

White Sage & Rosemary Smudge Stick





Natural White Sage & Rosemary Smudge Stick

Rating: Not Rated Yet

Price

Salesprice with discount

Sales price \$10.00

Sales price without tax \$10.00

Tax amount

24 h
★★★★★

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Description

Natural White Sage & Rosemary Smudge Stick

Smudging is the name given to the burning of these herbs for cleansing, purification, prayer and sacred offering. Our smudge sticks are

Smudging & Cleansing: White Sage & Rosemary Smudge Stick

wrapped in 100% cotton for healthful burning.

This blend can be used for cleansing & building memory.

How to Smudge: Any action, undertaken with intention and belief can become a potent ritual so consider your intention before you smudge and hold it clearly in your mind. You may wish to invite the spirit of the herbs to join you and guide and assist with your intention.

A candle flame is recommended to light the smudge stick as it may take a little time to get the stick smoking. Once there's a flame blow it out so that the smudge stick is smoldering, not burning. Blow or wave the flame with your hand to put out the fire. Allow the smudge stick to smolder, freeing the smoke to circle in the air.

Smudging Yourself: Fan the swirls of smoke around your body from head to toe. You may want to especially focus on areas where you feel there are blockages or where there has been or is physical, emotional, or psychic pain. Imagine the smoke lifting away all the negative thoughts, emotions and energies that have attached themselves to you. If you are feeling depressed for instance you could visualize the smoke carrying away all your feelings of depression.

Smudging another: It is often appropriate to smudge guests as they enter the space at a ritual, ceremony, or special event. Smudge as if you were smudging yourself, fanning the smoke all over their body. You may want to speak an intention or suggestion for the smudging as you do it. For instance "Allow the sacred smoke to cleanse your body and spirit bring you present and available into this moment"

Smudging a room or space: Light the smudge stick & walk about the perimeter, giving special attention to the corners & the places behind doors. You can also fan the smoke through the room with a large feather.

During healing work: the smoke may be fanned over the person either by your hand or with feathers. This clears out unhealthy energies & brings in the special attributes of the herbs. You may also direct smudge to each of the person's chakras & as you do so visualize each chakra coming into balance as it is purified by the smudge.

Cleansing crystals or other objects: Hold the object to be purified in the smoke or fan the smoke over them. If you are clearing your crystals prior to programming them thank both them and the smudge stick for helping you to realize your goals.

Extinguishing the smudge stick: Have ready a fireproof receptacle such as a shell or a glass or ceramic dish to put the smudge stick in when you've finished. It's ideal to damp the stick out in sand, or earth or you can just press it against the bottom of the receptacle. Always make sure the smudge stick is out before leaving the room where you keep it.

Natural White Sage & Rosemary bundle - approx. 4"

Reviews

There are yet no reviews for this product.