



2345-2494 BC with its first recorded use during the Egyptian Fifth Dynasty.

Depending on location and traditions, these smoky rituals can range from burning a juniper leaf in Scotland or Tibet, to burning a tiny chip of wonderful-smelling wood in a Kōdō appreciation ceremony in Japan. The Roman Catholic Church burn incense to symbolise prayers rising to heaven and the Indian,



TODAY'S TEACHINGS

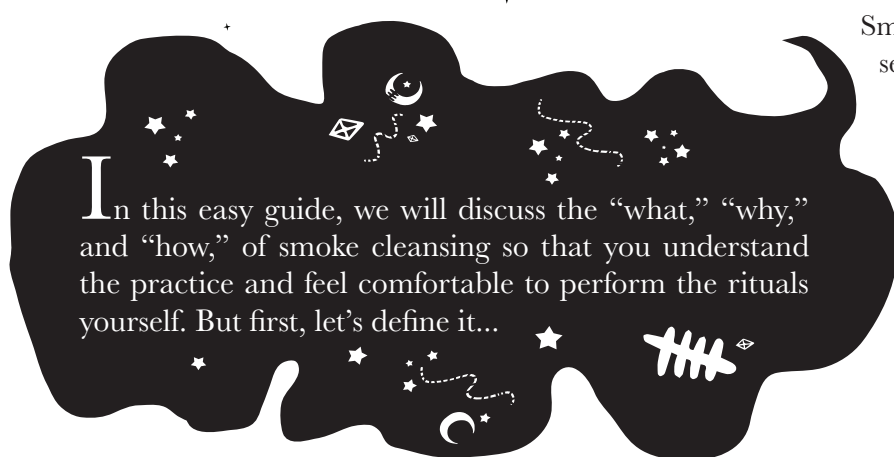
- ◇ What is "Smudging?"
- ◇ Why do we smoke cleanse?
- ◇ How do you smoke cleanse?
 - ◇ Plants
 - ◇ Tools
 - ◇ Perform your own Smoke Cleanse
- ◇ Extra Tips & Tricks

Why do we smoke cleanse?

Our physical eyes can't perceive the invisible toxins and disturbing energies that are hanging around in our home or our physical body, but very often our soul can sense it. Ever been into a home and just felt a bad vibe? That's your sixth sense telling you something isn't quite right. Energy can build up in a space much like a gas leak and when opening up the windows isn't enough then a smoke cleanse is the perfect way to dispel those toxins and bad vibes.

Smoke cleansing can be used in various settings and for different purposes, here we explore a few examples:

- ◇ Home
- ◇ Workshops & Classes
- ◇ Rituals & Ceremonies
- ◇ Crystals
- ◇ Aura Reset



What is "Smudging?"

Smudging, or more correctly known as "smoke clearing" or an "incense blessing," is both a spiritual practice and a general term for such smoky rituals. The word "smudging" has become popularized in recent years but it originally comes from Native American religious practices in the USA. However, using different kinds of aromatic smoke for energy clearing is a global practice in many cultures. Incense has been used since

Home

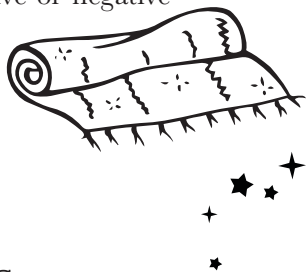
At home, smoke cleansing can range from a very therapeutic little ritual to an elaborate undertaking when you have some seriously nasty vibes in your home and you need to call the metaphysical ghostbusters. It can really help you not only to refresh the energy in your home but also your thinking. The act of smoke cleansing itself provides you with a mini-meditation, a point of inflection to mentally make a change, cast out negative energy and welcome in a fresh new vibration. It is excellent in banishing negative energies, spirits



and general bad vibes and lifting the vibrations to provide a more tranquil, positive energy-filled space. Mother-in-law just visited and left a trail of gloom - smoke cleanse that shit.

Workshops & Classes

If you attend a Yoga class, sound bathing session or meditation workshop you may find the leader has already performed a smoke cleanse with Sage or Palo Santo to ensure the room has been cleared of stagnant energy and refreshed with the right vibes for their work. The right vibrations in the room can mean the difference between a positive or negative experience for the attendees so this can be a vital pre-class ritual to ensure everybody gets the most from the session.



