

Smudging Guide

CLEANSE & PURIFY YOUR MIND + SACRED SPACE

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Smudging is a practice where you cleanse a space or aura of person through the aroma of the smoke. This can help bring clarity, focus, boost in mood and reduction in stress.

1. *OPEN DOOR/ WINDOW*
2. *INTENTIONS/ MANTRA/ AFFIRMATIONS*
3. *CLEANSE SELF*
4. *CLEANSE SPACE*

WHEN SHOULD I SMUDGE?

- when moving in a new space
- have low energy
- when guests visit and leave
- when there is psychic disturbance

TOOLS:

- sacred herb
- fire source
- burn bowl

SMUDGING HERBS:

- **dragons blood sage**- protection + calming + lucid dreaming
- **white sage**- cleansing negative energy
- **palo santo**- cleansing + harmony
- **frankincense and myrrh**- help focus present + grounding + peace

CAUTION: keep use from children, use burn bowl to make sure the ash doesn't fall on self or flammable objects