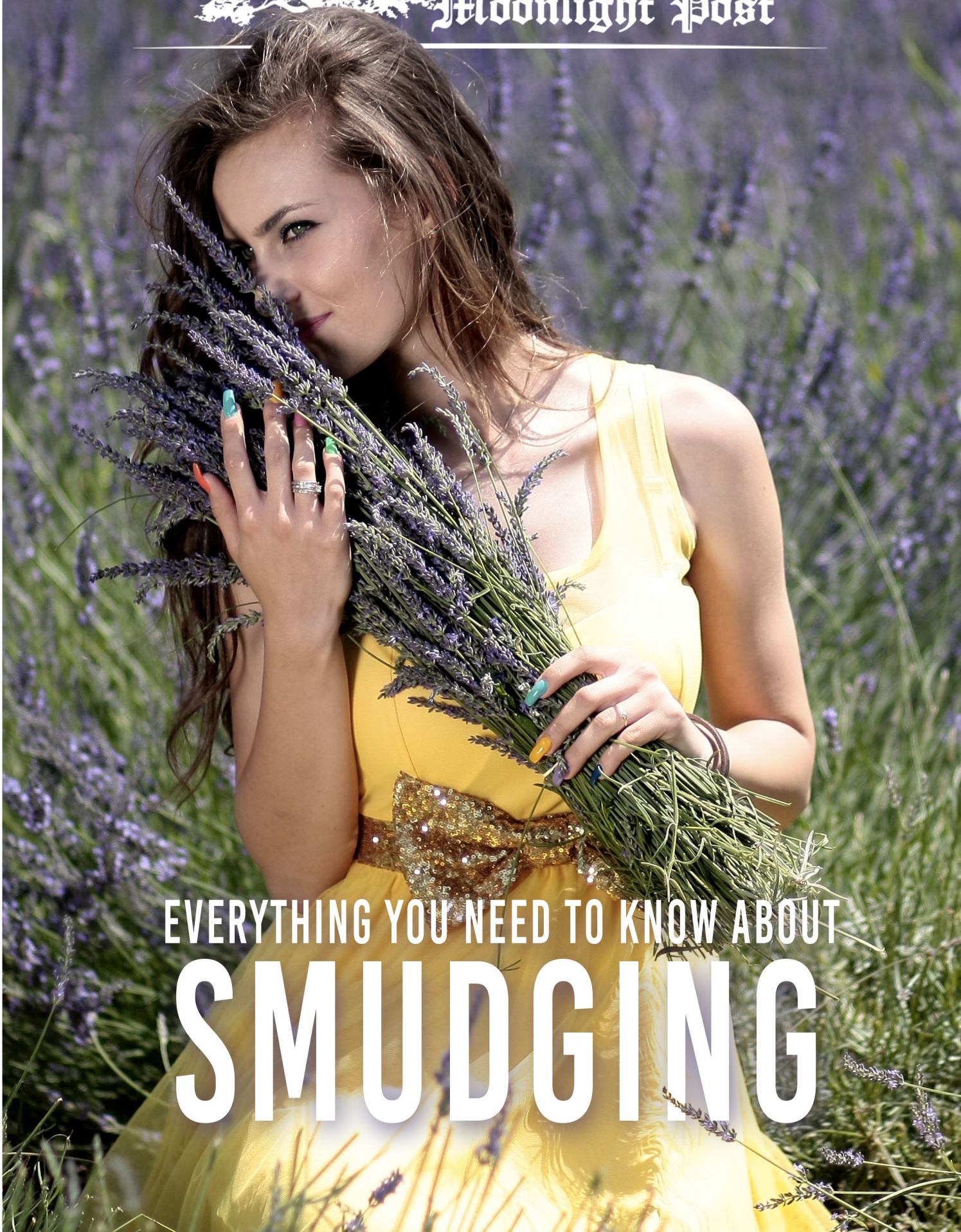




# The Moonlight Post

EVERYTHING YOU NEED TO KNOW ABOUT

# SMUDGING







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*Many people write to us asking for help regarding smudging.*

*I understand that when you're starting out, you fear making mistakes, which is why we thought of putting together this a Moonlight Post issue dedicated to smudging.*