Rituals & Ceremonies

Many cultures have spiritual practices that include performing smoke clearing or incense burning. They do this to clear energy, invite specific energy or spirits in, keep energies grounded, send prayers to the spirit realm, or as an offering to a deity. You can create your own sacred space by burning your favorite herbs, smudging, playing sound bowls or drums to ritually cleanse and create a sacred space. You may declare your space sacred once you have finished smudging.

Crystals

The use of smoke cleansing can also be applied to work with crystals. Crystals can absorb energy, channel energy and radiate energy so it's important to keep them in good alignment. Some crystals need to be refreshed and recharged and a small smoke cleaning can do this. Also, when welcoming new crystals into your home a quick energy re-alignment can be useful especially if you don't know the source of the crystal or if it was cleansed before you received it.



Aura Reset

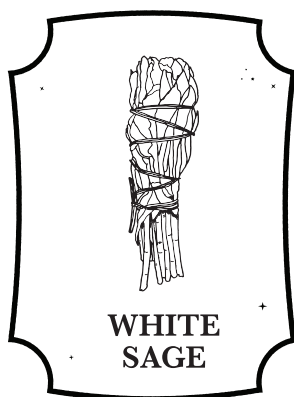
Professional “energy workers” often refresh and detox their own aura before performing a ritual healing, Tarot reading or Reiki session. It is important for them not to carry any build-up of energies with them to a new client so a small smoke cleanse is used to “reset” their aura. Using a single leaf of White Sage usually does the trick, just don't forget to “step over” it so you are cleansed from head to toe. A healer can also use the smoke as part of the treatment. Specific herbs or palo santo are great natural healers.



How do you smoke cleanse?

This is in three parts - firstly the plants and their unique benefits, secondly the tools we use, and thirdly, how to perform a smoke cleanse ritual.

Part 1: Plants



White Sage - The mother of all smudge bundles. White Sage is renowned for its healing, benevolent energy. The scent calms the mind and purifies the body. Sage smoke is believed to have the power to carry prayers to the heavens, to remove spirits, and

cleanse ritual space. The most-used types of sage have proven antimicrobial properties. Burning them to purify the air is a centuries old tradition which we now realise can actually help keep infectious bacteria, viruses, and fungi at bay. White Prairie Sage (*Artemisia ludoviciana*) is both antimicrobial and antibacterial while White Sage (*Salvia apiana*) is also antimicrobial.

Notes on White Sage:

White Sage is not endangered in contrary to what you might have heard but there are some big ongoing issues with the illegal harvest (stealing) of white sage from sacred lands in America where after one such incident, White Sage was misreported as endangered. White Sage is not on the Endangered Species List but there are concerns about its vulnerability in the wild and on sacred lands in the US.

★ ★ (White Sage available for purchase with us is grown commercially and sustainably by herb farmers. Sage Essential Oils used and sold by House of Formlab are organic and from European growers. Some of the most fantastic sage is from Greece.)



Yerba Santa - This sweet and minty herb is burned to honour ancestors, enhance psychic abilities and bring healing and protection. Keep it around the house simply for its natural crisp scent or light it up in a smudging ceremony.



★ ★ **Palo Santo** -Is a sacred wood that has healing properties and is native to the coast of South America. In Spanish, Palo Santo means “holy wood” or wood of the saints. It is a strong medicine that has been popularized for its heavenly presence

in keeping energies grounded and clear. The aroma is just incredible, very fresh with hints of mint and citrus, proving to be one of the most fragrant woods. It confers extraordinary blessings to those who use it.

Notes on Palo Santo:

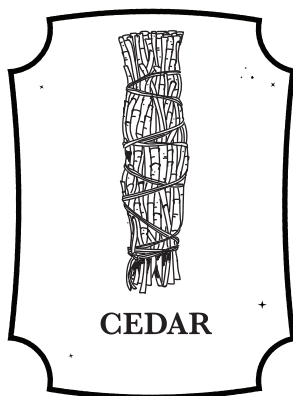
Palo Santo is an umbrella term used to describe a variety of botanicals such as *Bursera Graveolens*, *Bulnesia Sarmientoi* (also known as Verawood) and *Guaiaacum* (often abbreviated to Guaiac) which is where much of the confusion about Palo Santo being endangered has begun. Only *Bulnesia Sarmientoi* (Verawood) and *Guaiaacum* (Guaiac) are listed as an endangered species. *Bursera Graveolens* is not listed as an endangered species.

