



# SMUDGES RITUALS



*Essential Energy Healing*  
CYNTHIA SEBRY

# Smudge Rituals, Prayers



## Smudge Ritual

Close your eyes. Center yourself with a few long deep breaths.

Imagine roots sprouting from the bottom of your feet and winding deep down into the soil grounding and connecting you to the earth.

Create space in yourself for an intention to clear away any negative, heavy energy. Invite love and peace into the new space within.

Place a few pinches of the Love is All You Need Smudge Blend into the abalone shell or fireproof dish.

Light the smudge and then gently blow out the flame and allow the herbs to smolder and begin to smoke.

Waft it towards you with your hands or a feather.

Let it bathe your body starting from your head and working down to your feet.

As you smudge, visualize yourself being surrounded by gentle, pure, loving energy.

Inhale positive energy and exhale negative energy.

Read part or all of The Smudge Prayer



# Smudge Rituals, Prayers



## SMUDGE PRAYER

I call on this Sacred plant medicine to purify this space cleansing away heavy energies that do not serve my highest good, creating space for love, peace and light to flow in.

Sacred plant medicine, may you cleanse and purify my mind, body and soul awakening me to my inner beauty, truth, and power.

Sacred plant medicine, may you connect me to my deep womb wisdom home of my soul purpose, limitless creativity and potential. May you guide me in bringing these gifts to life.

Sacred plant medicine, may you cleanse my eyes so I can see that beauty is all around me when I choose to see it.

Sacred plant medicine, may you purify and open my heart so I can feel and deeply know that I am pure love.

Sacred plant medicine, may you connect me to the divine so that I can begin to remember piece by piece who I truly am.

Sacred plant medicine I express my heartfelt gratitude for the love, healing, and purification you provide.

May this sacred smoke carry my prayers up to the high heavens to be received and answered.

Amen aho and so it is. Aho is a word of affirmation from the shamanic tradition. It represents an emphatic “Yes!” to spirit and should be said with conviction.

# Smudge Rituals, Prayers

## SEFLF~CLEARING #1

Light the end of your Smudge Stick or your Smudge Bowl and allow to burn for a few moments. Call on the spirits of the smudge to cleanse and protect your, saying: “Sacred Sage, drive away all negativity from my heart; take away everything unworthy and impure.”



First, waft the smoke toward your heart. Hold the smudge away from you and use the feather to waft the smoke toward you. Then take the smudge smoke over your head, down your arms, and down the front of your body. Imagine the smoke lifting away all the negative thoughts, emotions, and energies that have become attached to you.

Breathe in the smudge (carefully and not too close-experiment cautiously), visualizing the smoke purifying your body from within. Now bring the smoke down the back of your body toward the ground. Visualize the last of the negativity being taken back into the earth, and way into the air. Repeat your smudging once again, this time calling on the spirit of Sweet grass: Sacred sweet grass, bring the positive energy I need to do my work today, help me to become balance. Purify my soul. As you smudge, imagine yourself being surrounded by gentle, loving energy – breathe in positivity, courage and love.

# Smudge Rituals, Prayers

## SEFLF~CLEARING #2

May the Spirit of the Smudge now cleanse The Feet so they  
always take you where you need to Be.

Your Knees to keep you Flexible. Your Hips to keep you  
Balanced.

Your Heart to keep you Loved and Loving. Your Hands to create  
beautiful things. Your Throat to always speak kindly. Your Eyes to  
see the Soul in everyone.

Your Ears to hear your messages clearly.

Your Mind to be peaceful. May you be cleansed and washed  
clean by the smoke of these sacred plants.

And may this same smoke carry our prayer to the Heavens.  
Blessed Be. Amen Aho And so it is.



# Where to find my Smudge Supplies

Hello, I'm Cynthia, creator of many beautiful Custom Smudge Products here in  
Central Alberta

Thank you for downloading ~ Please enjoy

## QUESTIONS?

Email Cynthia at [Cynthia@essentialenergyhealing.ca](mailto:Cynthia@essentialenergyhealing.ca)

You can purchase my Custom Smudge Products at:

[EssentialEnergyHealing.ca](http://EssentialEnergyHealing.ca)

[Sacred Mountain Wellness Studio \(Red Deer\)](#)

Please check my website for further locations

