

Sacred Smudging Sticks

tips to get you started

- 1) First it works best if you choose your intention. This could be something as simple as “to create a home full of positivity.”
- 2) Make sure you have an ashtray, bowl or shell handy. This is important to catch any embers during the smudging. Be careful if you have fire alarms as the smoke produced can trigger the alarms if smudging too closely. I recommend opening any doors and windows in your house- this will carry the smoke and potential negativity out of your home as well.
- 3) Light the end of your smudge stick and allow the flame to burn for 30 seconds. Sometimes you may find it easier to use a candle to light the stick. Blow it out and allow the smoke to spread. (It is normal for your smudge stick to need lighting a few times.)
- 4) Carry the smudge stick with you over your bowl, letting the smoke flow through the areas you want to cleanse. Keeping your intention present with you, imagine the smoke taking the negative energy with it as it dissipates.
- 5) Gently wave the smudge stick throughout your space, taking it to every corner to allow all areas to be cleansed and leaving you with fresh and positive energy. Smudging only needs to be done for a few minutes to feel its benefits, but you can do it for as long as feels needed in your space.
- 6) Follow your intuition to move the stick to any spaces where the energy is dense and guide the smoke around that area. You should be able to feel when the energy has cleared and it is time to move to the next space.
- 7) Once you feel like you have finished with your sage wand, you can smudge out the embers to stop it from burning. Sometimes it will burn out on its own, but it's safe to wet the ends to ensure it's fully put out. This means you can keep using your smudge stick whenever you feel like you or your spaces need cleansing.
- 8) When you have used all that you can of your smudge stick, to finish the ritual you can bury it in your backyard to bury the past behind you.

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