



The Intuitive Connection

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Smudging

Ever wanted to clear negative energy from a space, object, or even yourself? If you answered yes, then smudging



just might be for you. Smudging comes from rituals that have been performed for centuries by the indigenous people of North America. Used as a powerful spiritual cleansing technique, the ritual calls upon the spirits of the plants to drive away negative energy, thereby restoring balance. Sacred plants and resins were placed in special bowls and then burned as part of a ritual, with the intent being to remove the negative energy. The smoke emitted from the plants/resins would be directed towards a person, object or space, in order to remove the negative energy attached to them.

If you think about it, smoke has been used historically to drive away insects, disease, and even to relay messages to others. In a more symbolic meaning spiritually, smoke rises to the heavens, taking with it the prayers, messages, and intentions to the higher powers. For the smudging ritual, the belief is that the smoke (when passed over whatever is being cleansed), penetrates the spiritual barrier and removes the unseen negative energy. Think of it like a spiritual bath, but instead of soap washing away the grime, the smoke washes away the negative gunk.

Although the rituals, plants and resins varied from indigenous people to people, today, you can find smudge sticks or even kits available to serve much of the same purpose it was used for over the centuries. If you are interested in putting your own kit together, here are some items to look for:

- Smudge stick (the most common are dried bundles of white sage wrapped in thread/cord)
- Fire proof bowl (ex: ceramic pot, small baking dish, bowl, or even an abalone shell)
- Fire (matches, lighter, coal, etc)
- Something to fan the smoke (ex: feather, fan or even your hand)
- Optional items include other dried herbs/resins (such as sweetgrass, lavender, cedar, juniper, mugwort, tobacco, juniper, rosemary, thyme, palo santo, or frankincense)

One of the most important elements to smudging is the intent that you bring when performing the ritual. Before I begin, I personally think about the purpose for the smudging. When we bought our new house in Arizona, for example, I performed a smudging ritual. It wasn't because I felt anything bad in the house, but more like I wanted to remove the residual energy from the previous occupants, and clear the space filling it with light, positive energy for a new beginning. So as I lit the white sage and it began to smoke, I went from room to room, fanning the smoke into each corner (including closets), with my thoughts focused on removing any and all residual or negative energy. I immediately

followed that statement with a second one, where I set the intention of filling the space with love and light. In addition to burning white sage, I also burned sweetgrass which helps fill in the newly cleared space with positive energy. Keep in mind whenever you clear anything negative, you should always fill it with something positive. If you don't, and you leave the cleared space "empty," it might start filling up with energy that is just as negative as what you just removed (this is my own personal feeling on the matter). In case you are wondering, I also smudge my garage, front and back yards too. The same process mentioned above can be used on objects too.

If you want to smudge yourself, the only difference is that you want to breathe in the smoke (let it waft toward you and then gently breathe it in, otherwise it could be unpleasant if you take in a full nose/mouthful). After taking in the first breath, start by your feet and circle the smudge stick around you (as much as you can), while working your way up your body toward your head. Remember to focus on your intention while you are doing this. If you notice any resistance in an area of the body, take an extra moment to concentrate on that area, allowing more smoke to pass over it, and restating your intentions. A great way to finish is to hold the smudge stick at heart level, taking in a few more breaths while stating your intention, and then ending in a statement to complete the ritual (for example: "so mote it be," "blessed be," or even "amen," depending on your beliefs).

If you are still on the fence, let me give you some scientific information about smudging. A study conducted in 2007 titled "*Medicinal smoke reduces airborne bacteria*," published by the *Journal of Ethnopharmacology* found that "*smudging is an extremely potent form of sterilization.*" According to the study, "*We have observed that 1 hour treatment of medicinal smoke emanated by burning wood and a mixture of odoriferous and medicinal herbs (havan sámagri=material used in oblation to fire all over India), on aerial bacterial population caused over 94% reduction of bacterial counts by 60 min and the ability of the smoke to purify or disinfect the air and to make the environment cleaner was maintained up to 24 hour in the closed room. Absence of pathogenic bacteria Corynebacterium urealyticum, Curtobacterium flaccumfaciens, Enterobacter aerogenes (Klebsiella mobilis), Kocuria rosea, Pseudomonas syringae pv. persicae, Staphylococcus lentus, and Xanthomonas campestris pv. tardicrescens in the open room even after 30 days is indicative of the bactericidal potential of the medicinal smoke treatment. We have demonstrated that using medicinal smoke it is possible to completely eliminate diverse plant and human pathogenic bacteria of the air within confined space.*"

What if you are sensitive to smoke? There are smudge sprays made from the same herbs previously mentioned that you can buy and use. One note I would like to make is that not all sprays are created equal. I've used several different smudge sprays and they don't all carry the same energetic vibration. What I look for in a spray is how I feel after spraying the mist around and over myself. It's not just about the smell, but how I feel energetically. If it just makes it smell nice, then it is not doing the job I am looking for. A really good smudge spray will make you feel calmer and lighter, as if a ton of bricks has been lifted off your body. Unfortunately, my favorite place to get them is no longer selling them. For now I'm on the hunt for a new source, and I'm exploring the option of making my own. Bottom line, you may have to try a few sprays before you find one that works for you.

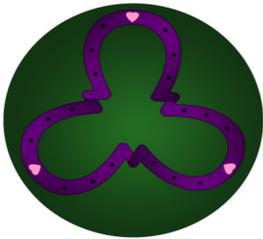
Please note, I am not making light of the sacred rituals performed by the indigenous peoples when smudging. This is just not something that I can cover or do justice to in such a short newsletter. Nor am I implying that you can simply go buy a smudge stick and poof, the negativity, especially negative entities, are gone. I suggest you spend time researching different rituals and more information about smudging. If you know someone who practices it successfully, have them teach you. I promise it is worth the effort, and you will be rewarded with a healthier person, place, or object, both spiritually and physically.

Works Cited: Elizabeth, E., 2016. Studies Reveal "Smudging" Eliminates Dangerous Bacteria in the Air. <https://www.healthnutnews.com/studies-reveal-smudging-eliminates-dangerous-bacteria-air>

Upcoming Events

Autumn Fest

Hassayampa Inn
122 E. Gurley Street
Prescott, AZ
October 20th
9:30–4:30



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*For your convenience, services can be scheduled
in person or remotely*

Referrals

Needing a service I don't provide? I recommend the following:

Anne Angelheart

Transformational Coach, Channeler, Author & Speaker

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