*Smudging is a gift to us from the Divine. It allows us to open bridges and remove blockages for clear communication with the God and Goddess.*

*It's not exclusive to witches. Our ancestors also used smudging in their time.*

*If you've always wanted to smudge but just don't know how...*

*...you no longer have to hold back.*

*This issue is aptly called "Everything You Need To Know About Smudging."*

*In here you will find facts about smudging, the materials you will need to smudge, the words you need for your smudging prayer, how to interpret smudge smoke... and MORE!*

*I hope you enjoy this issue and you learn a thing or two from it.*

*Your opinion means a lot to us!*

*Write to us and tell us what you think of it :)*

*Blessed be!*



# WHAT IS SMUDGING

If you've never heard of smudging or have never tried it, it's never too late to jump in.

Smudging is a practice that can be traced back to the time of your ancestors. Smudging has its roots in Native American culture. The pagans have adopted the practice, along

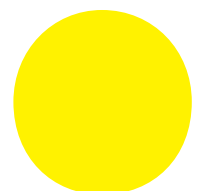
with sweeping a broom.

If you are serious about your practice, then you should know that smudging is part and parcel of being a witch.

Witches smudge to rid themselves of negative energy and blockages, which is a crucial

step before casting spells, before welcoming anything into your home, and before performing rituals.

Ok, so, let's talk about what smudging is.





## ETYMOLOGY OF SMUDGING

The word "smudge" comes from Middle English. It refers to making a fire that's particularly smokey. It was initially used to ward off insects but was adapted by the Native Americans in their purification practices.

Each Native American tribe has their own style or method in purifying by smoke. As well as every religious practice in the world who uses smoke purification has their own style.

To give you an idea, have you seen a priest's censer during mass?

Smudging was then adopted by modern pagans. It can also go by the name of fumigation, since it's the same principle, but let's not do that.

## THE PROCESS OF SMUDGING

The process of smudging is very simple. For one, you should have a bundle of herbs or resin sticks. Smudge sticks are more popular among witches.

The smudge sticks are burned in a bowl and the person brings the smudge stick around the space or around their person or an object.

You should engulf whatever it is that you want to purify in the smoke coming from the

smudge stick.

If you struggle with this, you can use a feather to direct the smoke.

## WHAT IS THE PURPOSE OF SMUDGING?

As mentioned earlier, smudging is done to purify, cleanse, clear blockages in a person, an object, or a space. It can drive away evil spirits and ward of diseases.

What's more is that smudging can invite the Divine into your home or your person. It can also connect you to your ancestors.

If your spellwork is centered around this intention, then smudging will serve as a bridge between this world and the otherworld.

Fact is, the herbs used for smudging have antibacterial and antiviral properties. These were the very same herbs used by our ancestors to heal themselves.


Smudging is still performed in wards full of sick people around the world, as was the practice in the ancient times.

One thing you have to make sure is that you are not in an enclosed area when smudging. Open your windows and doors if you perform this spell. You are not to inhale the smoke.



# THE BEST AND MOST SACRED HERBS FOR

# Smudging



**OUR ANCESTORS KNEW IT, AND THEREFORE WE SHOULD KNOW IT: PLANTS HAVE SACRED PROPERTIES THAT BRING ABOUT HEALING AND CLEANSING.**

**IT IS WHY SMUDGING IS A COMMON PRACTICE IN WICCA. IN FACT, IT IS ADVISABLE TO SMUDGE BEFORE A SPELL AND EVERY TIME YOU WELCOME A NEW THING TO YOUR SUPPLIES - SUCH AS A NECKLACE OR ALTAR SUPPLIES.**

**SMUDGING IS AS EFFECTIVE AS THE HERBS YOU USE FOR IT. IT CAN CLEAR BLOCKAGES MENTAL, SPIRITUAL, EMOTIONAL, AND EVEN PHYSICAL.**

**FOR MANY CENTURIES, SMUDGING HAS BEEN USED IN THE MIDDLE EAST, ASIA, SOUTH AMERICA AND NORTH AMERICA.**



Below is a list to help guide you on the most powerful and most sacred herbs you can use for smudging:

## Rosemary

It is soothing and encourages a sense of peace within your environment. It is used to remove negative energy from places such as just-moved-into homes. It is usually added into a smudging bundle with sage and not used as a standalone herb.

