



HOW TO SMUDGE YOUR HOME

@CRYSTCOLLECTIVE

www.crystcollective.com



Seen in yoga studios and wellness retreats across EVERYWHERE, there is a reason why smudging with sage has become such a popular spiritual practice - and it's called energetic hygiene.

Smudging or smoking ceremonies are ancient and contemporary customs among some indigenous peoples that involves smouldering native plants to produce smoke. This herbal smoke is believed to have both spiritual and physical cleansing properties, as well as the ability to ward off bad spirits.

Smudging has become a custom in my own home, and I encourage you to give it a try and experience how your space feels after. Spring is a great time to start, so after spring cleaning out those cupboards you can give this smudging ritual a try:

ONE

Buy or make a smudge stick

Buy a smudge stick from your local crystal/hippie shop. There are also tonnes online to choose from - Earth Aromas is a great one in Australia.

You can also make a smudge stick at home. Gather sage (or any other dried herbs or woody shrubs such as rosemary, thyme, lavender) in a small bundle and tie some cotton string around the base and secure with a knot.

Continue to wrap the string in a crisscross pattern around the bundle, working your way to the top and back down to the base. Tie off in another knot to fasten.

TWO

Ash catcher!

Fill a small bowl with sand and use this to catch any ash that may come off the smudge stick whilst walking around the house.

A ceramic bowl is best - avoid wood!

THREE

Say a prayer/set an intention



Probably the most important part of this house cleansing ritual is saying a prayer or setting an intention. 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.

Whilst lighting the smudge stick my prayer goes a little something like this: "I use the smoke from this sage to transmute any dense energy, any negative energy, any distortion of any kind in this home. I invite a freshness into our space - a sense of clarity and a sense of safety for all of my family. Please bless our home with the energy of mindfulness and tranquility".

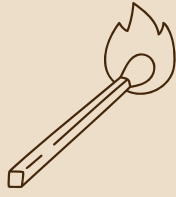
I hold this prayer in my mind and in my heart throughout the ritual.

And if you are ok with going more "woo-woo", I also say:

"I invite the spirit keepers of the 4 directions North, East, South and West into the 4 corners of this home to form a shield of protection over the energy in our home".

FOUR

Let it burn baby



I walk the perimeter of each room first, paying particular attention to go around windows and doors.

I also crouch down and slowly go around the bottom of beds and any other furniture.

Remember to move mindfully and don't rush.

FIVE

How often should I cleansing my home?

It's a good idea to cleanse your home if you've had lots of visitors, if there's been arguments or upsets in your home, or if there's been grief, sadness or sickness.

Most people are pretty intuitive whether they're aware of it or not. Most people know when they walk into a room if the energy feels a bit "off" or "icky". And you will know when the energy in your home doesn't feel right. Learn to listen to your intuition and trust it - and it will get stronger and louder.

Smudging is a really beautiful cleansing ritual for your home - so take pride and peace knowing that you are energetically creating a beautiful space for your family.

Katie x