

Tips and uses for your new Sage Smudging Kit

Sage Smudging Instructions for Traditional cleansing purposes.

Intention matters.

The act of smudging, light clearing, sound harmonising, burning incense, burning candles or any other cleansing/ blessing technique is merely a superficial act without the right intention. While smudging always be sure to ground yourself, clear out any negative thoughts, relax, think positive and focus solely on your intent.

Smudging prayer

Traditionally and culturally those who burned sage add in a prayer, a prayer is not a necessity, to those burning sage as an odor remover, bug repellent and just as a general incense/ anti- bacterial. For those preferring to add-in a traditional prayer, You would simply clear your mind and repeat the prayer 3-4 times as you are smudging. With your smudge spray or smudge sticks.

Smudge Prayer

"Smoke of the air,
Fire of the earth,
bless cleanse,
remove negativity,
Drive away any harm or fear
May only luck happiness
Love and abundance
Enter here"

Step 1.

Set your sage up in a bowl, abalone shell (anything flame resistant)

Step 2. Light your sage , Palo santo or Cedar/ Pine, Lightly blow on the sage (recommended to keep it burning) Avoid hot ashes, use over flame resistant bowl/ shell.

Step 2.

*Light the sage and away from your body , Avoiding skin, clothing, carpet and furniture
Light Directly over bowl or shell.

Go to each room, each corner of the room, (Use a Fanning motion, pushing the smoke outwards) while repeating the prayer above OR, Think simply think positive, the purpose of sage being to remove the negativity and replace negativity with positivity. You can smudge cleanse for just a few minutes to a few

hours, this is entirely your preference, you can save the sage bundles and reuse them, as well. (a little goes a long way, no need to fill the room with smoke)

Sage smudge Spray.

Follow the same steps as above (do not burn) Spray in each corner of each room, in your car or to cleanse objects.

Prayer and why?

The traditional purposes being to cleanse a space, object or person and remove negativity as well, a prayer is optional to each user.

How to use Sage as an Odor remover?

Just simply burn the sage room to room, or simply spray room to room/ object/car using your sage smudging spray

Sage as a bug repellent, While hiking? i always break out both the sage spray and smudge sticks, i sometimes even do sage smudging (while meditating) as well or simply when i take a break, sage is a great mood lifter and enhances my hiking, being home (anywhere), You can simply light a sage bundle and lightly blow on it (to keep it lit) while hiking/ being outdoors, fan the smoke around your body, you'll see a decrease in flying insects within minutes.

White sage, why is the smell so strong?

Ceremonial white sage is known for its pungent, strong scent, which makes for a phenomenal bug repellent, which i believe comes from the scent / smoke mix, The main reason i add other types of sage, cedar, even pine to my kits, is simply for those who dislike the strong scent of white sage, Desert sage is a good equal alternative and is added to each kit specifically for this purpose You can also, burn white , cedar, palo santo and desert sage together which changes the scent, making a very earthy and woody scent.

The crystal?

All of my crystals are cleansed "precharged" before i send them out, the dust, the crystal is known as a purification/ cleansing crystal. You can keep this crystal, in your pocket, room, car (anywhere you prefer)

If you have any questions or concerns OR if a question is missing above, feel free to ask/tell me anytime at ContactJane@ilmyPsychicJane.com , Or Directly on my website at ilmypsychicjane.com

Best wishes,

Psychic Jane