## Lemongrass

It is a powerful purifying and cleansing herb. It used in teas and its essential oils for its healing properties. This herb has an energizing and uplifting and refreshing scent.

It is however very relaxing that it can make you drowsy. Use this to cleanse your bedroom or the hospital room of a loved one recuperating from an illness.

## Sage

This is the most common herb used to make smudging sticks. It's like a carrier oil in the herb world.

It has powerful antibacterial properties and the smoke itself can be used to cleanse, bless, heal, remove negativity from homes, objects, or persons.

There are many types however, such as White Sage, Common Sage, and Desert Sage.



# Cedar

It is the perfect herb for beginners. Cedar is a slow burning herb which makes it safer to use for those who are still starting out in smudging and Wicca altogether.

It is the an herb for renewal, grounding, and protection.

# Bay Leaves

Bay leaves have an aromatic essential oil that if you use them for smudging, it can boost your mood, reduce anxiety levels, and generate positive vibrations.

It is used in smudging for healing, calming, success or victory. Smudge using bay leaves before a competition, a test, or a court hearing.

# Eucalyptus

Eucalyptus can create a physical effect on the person using in for smudging. It is a widely used nasal decongestant during cold season. It is also used to relieve tired muscles in a warm bath.

Smudge with eucalyptus for good health and to boost energy. If you are gearing up for your next health checkup, smudge with this herb. If you have an important presentation and you need something to jolt you awake, this is the herb to use.



# Juniper



This herb was burned for the purification of temples and areas visited by a plague. If someone at home is with a sickness and you don't want it to spread to everyone else at home, smudge with juniper.

# Frankincense

Frankincense is the dried resin of the African olibanum tree. If you've heard of the Three Kings, then you can imagine how precious this herb is.

This herb is used in meditation, healing and cleansing of the soul. If you are feeling depressed or your loved one is experiencing depression, smudge with this herb regularly to help you rid your person of depression.

# Lavender

This herb is well-known for its properties that help you sleep. It relaxes and calms the mind. It is a unique herb because when you burn the petals along with the stem, it increases the release of the lavender scent.

It is usually combined with Blue Sage or Desert sage.





## Pine

This evergreen herb is for cleansing and protection, prosperity, and good health. Smudge with pine to cleanse a new home or a new place of business or office space.

The pine herb also helps with moderation, self-confidence, and motivation. If you're dealing with substance abuse issues, unemployment, and lack of focus, smudge with this herb.

## Desert Sage

Also called the "desert rose," desert sage is a slow and long burning herb. It is commonly used to ward off bad feelings, negative energies, and bad influences.

## Palo Santo

The name Palo Santo translates to "Holy Wood" and has a citrus like scent. It is best used for deep healing and clearing energy. It relieves headaches, inflammation, stress, and colds.

If you have a sickly person at home, smudge with palo santo.

## White Sage

It is the best herb for protection and purification. It is a favorite smudging herb and is used in combination with other herbs.

This is the herb used by Native Americans for centuries in cleansing of their homes, themselves, and their objects.

If you would like to forge a connection between you and your ancestors, smudge with the white sage or a combination with other herbs.

# Mugwort

Mugwort is also known as “dream herb.” It has a unique ability to stimulate dreams. If you are interested in prophetic dreams or lucid dreaming, smudge with mugwort.

It has been used by pagans for many years to induce dreams and in spellwork. It brings clarity, heightens your intuitive abilities.

# Myrrh

Myrrh was used by the Ancient Egyptians for healing and embalming bodies. It is cleansing for the soul and helps the dead transition into the afterlife.

Smudge with the Myrrh if you want transformation or in periods of transition.

# Sweetgrass

Sweetgrass is sacred to Native Americans. It is almost often found in braided form. It produces a sweet smell when burnt and is commonly used in handfastings. It is an herb for communion, marriage, commitment, loyalty, and love.





**THE BEST  
BOWLS FOR**

*Smudging*

At first glance, you might think that smudging using any type of bowl will do. If you value safety while smudging, it's best to use the right bowl.

