

Some helpful tips from **KETTLEBY HERB FARMS.....**

Smudging

Smudging is the common name given to the burning of sacred herbs and grasses, a powerful technique derived from the Native tradition. However, the burning of herbs for emotional, psychic, healing and spiritual cleaning is common in many religious, healing and spiritual traditions. It is a ritualistic way to achieve balance and cleanse a person, place or an object of negative energies or influences. The theory behind smudging is that the smoke attaches itself to negative energy and as it clears it takes the negative energy with it releasing it into another space to be regenerated back into positive energy.

Smudging is very effective when you or someone else's spirits are low, for depression or sickness, for feelings of resentment or after an argument. It is also commonly used for pets and other animals during illness or upon death. Other uses include meditation and prayer. It is also great to smudge yourself, the space and all guests or participants before a ritual or ceremony or celebration. You can smudge your home or work space as part of a general 'spiritual housecleaning' and you can cleanse crystals or other objects of any negative energy with a smudging ritual.

Purposes of Smudging are:

Ceremony/Ritual

Cleaning/Purification

Clearing/Freeing/Releasing

What you Smudge:

Yourself/Others/Pets

Personal Objects

Home/Office/Healing Space

How to Smudge:

As with any action, when done with intention and belief it can become a powerful and uplifting ritual so consider your intention before you smudge and hold it clearly in your mind.

In a clay bowl mix one or many of the smudging herbs listed below or use a smudge stick-use the clay bowl to rest it in, you may also add any other dried herbs of your preference. Light mixture with only a match or a candle, not a lighter. Once there's a flame, blow out gently or if using the smudging stick/wand gently snub out the burning end so that the mixture is just smoldering, not burning. Fan the smudge until smoldering preferably with a wild feather or your hand.

Persons/pets/objects: First remove all jewelry and glasses. Start by running your feather or hand through the smoke to cleanse it. Bring the smoke using your hand/feather over your head and then swirl the smoke around your body from head to toe, all the while imagining that the smoke is lifting away all the negative thoughts, emotions and energies that have attached themselves to you. When smudging others fan the smoke over the person/pet/object as you would do to yourself.

Homes/Barns/Offices/Rooms: First offer the smudge smoke to the four directions outside the building. Then take the smudge and go through the inside, making sure the smoke penetrates every nook and cranny of the intended space. Then finally, run through the house with a well protected white candle-to 'light up' the house.

*****Careful not to burn the place down when you do it!!!!****

Popular Smudging Herbs:

White Sage (*Salvia apiana*)-cleansing, clears negative energy
Garden Sage(*Salvia officinalis*)-cleansing, clears negative energy
Sweetgrass (*Hierochloe odorata*)-positive energy, welcoming
Cedar-(*Cedrus sp.*)-purifying, healing
Juniper-(*Juniperus comunis*)-purifying, protection
Rosemary(*Rosmarinus officinalis*)-protection, clarity, healing
Lavender (*Lavandula angustifolia*)-balance, peace
Mugwort (*Artemesia vulgaris*)-stimulates mind
Eucllyptus (*Eucalyptus globules*)-cleansing, clearing

Making your own Smudge Sticks/Wands

Making your own smudge sticks can be a healing and spiritual experience. You will be amazed at the difference between your own and store bought and the sticks can also be customized to your desire use. They have become common place in my life and use them on myself and my pets regularly, especially after a stressful day as they have an instantaneous uplifting effect.

Materials:

Fresh bunches of herbs
Embroidery floss
Scissors

Instructions:

1. Gather fresh (not dried) bunches or branches of herbs, if cutting branches, cut to desired length approx. 4 to 7 inches.
2. Select a number of branches or bunches* to your desired thickness-approx 1 to 1 ½ inches, squeezing them together to estimate the thickness of the finished product. Herbs will shrink on drying.
3. Holding the bunch of branches/bunches together wrap floss around the bottom of the bunch approx. 5 times, leaving enough of the floss end to tie later.
4. Continue wrapping towards the end of the bunch using wider wraps.
5. Continue wrapping back towards the bottom crossing over the previous wraps creating a criss-cross pattern.
6. Wrap around the bottom 2 or 3 more times and tie ends together.
7. Trim the bottom of the bunch evenly below the wrap and trim any stray pieces sticking out.
8. Hang or set in a warm shaded dry place with good air circulation to dry. If bunches are placed flat turn them over regularly to ensure even drying.
9. Depending on drying conditions and size of stick, your smudge stick should be dry and ready for use in 7 to 14 days-herb leaves will be crisp and crumple easily when dry.

*Try combining different herbs in one bunch to obtain ‘signature sticks’ for your specific uses!

