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White Sage Cleansing and Purifying

By Gabiann Marin

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If your home or your place of work feels stressful, dark, depressing or sad there is an easy way to clear that negative energy and promote a feeling of joy, love and abundance to replace it.

Known to the Indigenous people of the Americas for many years the cleansing and purifying properties of the white sage herb can clear out all forms of negative from residential or work spaces leaving the environment ready to re-invigorate with positive and joyous intention.

Using sage in already prepared stick form is the easiest way to perform a cleansing ritual.

Simply light the smudge stick and blow out the flame until you have a glowering ember ash which gives off a strong white smoke.

Smudging a work or living space:

Carry the sage smudge stick throughout the space to be cleared, sweeping the stick away from your body and in one single consistent direction. This “pushes” the negative energy out of the space.

It is always best to push the stick towards an open area such as an open door or window. As that that which is not purified by the smoke will be forced out of your newly cleansed space.

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Any space or item can be smudged to remove negative energy including objects, people and tools. Any crystals or spiritual tools used for healing should be a focus for smudging, any areas that seen conflict or has been touched or used by someone whose intentions were not in the best interests of those around them.

Smudging living creatures:

You may also wish to remove the negative energy from around yourself or others, particularly if you or they have been exposed to stress, ill health or negative people/situations.

It is usually safe to smudge people or pets; however because of it's strong smoke and pungent odor it is not recommended for anyone who suffers from asthma or lung/bronchial issues.

Check with a doctor if you have any doubts.

Also never smudge a person without their permission as it is interference in their auric field which can be uncomfortable if they have not given allowance.

When smudging a living creature hold the stick approximately 10 cms from the person and move it in a flowing motion around their aura always pushing the energy outward away from the body.

Extinguishing and storing your smudge stick:

When you have finished smudging, use earth or sand to extinguish the smoking embers of the sage. Ensure that there are no continuing embers; even if they are tiny they can reignite.

If in any doubt it is okay to put the stick out with water but do not douse it, as it needs to dry completely before it can be used again.

If you use water make sure you dry your sage in an open, sunny position to stop it becoming moldy.

Sourcing and buying your smudge stick:

Smudge Sticks, dried sage and other purifying and cleansing products are available at Mysterys By Mail. Please visit the store or email us if you have any questions or require further information.

We hope you have enjoyed this information. Please feel free to contact us at Mysterys By Mail for any further information on cleansing and purifying products or services.