Smudging means burning, so choosing a material with incredible heat properties.

Here are some examples of smudging bowls you can use to smudge:

### **GLASS SMUDGING BOWLS**

If you must use a glass container for smudging, make sure to fill it halfway with sand. This will prevent the glass from getting too warm, especially if it's non-tempered glass.

Non-tempered glass is not built to sustain heat, so it could break at high temperatures.

Glass smudging bowls are rarely used for smudging though.

### **SHELL-TYPE SMUDGING BOWLS**

The most popular type of shell-type bowls are abalone shells. You've probably come across these beautiful shells with rainbow hues. If there was

anything not man-made and seemingly created by the goddess specifically for smudging, this would be it.

Heat can transfer to the shell, and sometimes shells come with holes in them. Since they are from Nature, they do come with imperfections. No two items are identical.

Add a layer of sand to the inside of the shell to protect its rainbow-like effects.

Abalone shells are also a gift from the sea, representing the water element. The herbs you use for smudging represent the earth. The smoke represents the air. The light represents fire.

For this reason, smudging invites the Mother Goddess into your home or space.

### **CAST IRON SMUDGING BOWLS**

Cast iron bowls are also a popular choice for smudging. This is the choice of witches who are very safety conscious.

Cast iron is very tough material and fireproof. By using this

type of bowl, you are minimizing risk for accidents.

If a lit smudge stick is left inside the cast iron bowl, it will just extinguish itself without damaging the cast iron bowl itself.

You can even put out the fire by rubbing the smudging stick against the cast iron smudging bowl.

### **SOAPSTONE SMUDGING BOWLS**

A soapstone bowl is another one of the better choices for smudging. Soapstone is used to create countertops in kitchens for they can take a beating and are heat resistant.

The safety level is on high when you use a soapstone smudging bowl.

Whichever smudging bowl calls to you is what you should use. Smudging bowls are made with different natural materials and whatever calls to you means something.



## **POLISHED HORN PENTACLE SMUDGING BOWL**



It's faulty to smudge without getting into the smudging mindset first.

Why?

Because it's not only a waste of time and energy, but also a waste of smudge sticks.

Smudging has been around for centuries, since time of our ancestors, and is one of the most powerful ways to cleanse the mind, body, spirit, object and place.

While smudging ceremonies and rituals can be performed in numerous ways, there are certain guidelines to abide by to make it an effective smudging ritual.

And one of the most important primary steps is to get into the smudging mindset.

# GETTING INTO THE SMUDGING MINDSET





## GET INTO A POSITIVE STATE OF MIND

To get into the smudging mindset, you have to relax and enter into a positive state of mind. You cannot get rid of negativity by being negative yourself.

There are two ways to get into the smudging mindset, one is by taking a long and relaxing salt bath, and the other is by meditating afterwards.

There are salt bath formulations that are specific to your purpose such as healing salts, positive luck salts, wealth and love bath salt formulations.

As you bathe, release your worries and anxieties and gradually begin focusing on your intent.

The clearer you are about your intent, the more effective your smudging ritual will be in cleansing.

## CREATE A SACRED SPACE

Creating a sacred space means assigning a space wherever in your house where you feel immediate peace when you enter it.

It can be by your mini garden or your mini water fountain in your home. This is your space or meditation, prayer, and healing.

This space should be where no one can disturb you and nothing can distract you.

You can place your altar here and place some healing crystals such as quartz crystals and also candles. Anything that connects you to the Divine should be placed here.

After you have these in place, you may proceed with your smudging. You can call on any spirit guides and deities to join you in your ritual.

# OTHER TOOLS FOR

You want to have all the right tools in your smudging kit so you can perform smudging anywhere you are.

With the tools below, you will have everything you need to cleanse your home, your person, or an object, and keep it positive.



# SMUDGING



# BOWL

The smudging bowl is very important. This is where you will place your smudge stick and where you will drop the ashes and put it out.

If you're smudging for a spell or ritual, there will be moments when you need to let go of the smudge stick, that is when it should go into a bowl.

A smudging bowl is essential for safe smudging. Just make sure you choose the safest material such as soapstone or abalone shell or cast iron.

If you're using an abalone shell, you should place sand in it to prevent from damaging the shell. Sand will prevent heat from damaging the shell.

