

Healing Intentions

Healing Starts When Intentions Begin

Sage Cleansing, Smudging

Smudging is an ancient cleansing ritual used by Native Americans, Shamans and our healing ancestors around the world. Sage is used to cleanse low vibrational energy from ourselves, our homes and work spaces, or any other place that we want to release lower energies and bring in high frequency energy.

Smudging is like giving something with old tired energy a deep breath of fresh air.

The smoke from the dried sage actually changes the ionic composition of the air and helps to reduce stress right away. You can actually feel the shift in the air from stagnant to rich relief.

~•~

White sage was dried and used 2,000 years ago by Indigenous peoples. Shamans placed sage on their fires to call upon ancestral spirits to help release illness, conflict, anger or lingering spirits. Sage helps to release and cleanse the area and/or energy field of a person. Imagine the smoke absorbing negativity and taking it to the heavens to be healed and restored into positive energy. Movement in counter clockwise motion is to take away low vibrational energy and clockwise to bring in blessings, healing and protective energy.

Some ideal times to sage your energy field and/or space would be:

- Moving into a new living space
 - When you begin a new job or start your own business
 - After a toxic guest enters your home or personal space
 - When someone is ill
 - Before meditation
 - After an argument
 - When you are feeling anxious or ungrounded
 - When you have been in crowds
-
- Sage Clearing
 - Personal clearing, \$10.00
 - Household clearing, \$50.00