

INTUITIVE HOME

YOUR GUIDE TO SMUDGING YOUR HOME & AURA



www.intuitivehomekelowna.com

SMUDGING



Smudging is a sacred cultural ceremony practiced by a wide variety of Indigenous peoples in Canada and other parts of the world. Although the practices differ, smudging is used for medicinal properties and for spiritual ceremonies. The practice generally involves prayer and the burning of sacred medicines, such as sweetgrass, cedar, sage and tobacco.

ABOUT



All smudging ceremonies require some sort of vessel such as, a Abalone shell to carry the medicinal herbs, or using a sage wand. Burned in small amounts, the herbs contained in the vessel produce smoke that is said to have healing benefits. If you are smudging yourself or someone else, allow the smoke to waft over the face and body either by a feather (ideally an eagle feather) or by hand. Guide the smoke towards your body with your hands, inhaling as it comes your way.

When you are smudging a room/your home, direct the smoke around the space, while praying for the negative energy to leave and for positive energy to remain. You can also use a mantra or intention during the process. It is not recommended to discard the ashes in a garbage, but rather put outside in earth.

It is also recommended to use match sticks to light the sage on fire rather than a lighter.

SACRED MEDICINE



White Sage

White sage is an evergreen herb that is primarily used to clean the air, improve the aroma and energy of a space, or it can be brewed as a tea that offers a variety of health benefits.

Palo Santo

Palo Santo is a traditional natural remedy you can apply to your skin or burn as an incense to reduce pain, inflammation, and stress. It helps bring in more positivity & joy. Native to Peru, Ecuador, and other South American countries.



Selenite

Selenite is a crystal that helps with grounding and protecting our spaces as well as, ourselves. It can help recharge other crystals and help purify the air. It can also help rid negativity & promote healing.

SACRED MEDICINE



Cedar

Cedar is often burned as incense or used in smudging rituals to cleanse the mind, body, and spirit. The smoke from the cedar is believed to have cleansing properties that rid a space or individual of negative energy and bring about positive change.

Sweetgrass

Sweetgrass is burned after Sage or Palo Santo to bring in more joy, happiness and positivity.

Burn the tip and let the smoke smolder till it naturally goes out.

It carries a vanilla like scent and can be used as aromatherapy as well.



Tobacco

Tobacco is said to help heal the mind and body. It promotes inner healing and helps send out a prayer to Mother Earth. It also adds protection surrounding your home.

Grab a pinch of the tobacco, send out a prayer and release it back into earth.



THE STEPS

01

Set your intention/prayer

Set an intention before you smudge your home or self.

I always like to do this by a quick meditation.

02

Open windows/doors

I recommend opening a few windows up, to allow the energy to move in and out.

I also recommend starting at a front door and ending at a back door.

If there are multiple levels to a home, work your way up to direct the smoke downwards and out.

03

What are you burning?

Choose what you are wanting to burn based on how you feel.

Sage- heavier energy

Palo Santo- relives stress, brings in joy

04

Light your medicine & smudge!

Make sure to go around window frames & doorways as they carry the most energy.

Make sure to go into closets, storage spaces and around objects.

05

Finishing Up!

Finish at your back door/window.

Put the ashes from the sage in the earth and let the sage burn out on its own.

Do the same with Palo Santo, let it smolder and burn out.

End with gratitude <3

SELENITE

A guide on how to use a Selenite Wand to cleanse your aura.

During and throughout the day, we can absorb energy that lingers in our energy field. It's important to tend to that energy and cleanse your own aura at the end of your day to renew and reset.

Purchase a Selenite wand anywhere from 4"-10" long.

Set an Intention before you start, on what you would like to cleanse away that might be lingering in your energy field.

Hover the Selenite wand over your body about 2", working in a downward motion.

Make sure to cover the back side of your body as well and work in a downward motion when it comes to the top of your head, the crown chakra.



BRITTANY

OWNER: INTUITIVE HOME

We are excited that this guide has landed in your hands!
You are now stepping back into balance and harmony within
yourself and your home!

It's so important to cover all basis and adding this step into
your rituals is a great addition.

We also offer engraved Palo Santo & Cleansing bundles that
are for purchase