

The Importance of Smudging (clearing space and auric energy)

Smudging is an age old tradition and we can go back to various cultures predominately South American culture where they used herbs to cleanse space and people.

The herbs are burned and the smoke attaches to the negativity and as the smoke dissipates into the air taking the negativity with it.



There are several herbs used commonly in “smudge sticks” or “smudge wands.” In such a stick or wand, the herbs are bundled together and often tied with string. In ancient native American traditions, special smudge bowls were used but now, most smudging herbs come sticks that are easy to use. Common smudging herbs include:

White sage this is used for Purification, cleansing and meditation

Lavender – for calming energy. Good to burn before bedtime

Palo Santo – Bring deeper connection to source

Cedar – to drive out bad energy

How to Smudge



Firstly, any cleansing ritual must start with a clear and simple intention. Focusing on clearing out the negative energy and pushing it out of your space and mind is hugely important. Once you have your intention clearly in your mind, light the herb wand and then blow out the flame which allows the herbs to smoulder and smoke without actively burning. Use a shell or a container to hold the stick in so that you don't burn your floor or any furniture.

If you are cleansing a space, walk around the room or rooms slowly and focus on cleansing and clearing negative energy. You should focus on corners, behind doors. Make sure the smoke goes into those areas. Energy tends to stagnate where things haven't been moved for a while or spaces where you don't go into much.

If you are cleansing an individual, fan the smoke around yourself or the other person and ask them to focus on pushing the negative energy down through their feet and into the earth. Make sure to fan the smoke from head down to the feet to aid in the process of moving the negative energy out. You waft the smoke around their auric field, always being careful not to touch them with the wand and having a container to catch the ash.

If you wish to cleanse an object, including a crystal or wand, hold the crystal or object in the smoke or fan the smoke around the item. Also, if you are cleansing an object before a specific ritual, focus on your intentions around that ritual as well as on the cleansing of the object to imbue the object prior to your work.

These rituals can be done as often as needed but particularly after an illness or any emotional times.

It is advised to cleanse your living space at least once a week. Aura once a day if you are going to work or crowded places. As soon as you return, your living space should be your haven.

Putting Out Your Smudge Stick

When you are ready to extinguish your smudge stick or wand, put it out in sand or earth or in another fireproof dish or container. A bit like putting out a cigar. Try to avoid using water.