



# SMUDGE KIT



## HOW TO USE:

Let loose of your negativity and set an intention or prayer. Light up the White Sage Stick with a match or candle and hold it in the unlighted end. Blow out the flame and wave the stick for good intention.

**FOR CLEANSING THE HOUSE:** Wave it around yourself and in every corner of the house.

After waving, put out the smoke by pressing the stick against the Abalone Shell.

**FOR CLEANSING ONESELF:** Start waving around your chest and slowly wave upward, reaching your head. Then, slowly wave downwards, going to your soles. Lastly, let your intentions and desires guide you in waving the stick to the remaining parts of your body.



## WHEN TO USE:



Use this when  
cleansing  
your house  
and self.



When experiencing dark  
moments in your life like death,  
financial loss, negativity, bad  
luck, divorce, and etc.



## CARE TIPS AND GENERAL GUIDELINES:

- ✓ Avoid damaging the kit.
- ✓ Refrain from scratches and dirt.
- ✓ Do not separate the inclusions in this kit. Keep it all together
- ✓ If not in use, place in a secure and safe spot.

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