

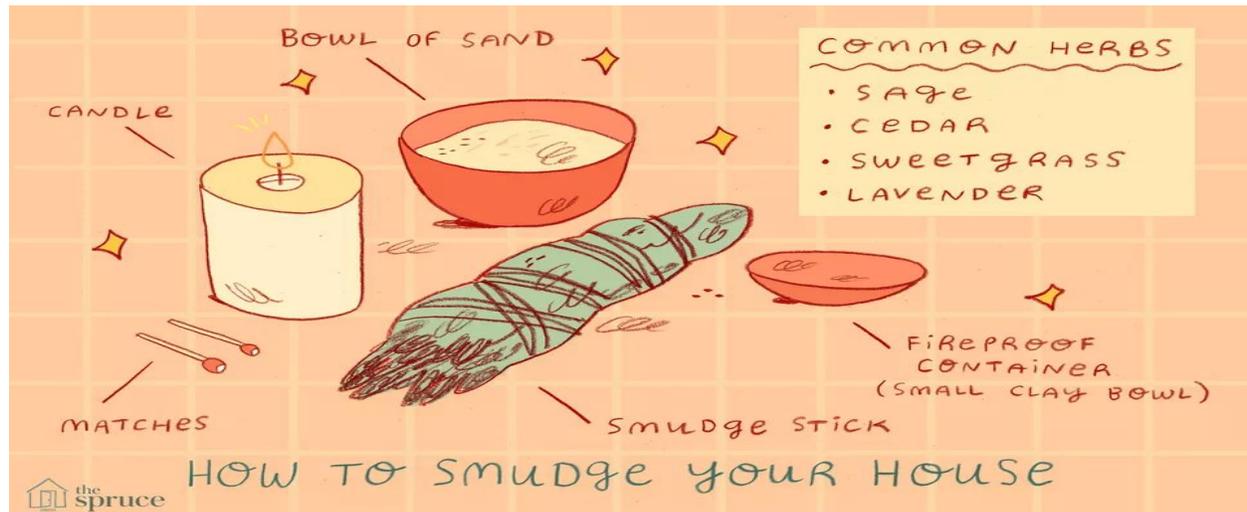


# Smudge Sticks

Information provided by Little Red Nursery  
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Smudging is one of the ways to energetically cleanse a space - whether it be a home, office or person - of negative energy to invite positive energy and purification. When smudging a space, you burn plant material such as white sage, lavender, cedar or sweetgrass. The smoke fills and purifies the environment. As the smoke ascends, our wishes and intentions rise and mingle into the universe, connecting heaven, earth and humanity. The smoke ceremony creates transformation and blesses a space and the inhabitants.

## GATHER MATERIALS:



Before you begin, take time to gather your materials. The mindfulness of a smoke ritual begins when you collect your supplies, so practice this with ease and care. Do your best to slow down and not rush through this first step. Keep the ritual materials sacred by using them only for space clearing.

You will need: smudge stick purchased at Little Red Nursery; a fireproof container such as a small bowl made of clay or shell to catch any ashes or embers; a candle to initially light the smudge stick as well as relight the during the ceremony; matches to light the candle; and a bowl of sand to properly extinguish the smudge stick safely after the ritual is complete.

***BEFORE YOU BEGIN:***

**Allow enough space and time for the ritual so you don't feel rushed. If possible, meditate for at least five minutes to calm your mind and heart. Remember when performing a space clearing, intention is key. Before you start, take some time to contemplate what your wishes are for your home and family. When you clear your house, there's a vacuum that's created. You want to welcome your intentions into the newly cleared and open space.**

***SMUDGING THE SPACE:***

**Start at the front door of the home and light your smudge stick. Then, begin to move around the home. Move mindfully and with care, walking clockwise around the entire perimeter of the home. Be sure to allow the smoke to drift into even the hidden spaces, like inside closets, basements and dark corners. If there are stairs, just go up or down when you encounter them. Then keep moving clockwise until you meet the stairs again. Then continue to go down or up the stairs and resume the main floor.**

**Moving around a space like this is called "circumambulation". It's a practice that's been done for centuries in ancient cultures to make a space more sacred. And, if it feels okay to you, it's helpful to chant a mantra or a prayer that you're connected to. This is a way to fill the space with more cleansing vibrations. You may need to relight the smudge stick during the ceremony using the candle.**

***CLOSING THE CEREMONY:***

**When you arrive back at the front door, chant your final mantra or prayer. Visualize the entire home is filled with bright white sunlight. Then speak your intention one last time to close the smudging ceremony.**



**Smudging rituals are a beautiful technique to clear a space. This can be done annually or more often. It's especially powerful to perform a space clearing when you first move into a home, or on the lunar new year.**