

White Sage

CLEAR NEGATIVE ENERGIES • RAISES VIBRATIONS • FRESH BEGINNINGS



WHITE SAGE IS A SACRED HERB THAT HAS BEEN USED FOR HUNDREDS OF YEARS AS PART OF CLEANSING CEREMONIES. IN MANY NATIVE CULTURES, WHITE SAGE IS USED TO ASK SPIRITS FOR BLESSINGS, PROSPERITY, PROTECTION AND TO CLEAR UNWANTED ENERGIES. THE ACT OF BURNING SAGE, CALLED "SMUDGING", CREATES AN INTENDED EFFECT. THE MOST COMMON INTENTION IS FOR THE SMOKE OF THE SAGE TO CLEANSE PEOPLE, SPACES AND OBJECTS OF UNWANTED NEGATIVE ENERGIES, BAD SPIRITS AND RAISE VIBRATIONS.

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SMUDGE STICKS

Smudging is an ancient practice used for centuries to cleanse and clear energy. Whatever your intention is, hold it in your mind as you light the smudge stick and allow the smoke to waft through your space. Enjoy the beautiful variety of smells, the fresh aromas, and the exploration of aromatics from the ancient wisdom of the plant world!

There are many ways to smudge, but the most common method is to light a smudge stick (a bundle of dried herbs tied together) and allow the smoke to waft over the area or person you wish to cleanse. Carry the smudge stick with a shell or fireproof container below to catch the ash. For loose dried herbs, make sure you burn the herbs in a fireproof container and or contain the ash from smudge sticks in a shell. As you cleanse your space or yourself with the smoke, envision any negative energy being released and carried away while affirming and visualizing what you desire to bring in. Once you have finished smudging, extinguish the smudge stick in a bowl of sand or dirt, and allow it to cool completely before discarding it.



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