



Crystal Karma

Crystals & Gifts for the Spiritually Minded



SMUDGE STICKS



Smudge sticks Order No. SMU01 \$19.50

These smudge sticks have been grown organically in Red Hill on the Mornington Peninsular. This product is 100% *Salvia apiana* (white sage) and is used to clear negative energies in the American Indian tradition. Reiki has been used on this Smudge stick to raise its healing vibration.

Why Smudge:

Smudge Sticks have long been used by the American Indians in ceremonies/rituals, for cleansing/purification purposes and to clear and release negative energies. The ritual of Smudging can be likened to “spiritual house cleansing”. In theory the smoke attaches itself to negativity as the smoke clears it takes the negative energy with it, releasing it where it will be regenerated into positive energy.

What can I smudge?

Yourself, crystals (great for cleansing crystals), personal objects, home/office/healing space, friends, clients your children and even your animals.

Benefits of Smudging.

- ◇ It will help you feel more positive when your spirits are low.
- ◇ It will release negative energy after you have been around sick or depressed people.
- ◇ It will assist in deeper meditation/prayers.
- ◇ Refreshing the home or office.

The smudge stick is best lit with a candle to ensure that it is fully alight and produces smoke once the flame is blown out. It can then be used waving it in circles around the desired object. It is ideal that the smudge stick is extinguished in a small bowl of sand and can be used many times.