

# SMUDGING

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## WHAT IS SMUDGING?

SMUDGING IS THE MOVING OF SMOKE FROM VARIOUS SACRED HERBS THROUGH A SPACE, YOUR PERSONAL ENERGY FIELD (OR THAT OF ANOTHER BEING) OR AROUND OBJECTS SUCH AS CRYSTALS, STONES OR SACRED TOOLS. IT COMES TO US FROM NATIVE AMERICAN TRADITIONS, BUT MANY PEOPLES AND MANY CULTURES HAVE ECHOED THE PRINCIPLE.

## WHY SMUDGE?

SMUDGING CLEARS NEGATIVE ENERGY AND PURIFIES THE PHYSICAL AND FINER ENVIRONMENTS. EVERYTHING AND EVERYONE HAS AN ENERGETIC (AURIC) FIELD AROUND IT/THEM. THESE FIELDS CAN BECOME CONTAMINATED WITH NEGATIVE VIBRATIONS AND THOUGHTFORMS. THESE NEGATIVE ENERGETICS, IF NOT REMOVED, CAN CAUSE DISHARMONY, IMBALANCE, DEPRESSION AND ILLNESS. SOMETIMES THESE NEGATIVE ENERGIES ARE LEFT IN OUR ENVIRONMENT FROM CONTACT WITH OTHERS WHO ARE CREATING OR HARBORING THEM. SOMETIMES THEY FORM TENACIOUS CONNECTING CORDS DRAINING ENERGY AND VITALITY. SMUDGING CAN ELIMINATE THESE IMBALANCES AND RESTORE HARMONY.

## WHAT YOU NEED TO SMUDGE

1. SACRED HERBS CHOSEN FOR THEIR INHERENT QUALITIES OR VIBRATIONS – SEE POSSIBLE CHOICES WE HAVE LISTED.
2. SHELL OR RECEPTACLE YOU CAN USE TO BURN THE HERBS. A SHELL IS THE NATIVE AMERICAN TRADITIONAL CHOICE. A FIRE RESISTANT OPEN DISH-LIKE CONTAINER IS NECESSARY AS IT PREVENTS STRAY SMOLDERING EMBERS FROM BURNING FURNITURE, CARPETING OR CLOTHING.
3. A FEATHER IS USED TO SWEEP THE SMOKE GENERATED BY THE SMOLDERING HERBS THROUGH THE SPACE NEEDING CLEANSED.
4. MATCHES OR LIGHTER TO LIGHT THE HERBS. WITH A SMUDGE STICK OR BUNDLE, HOWEVER, THE EASIEST WAY IS TO LIGHT A CANDLE AND LIGHT THE BUNDLE FROM THAT STEADY FLAME.

## HOW TO SMUDGE

NOTE: TO AVOID FIRE HAZARDS, DO NOT USE SMUDGE AROUND FLAMMABLE SURFACES. NEVER LEAVE BURNING SMUDGE, CANDLES OR FIRE UNATTENDED.

1. GATHER NEEDED ITEMS.
2. LIGHT SMUDGE UNTIL THE END GLOWS RED AND THEN FAN IT TO PUT OUT THE FLAME. WE ARE WORKING WITH THE SMOKE FROM THE SMOLDERING HERBS; THE FLAME NEEDS TO BE EXTINGUISHED. DO NOT BLOW OUT THE FLAME, THIS PUTS YOUR VITAL BREATH AT CROSS-PURPOSES WITH YOUR INTENT.
3. AFTER LIGHTING THE SMUDGE OFFER IT TO THE FOUR CARDINAL DIRECTIONS: EAST, SOUTH, WEST AND NORTH OR HOLD IT FOR A MOMENT NEAR YOUR HEART.
4. HOLD THE SHELL OR BOWL WITH THE SMOKING SMUDGE IN ONE HAND AND FAN IT THROUGH SPACE TO BE CLEARED.
5. WHEN FINISHED GIVE THANKS.
6. TAMP OUT ANY HERBS STILL BURNING. FOR SMALL EMBERS USE A SPOON OR STICK TO TAMP IT OUT IF NECESSARY.

## SMUDGING A PERSON

NOTE: BECAUSE OF THE SMOKE EMITTED, AVOID BURNING SMUDGE IN CONFINED AREAS OR AROUND INFANTS, ANYONE WHO IS PREGNANT OR SUFFERING FROM ASTHMA OR RESPIRATORY CONDITIONS.

BEGIN BY SMUDGING THE AURIC SPACE – ABOUT 2 TO 3 FEET OUT FROM THE BODY. WORK FROM ABOVE THE HEAD TO THE FEET. MOVE AROUND THE PERSON IN A CLOCKWISE MANNER. WHEN YOU GET TO THE FEET, HAVE THE PERSON LIFT UP THEIR FEET, ONE AT A TIME, AS YOU SWEEP THE SMOKE UNDER EACH ONE. GO BACK ABOVE THE HEAD AND GO DOWN THE FRONT, BACK AND EACH SIDE OF THE BODY, CLEANING THE ENERGIES THAT LIE CLOSE TO THEIR FORM. THEN HOLD THE SMUDGE IN FRONT OF THEM SO THEY CAN OFFER SMOKE TO FATHER SKY, TO MOTHER EARTH AND TO TAKE SOME TO THEIR HEART. END BY BOWING TO THE OTHER PERSON AS THEY RETURN THE BOW TO YOU.

