

## **A Place for Healing**

Vibrational Medicine for Animals and People

Dr. Donna M. Starita, Medical Intuitive

***“Healing bodies, empowering spirits, reclaiming souls”***

### **HOW TO SMUDGE:**

Smudging is a way to cleanse a person, a place or an object of negative energies, spirits or influences.

Smudging involves the burning of sacred plants such as white sage, cedar, sweetgrass, palo santo, mugwort and then passing the object through the resulting smoke, or fanning the smoke around a person or place.

The simplest way to smudge is to use a smudge stick. We simply light the end of the wand and extinguish the flame once it has a smoldering end. Have the person being smudged stand facing you and pass the wand back and forth through the person's aura, with sacred intention, starting at their feet and moving upwards. When you reach their head, have them turn, then repeat the same process.

To cleanse a room or house, carry the lit smudge stick through the space, clockwise around the area, making sure to smudge in the corners and behind doors. Make sure to open windows/doors afterwards so the released energy can move on.



When we smudge, we are asking the spirit of sacred plants for assistance and we must pay proper respect to their healing power. Using Sage to "Smudge" is a simple and powerful way to clear your energy field and remove negative energy from the area. If the area is not regularly cleared of negative energy, it can accumulate - resulting in symptoms such as mental or emotional heaviness, depression or physical illness.

Smudging is an excellent way to assist the spirit in releasing from the body at the time of death and can be used as part of a sacred end of life ritual. Again make sure to open a door or window to allow the spirit to move.

### **Native American Cleansing:**

Smudging is best known as a Native American ritual, but it is found in other cultures as well. The traditional way is to offer the smoke to the four directions first, calling their blessing and protection in. Then you fan the smoke around you, imagining it passing through you. It flows through you drawing out all of the junk that you have collected in your aura. You can rub out the sage stick or just let it burn out while considering safety.