

7 Chakra Sage

INCREASES HEALTH + VITALITY • ALIGNS CHAKRAS • POSITIVE INTENTIONS



7 CHAKRA SAGE, A COMBINATION OF WHITE SAGE AND SEVEN RAINBOW-COLORED ROSE PETALS, REPRESENTS EACH ONE OF THE SEVEN MAIN CHAKRAS. THE COLORED ROSE PETALS ADD THE ADDITIONAL BLESSINGS OF LOVE, HAPPINESS, AND NEW BEGINNINGS TO THE WHITE SAGE STICK. THIS SMUDGE TOOL IS A POWERFUL ENERGY CLEANSER—WORKING TO DISPEL NEGATIVE ENERGY FROM YOUR MIND, BODY, SPIRIT AND SPACE. IT IS ALSO DOUBLES AS A HEALING TOOL BY WORKING TO BALANCE AND ALIGN YOUR CHAKRAS. USE THIS SMUDGE STICK ANY TIME YOU FEEL A NEGATIVE ENERGY PRESENT OR TO CLEAN/PROTECT YOUR HOME, CAR OR SACRED SPACE.

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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.

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!

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