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Smudging with sage, also known as saging, is a cleansing ritual involving the burning of dried white sage to purify and clear spaces of negative energy. It's a practice rooted in Indigenous cultures, particularly from the Americas, and is embraced globally for its calming and restorative benefits.

How to smudge with sage:

1. **1. Prepare:**
2. Gather your materials, which typically include a sage smudge stick (dried white sage wrapped with string), a fireproof container (like an abalone shell or ceramic dish), and a lighter.
3. **2. Create a calm space:**
4. Open windows and doors to allow for proper ventilation and the release of negative energy.
5. **3. Light the sage:**
6. Light the sage smudge stick with a match or lighter, letting it catch fire briefly before blowing it out, so it smolders and emits smoke.
7. **4. Intention and focus:**
8. Hold the smoldering sage in your fireproof container and move with intention through your space, focusing on areas that may hold stagnant or negative energy.
9. **5. Waft the smoke:**
10. Use your hand or a feather to gently waft the smoke into corners, around furniture, and into crevices, paying attention to areas like windows, doorways, and mirrors.
11. **6. Extinguish:**
12. Once finished, extinguish the sage by gently pressing it into your fireproof container, or by using sand or water.

Why smudge with sage?

- **Cleansing:** Smudging is believed to clear away negative energy and promote a sense of peace and clarity.
- **Purification:** It can be used to purify spaces, objects, and even one's own aura.
- **Spiritual Connection:** Smudging is a way to connect with the earth and honor ancient traditions.
- **Calming and restorative:** The ritual itself can be a calming and mindful practice, promoting relaxation and well-being.

- **Practical uses:** Smudging can also help to clear bacteria and dust, according to a health and wellness blog.

Important considerations:

- **Respectful practice:**
 - It's important to approach smudging with respect for the tradition and its origins.
- **Intention:**
 - Set a clear intention for your smudging ritual, whether it's to cleanse, purify, or create a peaceful atmosphere.
- **Safety:**
 - Always use caution when working with fire and smoke, ensuring adequate ventilation.
- **Sustainability:**
 - Consider the source of your sage and choose ethically and sustainably harvested options.