Palo Santo smudging sticks from the *Bursera Graveolens* tree are not cut from living trees. This is a prohibited practice as the species is considered



sacred. The holy wood is harvested only if it has fallen naturally. The fallen wood then needs 3 to 5 years of drying to produce the right conditions for the oils to be released and for it to burn and smoke correctly. These trees are still considered vulnerable and a lot is being done to support the many small communities which rely on the industry.

(The Palo Santo “smudging sticks” we sell are all from the Bursera Graveolens tree. This tree is not endangered. Bursera Graveolens - is not filed on CITES (the Convention on International Trade in Endangered Species of Wild Fauna and Flora). Our Palo Santo supplier practices sustainable harvesting and only collects fallen wood from the Bursera Graveolens variety.)



Cedar - Is a true a medicine of protection, to purify and return balance. Cedar trees are very old, wise and behold powerful spirits. Cedar is used to heighten positive energy, to uplift feelings and evoke positive emotions. Cedar is very

high in Vitamin C and also makes a great healing tea.



Sweetgrass -It is said to be the hair of Mother Earth and is a female medicine. There are 28 strands in a Sweetgrass braid to represent the female cycle. It is calming and soothing. Sweetgrass has a unique vanilla-like scent – one of the most beloved of

all Western plants for smudging. Sweetgrass is usually used after other medicines or clearing your space with White Sage. It brings in positive energy to you and your space. It is also known to bring harmony amongst discord in your home. It has a deeply feminine energy, with a soft, sweet scent.



Mugwort -Is used as incense for magical practices such as spell work or divination and is said to enable connections to the other realms. Also known as Black Sage it has powerful natural antimicrobial properties. Often used

to relax the mind and calm the body it has been traditionally burnt in smoke cleansing ceremonies or kept near the bed for protection while you sleep.



Time for Part 2: Tools



Part 2: Tools

Bowl - Use a low sided, heatproof dish or bowl as a holder for your smouldering White Sage, Yerba Santa, Cedar, Sweetgrass or Palo Santo. Make sure the bowl is stable, large enough to hold your smudging tool of choice, and away from anything flammable. The bowl is part of the ritual so choose something that you feel happy to incorporate into the smoke cleansing.



Often an Abalone shell is used as a bowl, the symbolism is that a shell unites the 4 elements: the shell represents the water element, the sage represents the earth element, the lit herb bundle is the fire element, and the smoke is the element air.

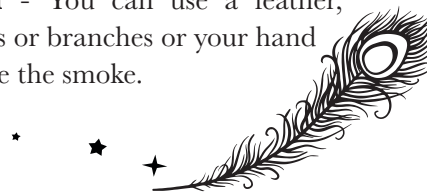
Here at House of Formlab we have made a conscious choice not to use Abalone (see below) so we prefer to use ceramic or brass bowls decorated with water themes, other foraged shells or a bowl with an Aquamarine crystal placed inside to represent water energy.

Notes on Abalone:

The Abalone is farmed for its meat and the shell is the byproduct of this. While farmed Abalone is plentiful, it is thought the Abalone could become extinct in the wild within 200 years due to overfishing and the acidification of the ocean due to carbon dioxide.

(We currently do not stock Abalone as it is very difficult to identify the source of the shells or that they are ethically farmed, or not taken from the wild)

Smudge Fan - You can use a feather, bundle of leaves or branches or your hand as a fan to guide the smoke.



Source of Fire - You will need to light your plant bundle/ wood so you will need a small gas lighter, matches or magick fire spell ;-)

PRACTICAL MAGICK

To ensure you don't accidentally burn your house down always prepare your equipment before you start. Ensure you have a heat resistant dish ready and have a fire safety plan (just in case). Do not leave cats, dogs, birds or chimpanzees alone with lit candles and keep anything burning or smouldering away from fabrics or anything flammable.