# SAND

Turkey feathers are what's used to waft the smoke when smudging. They also guide and direct the smoke if you want the smoke to go in a specific direction.

With a feather, you can spread the smoke all around whatever it is that you are cleansing. With quick short movements you can break up blockages and smooth out the energy flow. Then, you can fan the smoke to complete the cleansing ritual.

# FEATHERS



# CANDLES

A candle purifies your intention and brings light to your smudging ritual. If you can, have a lit candle whenever you perform a smudging ritual.

It represents the element of Fire, which burns away the negative energy and blockages.



# CRYSTALS

A crystal will hold your intention long after you've completed the cleansing ritual.

Crystals like Amethyst, Clear Quartz, and Rose Quartz are all wonderful crystals to have in your home or on your person in the form of a bracelet or pendant.

Choose the crystal that represents your intention.

# THE BENEFITS OF SMUDGING

## RELEASES NEGATIVE IONS

It is through the release of negative ions, which helps create a positive mood. Sunlight and water actually release negative ions, which is why you feel relaxed when you're at the beach, in nature or under the sun.

High enough concentrations of negative ions clears the air of mold spores, pollen, pet dander, odors, cigarette smoke, bacteria, viruses, dust and other hazardous airborne particles.

Because negative ions attach themselves to these organisms and remove them from the air you breathe, improving your respiration, improving your sense of well-being, and making it easier for you to focus.

Smudging removes the debilitating effects of excess positive ions in the air in a way that's been described as a natural antidepressant

## RELAXING

Being that the negative ions attaches itself to the positively charged ions - which are harmful, it relaxes you and helps you heal physically, mentally, and emotionally. The negative ions are absorbed into your bloodstream, which helps you a lot.

## CLEARNS NEGATIVE ENERGY, NEGATIVE EMOTIONS, NEGATIVE

The smoke from the smudge stick actually changes the molecular structure of both the air and energy. This is how it cleanses the air.

This is why smudging is advisable to people who have anger issues and anxiety issues. Also when you are moving into a new home or if someone in the family has passed away. Smudging should be performed after a tragedy or after a big move.

## BEATS DEPRESSION

Some report smudging to be as effective as a prescription antidepressant without the harmful side effects.

Especially during the winter when sunlight is scant, a study done on Seasonal Affective Disorder - the sad feelings we get during winter - shows that fresh air charged with negative ions helped treat depression and had a marked effect on the negative feelings of the control group.



## **BETTER SLEEP**

Another study showed that negative ions help improve sleep patterns. They help you sleep soundly into the night since negative energy has been cleared from the air and you also have normalized serotonin levels.

## **POSITIVE MOOD AND OUTLOOK**

Negative ions also help normalize serotonin (that feel-good hormone) levels in the brain. It helps boost your mood and makes one feel positive.



# Step-By-Step Smudging Guide



## WHAT TO DO FIRST AND FOREMOST BEFORE LIGHTING UP YOUR SMUDGE STICK

Once you've done your meditation ritual and your cleansing bath, you can now begin your smudging proceedings.

The first thing you have to do is to ask help from the Divine. You are going to need their help to help you in cleansing and banishing negative energy.

The smoke that comes out of the smudge stick is not potent enough without the Divine.

Make your intentions clear before you light up your smudge stick and begin your ritual.

## STEP-BY-STEP SMUDGING GUIDE

**1** Have the smudging bowl in front of you when you do the

lighting of the smudge stick.

**2** Hold the smudge stick on your other hand. Let your dominant hand do the lighting.

**3** Using a match and striking it against the box, light one end of the smudge stick.

**4** Let the fire catch on for about 30 seconds. It should start producing smoke now.

**5** Make sure not to drop your intention the entire time you do this. Do not think of other distractions, please, if you want this to be effective.

**6** Fan the smoke all over your body to cleanse yourself. Move on to the object you want to cleanse. Let the smoke engulf it. Walk around the room you want to cleanse, allowing the smoke to fill the room and covering every corner.

**7** Every time cinder forms, drop it in the smudging bowl.

**8** After you feel like you've covered everything and you've sufficiently cleansed the place, extinguish the fire of the smudge stick by stubbing it out against the bottom the smudging bowl.