## SMUDGING A PLACE

PREPARE THE SMUDGE FOR USE AS DESCRIBED ABOVE. IN AN ENCLOSED SPACE, OPEN A DOOR OR WINDOW TO PROVIDE A ROUTE FOR NEGATIVE ENERGIES TO LEAVE AS THEY MOVE TO GET AWAY FROM THE SMUDGE. BEGIN IN THE ROOM THAT IS THE MOST DISTANT FROM THE OPEN DOOR OR WINDOW. START AT THE CENTER OF THAT ROOM. MOVE THROUGH THE ROOM IN EVER WIDENING CLOCKWISE CIRCLES. FAN THE SMOKE FROM THE SMUDGE OVER, UNDER AND AROUND OBJECTS. IF ANY AREA FEELS "STICKY" CONTINUE SMUDGING UNTIL IT FEELS CLEAN TO YOU. USE YOUR FINER INTUITIVE SENSES AS YOU WORK. TELL EVERYTHING THAT YOU DO NOT WANT IN YOUR SPACE TO "LEAVE NOW AND GO TO THE LIGHT". MOVE TO THE NEXT ROOM AND THE NEXT, REPEATING THIS PROCEDURE, MOVING ANY NEGATIVITY AHEAD OF YOU TOWARDS THE OPENING. IF YOU HAVE LEFT A DOOR OPEN FOR NEGATIVITY TO EXIT, SMUDGE THE DOORWAY, STEP THROUGH AND SMUDGE THE IMMEDIATE AREA OUTSIDE SO "HITCHHIKING" LOWER THOUGHTFORMS DON'T RIDE BACK INSIDE. MANY PEOPLE HANG SWEETGRASS BRAIDS OVER DOORWAYS TO ALLOW ONLY GOOD ENERGY TO ENTER THEIR SPACE. OUTDOORS, BEGIN SMUDGING IN THE CENTER OF YOUR SACRED SPACE. MOVE CLOCKWISE IN EVER INCREASING SPIRALS UNTIL YOU REACH THE PERIMETER. SMUDGE EACH INDIVIDUAL AS DESCRIBED ABOVE AS THEY ENTER THE SACRED SPACE.

## SMUDGING OBJECTS

NOTE: IF SETTING YOUR SMUDGE SHELL OR BOWL DOWN TO CLEAN OBJECTS BE SURE THAT IT IS ON A STABLE FIREPROOF SURFACE.

FOR SMALL ITEMS, SUCH AS TUMBLED STONES OR JEWELRY – PUT THEM IN AN OPEN WEAVE BASKET, SIEVE OR STRAINER. HOLD THE CONTAINER ABOVE THE SMUDGE AND ALLOW THE SMOKE TO RISE AND ENTER THE CONTAINER, BATHING THE SMALL ITEMS IN SMOKE.

FOR LARGER OBJECTS: MOVE AROUND THE OBJECT IN A CLOCKWISE DIRECTION. BEGIN AT THE TOP AND SWEEP SMUDGE THROUGH THE CLOSE ENERGETIC FIELD AND OFF TOWARDS THE EARTH.

SMUDGING CLEAR QUARTZ CRYSTALS: REMEMBER THAT CRYSTALS STORE AND AMPLIFY ENERGY. MUCH LIKE A COMPUTER THEY DO NOT DISCRIMINATE AS TO THE TYPE OF ENERGY PUT INTO THEM. WHEN CLEANSING YOUR SPACE BE SURE TO GIVE THEM ATTENTION AS WELL.

## HERBS USED FOR SMUDGING

HERBS	QUALITIES
CALIFORNIA WHITE SAGE	CLEAR NEGATIVE AND FOREIGN ENERGIES AND ENTITIES OUT OF OUR ENVIRONMENT, OUR PERSONAL SPACE AND OUR BELONGINGS
DESERT SAGE	PURIFIES, DISPELS UNWANTED ENERGIES AND ENTITIES
SWEETGRASS	BRINGS SWEETNESS, GRACE, BLESSINGS; GROUNDING PROTECTING AND SANCTIFYING; BRINGS HELP FROM SPIRIT
CEDAR	CALLS IN SPIRIT, HELPS TO CONNECT WITH GUIDES AND SPIRIT TEACHERS, PURIFYING
LAVENDER	BRINGS PROTECTION, PEACEFULNESS AND REST
YERBA SANTA	NURTURES AND PROTECTS THAT WHICH IS ANCIENT AND SACRED WITHIN US, GIVE US COURAGE AND ENCOURAGEMENT
JUNIPER	BREAKS UP NEGATIVE THOUGHTFORMS SENT FROM OTHERS
COPAL	CLEARING, SANCTIFYING, EMPOWERING, ATTRACTS BENEVOLENT ENERGIES
PINE NEEDLES	PURIFIES, CALMS, RENEWS AND CLEANSSES
MINT	CLEANSSES, UPLIFTS AND PROTECTS
TOBACCO	CONNECTS US WITH SACRED TEACHING AND SACRED BEINGS
UVA URSI	VERY CALMING AND GROUNDING

## WARNINGS:

SMOKE FROM HERBS CAN LEAD TO ALLERGIC REACTIONS OR TRIGGER ASTHMA OR OTHER FORMS OF RESPIRATORY DISTRESS. DO NOT BEGIN USING SMUDGE IF YOU ARE PREGNANT. THE INFORMATION ON THIS FLYER IS OFFERED FOR ITS CULTURAL AND HISTORICAL VALUE. PATHWAYS DOES NOT ASSUME ANY RESPONSIBILITY FOR THE WAY INDIVIDUALS BURN OR RESPOND TO THE SMOKE FROM ANY HERBS. IF YOU CHOOSE TO BURN HERBS, DO SO ONLY IN A WELL-VENTILATED AREA, USE COMMON SENSE AND MODERATION. DISCONTINUE USE AND CONTACT YOUR HEALTH PROFESSIONAL IF ANY IRRITATION DEVELOPS.