

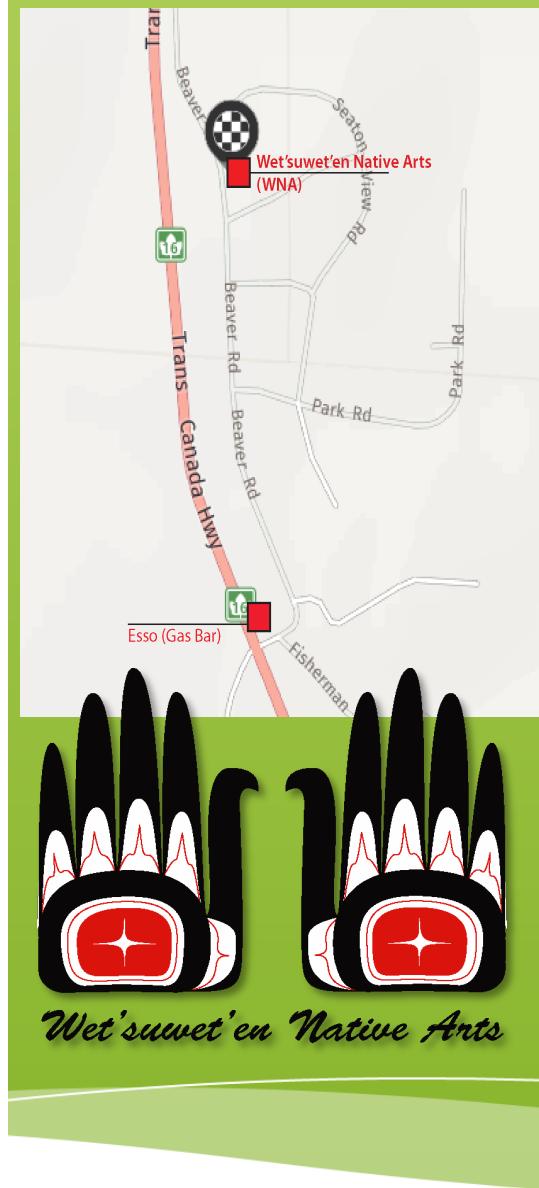
Native American Indians use a variety of smudging mixtures in this way. The principle herbs used are sage, cedar, tobacco and sweet grass.

**Sage** is used as a cleansing and purifying agent, the effect of the smoke is to banish negative energies.

**Cedar needles and Tobacco** are used in a similar way to cleanse and bring balance, to clear one's actions and to promote forgiveness.

**Sweetgrass** brings sweetness and beauty into one's life and surroundings. One can offer a prayer to this effect as the braid is lit.

**Love Hugz n  
\*\*\*SMUDGE\*\*\***



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**Smudge  
Ceremony &  
Herbs**

Creating Peace and Harmony

# Prayer:

\*May your hands be cleansed, that they create beautiful things.

May your feet be cleansed, that they might take you where you most need to be.



## The Ceremony: Clearing Your Body

Smudging is not only for spaces; it's also for clearing your body, mind, and spirit of any negativity, stagnation, or energetic disturbances within or surrounding you. Make sure to invite the sacred smoke around your body from head to toe and front to back before smudging your space.

\* <http://www.chopra.com>

*May your heart be cleansed, that you might hear its messages clearly.*

*May your throat be cleansed, that you might speak rightly when words are needed.*

*May your eyes be cleansed, that you might see the signs and wonders of the world.*

*May this person and space be washed clean by the smoke of these fragrant plants.*

*And may that same smoke carry our prayers, spiraling, to the heavens.*

## Smudging Process

- “We start in the East where the sun rises, and brings us the opportunity to begin again with each new day. Breath.
- We go to the South and honor our creativity, our children, the child in us, our playfulness, joy, and hope. Earth.
- We go to the West where the sun goes down, and the blackness of introspection begins when the day is done. Water.
- We go to the North where our rest awaits us. Knowledge, stamina, compassion, silence. Fire.
- We use a feather to fan the sacred smoke in each direction, one drums, one sings, one dances, one prays, until we have circled back to the east.”

## Tips for Smudging

The art of smudging is a sacred act and Grandmother Walks on Water says these are some things to keep in mind.

1. Hold sacredness and respect when connecting with the plant people who help you in this ceremony and when you pray.
2. Remember and honor your ancestors with good deeds.
3. Honor the divine by caring for what the Great Spirit has created.
4. See the divine Mother in everything. Women are the embodiment of Great Spirit’s creation on Earth, thru the gift of birth, so women are holy. We are all from the same womb.
5. Everything is related to everything; nothing is random.
6. Caring for creation is everyone’s responsibility.
7. This will is not religion; this is love.