**9** Dispose of the ash outside in your garden. This is called giving it back to the Earth.

**10** At this point, also give thanks to the Earth for providing you with the plants you used in this ritual.

**11** This marks the end of your smudging ritual. It is not advisable to reuse smudging sticks and it's best to use up one stick for one ritual. Although many people do store them to use them for another ritual.

Smudging is yet another way we have been blessed with to help us cross the barrier that separates us from the other realm - the realm of the Divine.

Through this ritual, we are allowing the Divine to work their magick through us.





# WHEN TO SMUDGE?

If you ever wonder when the right time to smudge would be, the answer is any time you feel like the negative is overwhelming the positive.

The truth is, we cannot live life without a teeny bit of negativity we can exercise our power over. We should maintain a delicate balance between positive and negative.

There are instances when the negative overpowers the positive. And when that happens, it's a slippery slope to downhill to depression and physical and mental illness.



## CONSIDER SMUDGING AFTER ANY OF THE FOLLOWING INCIDENTS:

- After a particularly busy and stressful day
- After a minor illness
- After experiencing grief
- After the death of a pet or a loved one
- After a breakup or a divorce
- After a family argument at home during a family get-together
- After a traumatic experience
- After you've had guests at home
- After coming from the hospital
- After coming from funeral

## ALSO, CONSIDER SMUDGING:

- During a full moon
- During a new moon
- After moving into a new dorm room or apartment or home
- During a Sabbat
- When you're starting a new job
- When you're going into a new business venture
- Before a spell or ritual
- When recuperating from an illness
- When you're in a bad mood
- When you're trying to quit an addiction
- After a family argument at home
- At work
- Before welcoming anything into your home
- Before you start a new hobby
- Before you start school
- Before meditating
- Before a competition or an exam

A smudging ceremony lifts the veil between this world and the otherworld, allowing the Divine presence in your life.

Every time you smudge, you are making a change in vibrational energies.

Ideally, you should use a new smudge stick for each ceremony.

# FACTS

## ABOUT SMUDGING



Not convinced about the benefits of smudging? Here are proven benefits of smudging that you should know about:

### **SMUDGING GENERATES NEGATIVE IONS**

The electromagnetic field or the aura of a place can be overloaded with positive ions which are harmful ions. They are bad news and can make you feel sluggish, tired, and devoid of motivation.

Burning sage releases negative ions into the air, which bond with the positive ions and neutralizes them. The result is that you will feel lighter, energized and positive.

You know the feeling of so much tension in the air that it creates such a negative environment for everyone in it? That's a sign of overload of positive ions. They stagnate the energy and should be dealt with by smudging.

This is why smudging improves energy, increases clarity, awareness, and wisdom, and improves moods, enhances the memory and heightens the

senses.

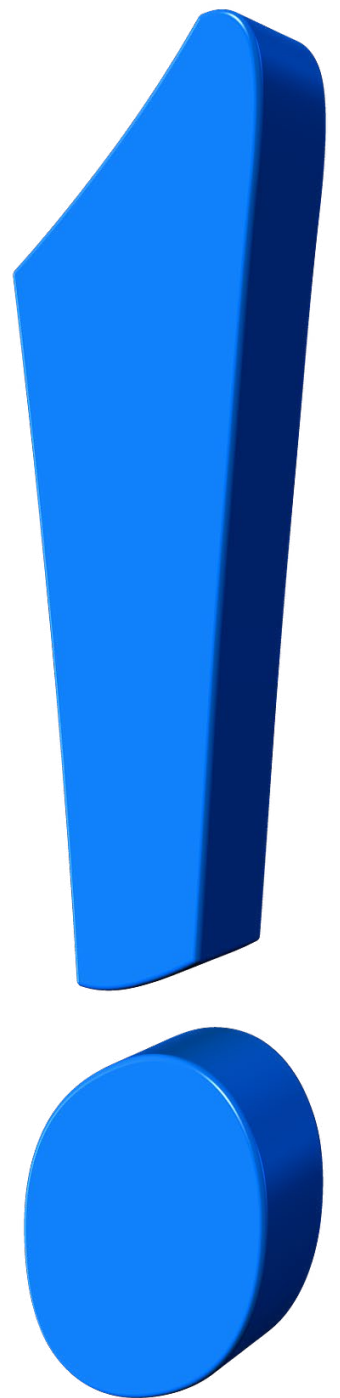
People who are known for their great wisdom is almost always in the habit of smudging.

