



# Sage Smudging Kit Instructions

Smudging your home or crystals is a great way of removing negative energy and cleansing. The smoke from dried sage actually changes the ionic composition of the air, and can have a direct effect on reducing stress levels

Set your intention whilst sitting calmly for several minutes and then light the sage smudge stick **(1)** at the thicker end with the Abalone Shell **(2)** alongside to catch embers. They are often quite difficult to light so you may need a few attempts. Blow on the embers to generate the smoke and then using the feather **(3)**, waft the smoke into all areas of your home, starting on the ground floor, paying attention to corners and doorways whilst repeating your intention. The same process applies for cleansing your crystals by passing the sage smoke over them whilst repeating your intention. You can also use the Palo Santo wood **(4)** which is known as Holy Wood and has a slightly different fragrance. Once complete extinguish the sage stick or wood stick in the abalone shell to enable reuse.

