

SAGE



The burning of Sage (or Palo Santo) is called smudging; this ritual has been brought to us by shamans and indigenous people around the world so it is important to always conduct this ritual with respect and reverence.

Start with an open heart and mind; set the intention to receive blessings that will cleanse you and your space.

Open the windows and doors in your home to allow air to circulate but to also allow negative energy to escape.

We do suggest playing gospel music and/or praying while using sage to ensure you're only inviting in positive energies.

TO BURN:

Light one end of the sage and allow it to burn for a few seconds then gently blow it out to release a small trail of smoke.

Circulate around your home, relighting and fanning as you need to (pro tip: a long feather works great as a fan), walking through each room.

When finished, extinguish flame and thank your guides/angels.