### **SMUDGING KILLS BACTERIA**

Studies have shown that the smoke from the smudge stick purifies the air and rids about 94% of harmful bacteria for up to 24 hours.

It is the natural kind of antibacterial agent.

The scientific paper entitled



“Medicinal Smokes” and published in the Journal of Ethnopharmacology focuses a scientific lens on the practice and found that fumes from smudging functions as an air purifier.

“We have observed that 1 hour treatment of medicinal smoke emanated by burning wood and a mixture of odoriferous and medicinal herbs on aerial bacterial population caused over 94% reduction of bacterial counts by 60 min and the ability of the smoke to purify or disinfect the air and to make the environment cleaner was maintained up to 24 hour in the closed room.”

Absence of pathogenic bacteria in the open room even after 30 days of smudging is indicative of the bactericidal potential of the medicinal smoke treatment.

The study demonstrated that using medicinal smoke can completely eliminate diverse plant and human pathogenic bacteria of the air within confined space.

### **SMUDGING REMOVES BAD ODOR**

Sage has been proven to remove bacteria from the air. It is bacteria that causes bad odor. You can use it in your room, car, or storage space.

### **SMUDGING HAS MEDICINAL BENEFITS**

If you suffer from respiratory issues due to poor air quality, smudging can help create an environment that won't aggravate your condition.

Smudging can help those who suffer from cough, colds, asthma, headaches, lung problems and respiratory issues.





SMUDGING  
PRAYER

Want to smudge but not sure of what to say while smudging?

Here are some prayers to help you familiarize yourself with the flow of smudging prayers until such a time comes when you can fill in your own words and create your own smudging prayers - which is how it should be.

Rhyming helps you remember things easier and makes the prayer stay with you longer.

### **SMUDGING PRAYER #1**

Cleanse this space, remove the things unwanted in the past,

I've found happiness at last.

Fill this space with optimism, joy and love,

Divine, may you send me blessings from above.

### **SMUDGING PRAYER #2**

Negativity I find in this sacred space,

I hereby banish you by the light of my grace.

You have no hold or power here,

I am saying, with no fear:

Be gone forever and go away,

From my sacred space, I command that you stay away.

### **SMUDGING PRAYER #3**

Horned God of all and Goddess of light,

Protect me from evil day and night.

Let only positivity come near,

And let negativity, evil, curses, and ills disappear.

Smudging prayer #4

Into this smoke I release,

All energies that do not serve.

All negativity that surrounds,

And all fears that limit.

### **MAKING YOUR OWN SMUDGING PRAYER**

Do not hesitate making your own smudging prayer just because you're not good with words or for whatever reason.

Think that your smudging prayer is VERY personal - you can never go wrong.

Again, there are no wrong smudging prayers.

What's in your heart? What are you smudging for? What outcome would you like?

If your intention is clear in your mind and in your heart, speak of your intention as you smudge.

What makes smudging more awesome is that it opens communication lines with the Divine.

And one of the ways the Divine communicates with you is through the formation of the smoke when you smudge.

The next time you smudge, pay attention to the formation of the smoke and interpret it.

Here are some smoke formations and what they mean:

### **LONG AND THIN SMOKE**

Thin smoke means the energy is dense. By dense it means there is heavy negative energy and some blockages that prevent the smoke from spreading.

Sometimes it starts out this way and then it becomes the type of smoke that's actively cleansing the space or object.

### **SPREAD OUT SMOKE**

When you see the smoke spread out, it means the act of cleansing is on the way. If you see smoke like this, know that it's a good sign.

Make sure to let this smoke waft over you or the object or the place you are trying to cleanse.

By looking at the formation of smoke from your smudge stick, you can tell how your smudging is going.

# INTERPRETING SMUDGE SMOKE







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**3**

Get your new Pentacle of the Black Onyx necklace 100% free of charge.

ENJOY!



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