READ ON

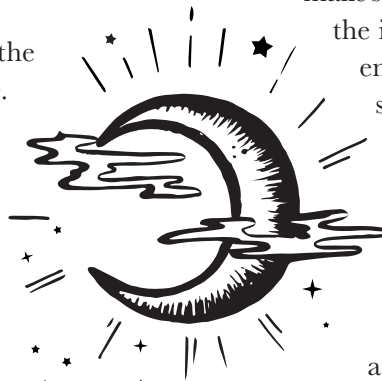


**I predict a Smoke
Cleanse in your
future**



Part 3: The Basics for Performing your Smoke Cleanse

1. Layout all the things you need to perform your smoke cleanse. Your chosen plant bundle/ wood to burn, heatproof bowl, fire source, smoke fan (can be a feather or just be your hand).
2. If you are indoors open a window so that the energy (and any excess smoke) can flow away.
3. Light the plant-based bundle or the wood and allow it to catch a flame. Once it is burning very gently blow out the flame. It will then begin to smoulder and give off smoke. You may need to relight and repeat this step during your Smoke Cleanse.
4. Walk around your space, waft the smoke with your hand (or Smudge Fan) making sure to get into all the nooks and crannies. Take your time to do this and make sure your actions are filled with intentions. Think about the energy you want for the space and imbue that into all of your actions.
5. Once you feel you have altered the energy in the way you wished, place the smouldering bundle into your heatproof bowl and allow it to cool. You will find that most will stop smouldering quite quickly.

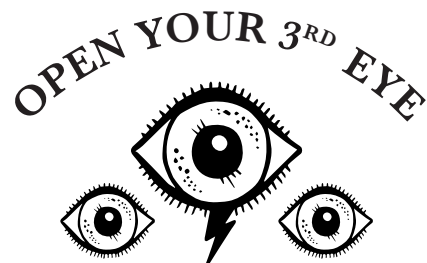


Example of a Smoke Cleansing Ritual at House of Formlab

Before we begin a day of making any Crystal Magick Kits or handmade Spells where we need to feel fully focused and infuse only the best energy into the products we are making then we like to first cleanse the space of any negative energy, stresses, or people leftover from the previous day. To do this we first open the windows wide and use a White Sage bundle to purify the air and cast out any bad vibes. We start at the back of the room, working our way towards the open windows, pushing the energy out of the room, not forgetting the corners from floor to ceiling! Our inhouse witch Madame Formtastica then proclaims

“Smoke of Air and Fire of Earth. Cleanse and bless this space. Remove all harm and fear; only good may enter here. Amen, aho and so it is.”

Now we’ve removed any stagnant, stale or negative energy we have created an energy void! We want to make sure we fill it up with good vibrations and set the intentions we want, not just let in random energy, so we then light a single Palo Santo stick or incense (specific herbs for the type of energy we like to work with that day) making circles around the room, getting into all the corners to fill the space with positive energy. We (carefully) let the smoke run through our fingers to prepare our hands for ceremonial work and so they may create magical things. Then we are ready to get to work.



+ **Tips & Tricks over yonder**

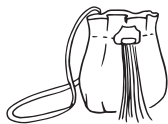




Lazy Smudging

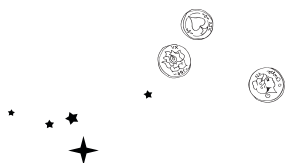
Occasionally we either feel we don't have time, need a vibration shift before a new client comes, or just feel like doing something a little different - that is how we came up with our lazy smudging sprays. Sage and Lemon for purifying and cleansings and Florida Water and Palo Santo for high vibe energy. You can mix your own sprays with essential oils, alcohol and water, or try one of our ready-to-go blends, great for your car or office space or any place you don't want to set on fire.

Cost Saving



High quality, ethically farmed and produced Smudging bundles and Palo Santo can be expensive. To get the most out of what you have you can:

1. Take one leaf out of the Sage at a time. It is a potent plant so one leaf at a time is more than enough to cleanse a medium-sized room in a home or a person's aura energy field.
2. Only use Palo Santo after a Smoke Cleanse with Sage or Cedar. Then it doesn't have to do the heavy lifting of removing energy, it can simply add good vibes and you won't have to burn it as long each time.



3. Grow your own. If you have a garden then you may be able to grow your own White Sage. These plants don't just come from the garden centre though. Find a specific White Sage grower in your country who can ship you a young plant. You can then harvest after a year or so of growing, but it can potentially give you a lifetime supply.

Thank you for joining us for a Smoke Cleansing journey of discovery!

Wow, you made it to the end of our guide! We hope this was helpful, but if you have any questions or would like some personal guidance on Smudging, Smoke Cleansing and what plants would be right for you then you can reach us via enter@houseofformlab.com or DM us on our Insta [@house_of_formlab](https://www.instagram.com/house_of_formlab).

For more information about our other magical products you can visit our website houseofformlab.com.

On your merry cleansing way!

