

# *Intuitive Attunement*

*Awareness ~ Connection ~ Communication*

## **Smudging**



Smudging is the practice of using the smoke obtained by burning sacred plants such as sage, sweetgrass and cedar for the purpose of clearing and purifying a location, object or person.

The long leaf clusters of white sage make it a good choice for smudging in loose-leaf or bound leaf "sticks". The leaves smolder for a long time with lingering smoke.

Sweetgrass burns quickly, burning away negativity while producing a sweet smell to lift you to higher levels of spirituality.

Cedar is a very strong herb, considered to be powerful in removing negativity.

Always honor the plants that are used in your smudging practice with appreciation.

A few leaves of herb in a fireproof container such as a shell are suitable for most smudging ceremonies. Herb bundles may be used if a great amount of smoke is needed. Once the herbs light, allow the flame to go out or gently blow the flame out and let the leaves smolder to make smoke.

While lighting the herbs, set your intention for the smudging practice. Call upon protectors and guides to assist in the clearing and purification ceremony.

Walk around the room with the smoking herbs to reach every area that you desire to smudge or hold the smoking herbs close enough to get the smoke around the object or person to be smudged while holding your thought of focused intent. When clearing a room you may want to open windows to let the smoke carry all the negativity out and away.

You may reaffirm your intention for clearing and purifying throughout the smudging process. You may make declarations or commands for negativity to be gone.

When the smudging ceremony is complete, express your gratitude to guides and protectors, and to Divine Source. Then let the herbs burn themselves out or extinguish the smoldering herbs with pure water.

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## *Smudge Feather*



### Smudging

The smudge feather is used to waft the smoke of burning sage or other dry herbs into the corners of the room or over the aura of the receiver to fan away unwanted energies and to cleanse, clear and smooth the aura.

### Aura Dusting

The smudge feather can be used without smoke to clear the aura. The fine combs of the feathers filter negative particles from the aura as these are brushed outward and away from the body. The feather preens, clears and smooths the aura with every brush stroke.

### Feathers

The types of feathers used in smudge feathers or smudge fans vary. Feather selection may be based on the type of energy desired in the spiritual practice.

- **Duck** - Duck energy brings grace and comfort. Duck reminds you to connect with your deepest emotions to shift into calmness. The nurturing energy of mother duck and the silent introspection of father duck are shared through the feather.
- **Peacock** - The eyes of the Peacock on the feathers bring foresight and clear vision. Peacock protects and instills confidence, dignity and charisma.
- **Pheasant** - Pheasant shares creativity, protection and balance. Pheasant reminds us to use our gifts at appropriate times and to be our authentic selves, knowing when to blend in and when to exhibit our outward beauty. Pheasant energy is passionate, genuine and wise.
- **Quail** - Quail teaches mysticism and whispers your soul name to your inner wisdom. Quail brings awareness and quick thinking in times of crisis and shows you the pathway to opportunity.
- **Rooster** - The Rooster is a guardian with strong courage and pride. Rooster shares enthusiasm and optimism. Rooster energy shows you your hidden abilities and the confidence to follow an enlightened path.
- **Turkey** - The turkey brings renewal, harvest and blessing, and reminds us to honor Mother Earth. Turkey admonishes us that all things are sacred.

### Leather and Gemstones

The leather handle gives you the strength and character of the animal hide. Cow hide is to remind us to approach situations with calmness and grace, and to gently nurture and care for one another. Deer hide brings the ability to listen and speak with gentleness, and to move gracefully through life.

The gemstones provide the properties of the stone. Quartz is the great amplifier. Often called the “universal crystal”, quartz enhances the energy of all the properties of the spiritual tool. It absorbs stores, amplifies, balances, focuses and transmits energy.

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## Smudge Spray



This Smudge Spray for Clearing, Calming and Uplifting contains Bergamot, Clary Sage and Ylang Ylang in pure water. The oils for this unusual and inspirational blend became apparent through intuitive guidance.

Smudge spray may be made from other oils, herbs and plants, and may be used for clearing and cleansing as an adjunct or alternative to smudging with smoke.

We will not fill the room with the scent of either smudge spray or smoke during the workshop; but everyone will have the opportunity to practice the motions of smudging and take home the tools for their personal practice.

### About Essential Oils

- **Top notes** are fleeting. Their scent disappears rapidly; but they provide the initial flush of scent.
- **Middle notes** take a little longer to become apparent, and they give body to the scent of the blend.
- **Base notes** are rich, heavy scents that are long lasting. They act as a fixative in the blend.

### Essential Oils in the Smudge Spray Blend

**Bergamot** (*Citrus bergamia*) - Top note

- Aromatic Description: Fresh, warm, fruity, and floral
- Properties: Calming, balancing, uplifting

Bergamot enhances physical and spiritual energy flow and the flow of abundance.

**Clary Sage** (*Salvia sclarea*) - Middle note

- Aromatic Description: Sweet, earthy, and floral
- Properties: Balancing, inspiring

Clary Sage induces a feeling of euphoria after a few moments of inhalation and brings about vivid dream imagery.

**Ylang Ylang** (*Cananga odorata*) - Base note

- Aromatic Description: Sweet, floral, exotic and spicy
- Properties: Calming, uplifting

Ylang Ylang calms negative emotional states and instills peace and love.

### How to Use Smudge Spray

- Always shake the bottle gently before spraying to mix the oils and water.
- Focus your intent as you prepare to smudge and throughout the ritual.
- One or two quick spritzes are all it takes to release the energy of the smudge spray into the air.
- The spray may be used directly on some objects; but may cause staining, peeling or other damage to some items such as cloth, paint and wood. In most cases, using the spray as an aerosol mist is recommended.
- Complete your smudging ritual by speaking or empowering by thought your personal intention or by calling in light, love and peace.

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