

The HomeHearted Smudging Practice



Smudging is a traditional Indigenous technique involving the burning of plant materials for the purpose of cleansing and purification. Sage is commonly used, but also consider cedar, sweetgrass or lavender. You can make your own smudge sticks by wrapping the herbs with cotton twine, or they can be purchased from new age bookstores or even health food stores.

Since you'll be burning herbs, it is important to use a fireproof container to capture ashes as you move around the house. Consider a shell (I have a large abalone shell), or an earthenware bowl. Touch the smudge stick to an open flame and allow it to catch fire for a minute or two before blowing it out. The ends of the dry herbs should be glowing red and give off smoke. Lightly blowing on the embers will increase the smoke but do it gently so the ashes don't drift all over the space.

You can also use incense purchased from a retailer in a scent or formula specifically prepared for purification. Single scents like cedar, sage, lavender and frankincense are popular choices. Lighting instructions are the same as with smudging herbs.

With your smudge stick/incense smouldering, walk through each room fanning the smoke with your hand or a large feather. Remember to state your intention as the smoke drifts throughout the space. "I cleanse and clear this space of all negativity and fill and shield it your love." Visualize light filling the space if you wish. Don't forget closets and storage rooms – these are considered dead spaces and can catch stale and/or negative energy.

Depending on the size of your home, it could take upwards of an hour to smudge all the rooms. Take your time! When you are finished, be careful extinguishing your smudge/incense stick. Run water over the burning end and wrap it in tinfoil for storage. Don't worry if the space smells strongly of smoke. It will dissipate within an hour or two.

Go back to the heart of the space (kitchen, living room or fireplace) and take a few minutes to meditate over the purification practice you have just completed. Breathe deeply and connect into the new energy of the space. Again, visualize your space as a whole and wrap white light around its perimeter. Feel how it pulses with love and positive energy...almost like it is breathing!

If you'd like a smokeless option, consider using a smudging mist of essential oils. Purchase one from a new age bookstore or make your own! Smudging instructions are the same.

