



## *Smudges, Smokes & Smells*

*Smokes, Smudges & rich aromas can all be key parts of preparing and partaking in many Spiritual practices...*

I love Palo Santo; Spicy & Deep, Agua de Florida; Floral & Crisp and of course the famous, and somewhat pungent, Nag Champa; which graces any self-respecting hippies' home... but, for all their fame and promises I prefer to pick, dry and blend my own.

As part of my 'Conscious Sitting' practice, I love to spend time with the plants that I will later work with in Ceremony, creating a deeper understanding and bond.

As lovely a past-time as it is, not everyone has the time to walk for hours selecting the perfect specimen, and to assist with that, here's an easy 'How to...' *Cleanse & Clear Smudge*

Using herbs commonly found in the garden, may be even the store cupboard items or maybe the local park....so that you can create your own simple *Loose Smudge*



*Rosemary* – mental clarity & concentration

*Lavender* – cleansing relaxation & stress reduction

*Bay* – increased alertness & mindfulness

Mental Clarity to Mindfulness are all good qualities when preparing your space for your practice of choice... meditation, yoga, creativity, shamanic journeying or prayer....





I recently tied and dried a few small Rosemary Smudge-sticks. I love the clarity this herb offers, and single use smudges fit nicely with the shamanic idea of 'clean working'.

I never like to waste a leaf and saved the leftovers.



With your leftovers, fresh pickings or store cupboard supply. Either tear, chop or scrunch up your Rosemary into a bowl. The quantity can be determined by what you have available or by the amount you'd like to make. Smudges make great gifts!



I use Bay in ceremonies but only the finest will do. Those that are imperfect are set aside, and here, scrunched into pieces & added to the Rosemary. Try to use the same quantity of bay as you did rosemary. But close enough is good enough.



Finally add the Lavender... with its strong scent you can use less of this gorgeous purple flower if you wish. Give it a good mix, allow to dry for a few days if your herbs are fresh, then pop in a glass jar to use when you need Cleanse & Clear your space x



*The Finished Product...* I use this smudge mostly when opening Sacred Space for my daily practice. But you can use it any time you feel. I use a heatproof dish, charcoal discs and place on about a teaspoon at a time, filling the air with the vibes of clarity, focus and peacefulness. It sounds funny, but it makes the air feeling soothing... how could this not enhance your day?

*Pre-prepared herbal blends & other gorgeousness are available via our Market Place.*

Cleanse & Clear Smudge ~ Smudge Sticks ~ Journeying Blend

Sleep & Dream Moon Pouch ~ Palo Santo ~ Florida Water

*Take a Peek*

