



ENERGETIC HOUSE CLEARING SMUDGING CEREMONY

Smudging is a Native American tradition that cleanses negative energies from the home. A smudging ceremony is performed by burning specific dried herbs and wafting the smoke around the rooms of the house and also the outside perimeter.

You will need:

You can use various herbs including sage, cedar or sweetgrass. Your local metaphysical store or online stores will have smudging sticks that you can use.

Ceremony:

- Open all the windows and doors (where possible) to allow as much fresh air and sunlight in as possible. Do this in a sequence from the front door and through all the other rooms in the house.
- Repeat the following in every room: "Bless and purify this home, making it a beautiful sanctuary for myself and my Beloved." (or whatever words resonate best with you)
- Light the end of the smudging stick and place it either on an abalone shell or any heat proof dish.
- Use a feather or your hand to fan the smoke into all areas and corners of your home. Visualise all negative energies being fanned out the windows and doors and see positive energies coming in.

The most important aspect of this smudging ceremony is your intention to clear your home of any negative, low vibrational, stagnant or outdated energies.

