

SMUDGING

- Tools needed, smudge stick, large ash tray or paua shell and lighter. (Feather optional to move the smoke around the room.)
- Decide what object or the area you want to smudge.
- Decide what intention you will smudge with. i.e. with light and love. Or for example "I break up and release all negative and stagnant energy in this place. May peace, light and divine love protect us and be ever present.
- Start at the lowest level of the home and work your way to the top (or go in a clockwise direction.)
- Open a window or door to allow the negative energy to leave.
- Light the sage, guide the smoke in a waving motion to the whole house walls, corners, cupboards, hallways. Don't forget the garage, lots of 'stuff' stored there collecting psychic cobwebs!
- Say your intention out loud to begin with and then visualize the negative energy leaving.
- Smudging cleanses negative energy in the house. Imagine cleaning away cobwebs and leaving the house clean and sparkling.
- It is important to cleanse or smudge objects you have bought into the house especially second hand objects. Second hand objects have the energy of everywhere it's been and can be a focus of entities.
- The more aware and sensitive we become the more important it is to maintain these habits. Sometimes the house may need a more in-depth cleansing to begin with like a mega spring clean. There are people trained to be able to do this. The Crystal Point offers that service.

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