



## Smudging

Good Things Coming

**Goal:** Indigenous cultures smudge by burning sacred medicines like sage, cedar or sweetgrass in a natural container (often a shell) and using the smoke to cleanse the body. The smoke can be guided to different body parts with a feather or your hands.

**[Tip]:** We smudge our eyes to see good things. We smudge our ears to hear good things. We smudge our mouths to say good things. We smudge our heads to think good things. We smudge our bodies to feel good. Remove any jewelry and glasses before smudging.

**Why is this important?** Smudging yourself on a daily basis is done to keep yourself balanced and maintain a peaceful state of being.

**References:** Meyers, M. (2013). Native American Smudging Herbs: Sacred Ceremonial Plants. *Herbarist*, 79, 10–17.  
<https://tribaltradeco.com/blogs/smudging/benefits-of-smudging-with-sage-5-scientific-reasons-to-smudge-with-sage>

**Caregiver Handbook:** Smudging