

salt|pine



| HOW TO SMUDGE |

- Light the smudge bundle by holding a flame to it until it begins to smoke.
- Once you have a nice smoke going, use your hand or a feather to direct the smoke over your body from your feet up to your head, then back down again. As you do this, visualize the smoke taking away with it any negative energy from your life.
- Repeat the following as you begin to smudge:
“Air, fire, water, earth. Cleanse, dismiss, dispel.”
- Once you have smudged your body, begin to move through your space. Wave the smoke into all corners, across doorways and into shadow spaces. To maintain the atmosphere of ritual, keep repeating the incantation in your mind as you diffuse the smoke.
- Once the space is cleared, allow the sage bundle to either burn out or gently press it out into the sand in your heat-proof container.

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