

WHITE 4" SAGE STICK

So before we begin cleansing I just want to share a little bit about the importance of cleansing, how often it should be done and why I use this particular method.

Just like you clean your house it's also really important to cleanse your aura, your house and your possessions regularly as well.

You will know when its time to do a big cleanse when your feeling exhausted and tired for no real apparent reason... this is usually a sure sign your energetically drained and it's time to cut some ties!

Before we begin I just want to acknowledge that the act of saging or smudging is an important ritual for many Indigenous cultures however the method I share below originates from the Native Americans as that's my cultural heritage.



CLEANSING YOUR LOVED ONES

Before you begin it's best to open up your house including all the windows and doors, leaving the screen doors closed if you have them. You need to make sure its well ventilated so that the negative energy have an easy way of exiting.

Ensure you have a heat proof container handy. Firstly we begin by lighting the sage stick. When you start to see the flame put it out in the heat proof container or just blow it out allowing the stick to smoulder.

Then move the smoking sage stick around your body it's important to begin at your feet and use the figure eight motion as you slowly move the stick up your body. You might like to say a mantra, special prayer or you can chant.

Alternatively, you can just be completely present during the cleansing ceremony allowing whatever comes up for you to come up. It's your cleansing ceremony so do what feels right for you! If you choose to just be present, feel into it and then release it with love and understanding. I like to do the latter as I'm often surprised at what my body is releasing subconsciously that I didn't know was affecting or blocking me.

Continue up your body until you reach your Crown Chakra. If the stick stops smoking simply stop light it again, put it out and allow the stick to smoulder again.

Once you reach the Crown chakra all the energies have been related into spirit.



CLEANSING YOUR HOME & POSSESSIONS

Before you begin it's important to ground yourself to mother nature, we must first be grounded in our bodies. You can do this by standing firm with both feet on the ground preferably with no shoes or socks on. Imagine golden roots coming out from the bottom of your feet and going into mother earth. Be sure to ask her permission to place your golden roots into her sacred ground. Then imagine those golden roots moving all the way down to the very centre of the earth. Imagine those roots wrapping around a large crystal ball of selenite or rose quartz. Stay here for a few seconds and feel grounded, connected and loved. Then bring those roots back up to your feet. Then its time to begin your cleansing ritual.

Similar to cleansing you or your loved ones make sure you have a fire proof container handy, light the smudge stick, put it out and allow the stick to smoulder.

The first thing to do is to acknowledge which direction is North, South, East and West is and up and down. You can do this by moving your arms with the smudge stick in your hands in those directions and saying out loud the direction. Next it's always a good idea to acknowledge the first people of the land and introduce yourself to the land and its first people. If you don't know who the first people were on the land a quick google search should help. After all, the space your home is on isn't just about the bricks and mortar that have been built there.

Continue to use the figure eight motion and move from room to room using a feather or your hand to make the smoke go out through the windows.

Again you might like to chant, say a sacred prayer or a mantra. There are many different mantras you could use depending on what the desired outcome of the cleanse is. I have included a list underneath for you to print out and say out loud as you enter each room.

You might like to say nothing at all or whatever comes to your mind. However, adding a verbal component to you cleansing your home, car or possessions can amplify your intentions and make it very clear why you are doing this ritual. As you repeat these mantras make sure you use your feather or hand to push the smoke out the windows or doors. This allows the negative and bad energy to leave easily

MANTRAS

Mantra for clearing negative energy from your home

1. "I cleanse my home and remove all negative energy"
2. " I command any negative or low vibrational energy and non-benevolent beings within this space to leave and move forward towards the light. You are not welcome here and I command you to leave and go to the light."
3. "I ask that my angels, my guides and my spirit team release all negativity, entity's and energies that no longer serve me or my family in the light of the Divine. I ask this for my highest and greatest good. "

Mantra to say if you would like to sell your home.

"I give gratitude to this home for the memories, the love and the comfort she has gifted me over the past _____ years. I acknowledge the first people of the land , the _____ people and I give thanks to both the first people and the land.

I acknowledge and honour the completion of our karmic cycle together. I now call in the next cycle that is aligned with my highest good and the highest spirit of this house. I now call in the new person or family to live in this space and I ask that the sale of this home be for the benefit of all involved."

Mantra to say if you would your cleansing a house your moving into.

"I acknowledge the first people of the land, I am _(your full name)_____ and I'm the new owner of this house. I give thanks for this land and I ask that any negative energies, situations and beings across this lifetime and past lifetimes that are no longer of service to my highest and greatest good move to the light and be transmuted. I ask this for my highest and greatest good."

Mantra to increase productivity in your home.

"I call in the divine abundance of of creativity, inspiration and productivity into my home. May all the things that I'm working on and passionate about come to fruition and manifest into the form that serves my highest and greatest good."

MANTRAS (CONT'D)

Mantra to increase financial abundance into your home

“I call in the divine abundance of money, love and time , may she flow with ease and prosperity throughout my home. I ask this for my highest and greatest good.

It's important to get into the corners of the rooms, wardrobes, the garage and the roof if you can. As negative energies often store themselves there. Be sure to pay special attention to your sacred space if you have set one up already in your home.

You can repeat this process for any of your possessions, cars, boats or caravans. Just follow the same steps as above.

When you have finished smudging you can extinguish the stick by dampening it with water or placing it into some sand.

You may keep your smudge stick and feather in a container or special area such as your altar. When you start to do this regularly you will be amazed at what starts changing in your life.

