use smoke from the sage you can use sage oil in a diffuser or sage oil in water sprays.

When to Smudge?

- ✓ Moving into a new home, flat or room.
- ✓ You want to cleanse the energy from a particular place, object or crystal.
- ✓ When feeling depressed, anxious, or otherwise unusual (with low 'spiritual' energy).
- ✓ You are needing to focus energy or thoughts.
- ✓ Before sleep to bring calm and rest to the space
- ✓ As part of your spiritual practice ie. meditation or yoga

