



# The Intuitive Connection

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## Smudging Herbs/Resins & Their Uses



Besides their medicinal benefits, plants have been used for centuries in the Middle East, Far East, South America and North America for their sacred healing and cleansing properties. Smudging is the process used to perform the cleansing rituals, helping to clear low vibrational energies, negative entities, or stuck energies. I've talked about smudging before and the process of smudging, but this newsletter will focus on the sacred herbs or resins that are used for smudging. The list is quite extensive, so I'm going to focus on the most commonly used herbs and their benefits.



**Cedar (*Calocedrus decurrens*):** One of the oldest trees still thriving on Earth, Cedar provides a fresh, woody scent when burned. Cedar invokes protection, renewal, grounding and wisdom, and is often used to cleanse a home/apartment when first moving in. It can also help clear unwanted spirits and provides protection to a person, place or object from unwanted influences. In addition to Rosemary and White Sage, Cedar is one of the more aggressive cleansing smudges you can choose.



**Frankincense (*Boswellia spp.*):** At one time, this tree resin was considered more valuable than gold. It has a long history that is associated with meditation, healing, cleansing, and protecting the soul. Frankincense can also be used to reduce stress, ease tension, and reduce headaches.



**Juniper (*Juniperus monosperma*):** In ancient times, Juniper has been used for ritual purification of temples, and to avoid illness during plague outbreaks. In more modern times, it is used to invigorate mind and body when tired. Juniper has a sweet and spicy fragrance, and is said to have a masculine, protective energy, and is frequently used in spells of cleansing and prosperity,



**Lavender (*Lavendula angustifolia*):** Has long been used to bring peace, restful sleep, and happiness, and was used in ancient times during the mummification process. Burn Lavender to combat insomnia, depression, grief, sorrow and anxiety. It is also considered a blessing herb, especially for children. Additional uses for Lavender include cleansing, disinfecting, promoting inspiration, clear purpose and vision, and strengthening the nerves.



**Mugwort (*Artemisia vulgaris*) aka Black Sage:** Mugwort is a medicinal herb, used to cleanse energies and get rid of negativity. It is used during astral travel, shamanic journeying, and for protection. It warms, strengthens, and empowers. It is a great herb to use during emotional times, such as the death of a loved one or birth of a child as it lends strength and aids in letting go when needed. Mugwort can also help you to improve intuition, awareness, encourages dreams/visions (or help you remember your dreams), and aid sleep when burned before bedtime.



**Myrrh (*Commiphora myrrha*):** This tree resin is used for enlightenment, healing, and grounding. Once used in ancient times for embalming, in modern times Myrrh is used to aid meditation, spirituality, happiness, transformation, strength, confidence and stability. It can also be used to connect you to the spirit of youth and clears the path of debris that stands in the way of your truth.



**Palo Santo (*Bursera graveolens*) aka Holy Wood:** Palo Santo is used to clear out negative spirits and energies, increase relaxation, and bring joy and harmony to a space. Used by the Incas in ceremonies, and Catholic priests for holy days, it is a sweet smelling tropical wood that is a natural incense. Palo Santo can be used to both clear a space of negative energy, and fill it with positive energy. Other benefits include relieving symptoms of headaches, inflammation, emotional trauma, stress, and colds to name a few.



**Rosemary (*Rosmarinus officinalis*):** Besides a culinary herb, dried Rosemary can be used for smudging, protection, clearing negativity, inspiring confidence, and invigorating body and mind. It can also be used to open the heart, reduce grief, aid you in letting go, and combat depression and sadness. Rosemary is known to be soothing and encourages a sense of peace within an environment.



**Sweetgrass (*Hierochloa odorata*):** Used by many indigenous tribes and considered to be sacred, it's scent is believed to be the breath of the Earth mother bringing the blessing of her love. It has been traditionally burned to remind us of an essence of the feminine and that the earth provides us with all that we need. Sweetgrass can be used to drive out evil and harm, allowing benevolent spirits to approach. It is great to use after sage as it fills a space with positive energy.



**White Sage (*Salvia apiana*):** Probably the most well known of all the herbs, white sage is used for healing and cleansing. The smoke is used to cleanse, bless and heal people or objects. Think of it as an energetic bath, washing off negative energies or influences. Another interesting benefit of white sage is that it has antibacterial properties, purifying the air, objects and people that the smoke comes in contact with. There are many varieties of sage, each with their own benefits.

While sage may be the most commonly used herb for smudging and cleansing, you can mix a variety of herbs and resins together, adding to their healing benefits. The combinations are almost limitless, and can be varied to suit your own personal preference. While the list is not complete, check out the next page for a quick reference guide to herbs, resins and their benefits. Enjoy and happy smudging.

**Nov 2020**

*Trinity Healing*

**Allspice:** Attracting Positive Energy, Determination, Uplifting

**Amaranth:** Comforting, Healing, Removes Intuition Blocks

**Angelica:** Overcome Indecision, Strengthen

**Aspen:** Protection, Anxiety

**Balsam Fir:** Cleansing, Purification

**Basil:** Happiness, Peace

**Bay Leaves:** Anxiety, Calming, Healing, Protection

**Bayberry:** Good Luck

**Bearberry:** Animal Magic, Shamanic Work, Shape-Shifting, Visions

**Blue Sage:** Cleansing, Healing, Meditation, Soothing

**Blue Spruce:** Cleansing, Grace, Nobility, Serenity

**Calendula:** Purification

**Catnip:** Beauty, Happiness, Love, Sacred Space

**Cedar:** Cleansing, Clearing, Grounding, Protection, Purification, Renewal

**Chamomile:** Comfort, Happiness

**Cinnamon:** Healing, Increases Energy, Motivation, Relaxing, Soothing

**Clove:** Clearing, Enhancing Psychic, Purifying

**Common Sage:** Blessing, Cleansing, Clearing

**Common Vervain:** Positivity, Protection, Strengthen

**Copal:** Clearing, Energizing, Purification

**Dakota Sage:** Antibacterial, Blessing, Cleansing, Clearing, Healing

**Dandelion:** Divination, Spirit Calling

**Desert Chaparral:** Calming, Clearing, Protection

**Desert Sage:** Antibacterial, Blessing, Cleansing, Clearing, Healing

**Dill:** Luck, Protection

**Elder:** Awareness, Healing, Protection

**Elecampane (Horse-Heal):** Cleansing, Clearing, Uplifting

**Eucalyptus:** Decongestant, Energizing, Protection

**Frankincense:** Anxiety, Cleansing, Headaches, Healing, Meditation, Protection

**Ginger:** Protection

**Hyssop:** Cleansing, Clearing, Calming, Promotes Awareness

**Juniper:** Cleansing, Invigoration, Purification

**Lavender Sage:** Anxiety, Attracting, Calming, Peace, Sedative

**Lavender:** Calming, Cleansing, Happiness, Peace, Relaxation

**Lemon Balm:** Calming, Spiritual Cleansing

**Lemongrass:** Cleansing, Energizing, Purifying

**Lilac:** Grounding, Relaxing, Soothing

**Meadowsweet:** Aids Letting Go, Intuition, Softens

**Mugwort (Black Sage):** Calming, Cleansing, Clearing, Healing, Intuition, Protection, Purification

**Mullein:** Cleansing, Healing (Respiratory)

**Myrrh:** Clearing, Enlightenment, Grounding, Healing, Meditation, Transformation

**Osha Root:** Infections

**Palo Santo:** Cleansing, Clearing, Deep Healing, Good Fortune, Good Health, Protection

**Peppermint:** Healing, Protection, Refreshing, Soothing

**Pine:** Cleansing, Good Health, Protection, Prosperity, Purification

**Piñon Pine:** Cleansing, Clearing, Healing, Strengthening

**Red Willow Bark:** Ceremonial, Clearing, Meditation

**Rose:** Calming, Meditation, Peace, Romance

**Rosemary:** Cleansing, Clearing, Encouraging, Protection, Soothing

**Sagebrush:** Colds, Headaches, Wounds

**St. John's Wort:** Anxiety, Confidence, Courage, Relaxing

**Sweetgrass:** Healing, Positive Energy, Purification

**Thyme:** Clearing, Immune System, Memory

**Tobacco:** Offerings, Rituals

**Uva Ursi:** Infections,

**White Sage:** Antibacterial, Blessing, Cleansing, Clearing, Healing

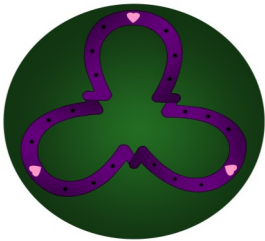
**Yarrow:** Eliminates Toxins, Protection, Serenity, Wisdom

**Yerba Santa:** Healing, Intuition, Protection

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**Anne Angelheart**

Transformational Coach, Channeler, Author & Speaker

Website: [www.anneangelheart.com](http://www.anneangelheart.com)

Email: [info@anneangelheart.com](mailto:info@anneangelheart.com)

530-755-4767

**Cindy Holt, Holt Holistic Healing**

Medical Intuitive, Emotional Release Healing, Energy Healing

Website: [www.holtholistichealing.com](http://www.holtholistichealing.com)

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