

## Home Smudging & Blessing Ceremony

The following is a Home or Work space Smudging ceremony will create a Sacred Space of your home or work space.

Go get a Sage smudge stick or bundle and light it and get it smoldering with lots of smoke, then on the inside of each outside opening (windows & doors) say the following as you wave the smoldering smudge stick back and forth across the edges of each opening:

*This is a house of Love & Light and all entities and energies both deceased and alive who enter this home will be blessed and will bring a blessing. All other entities or energies that are not of the highest consciousness are not allowed to enter or influence this Sacred space.*

You will most likely have to relight the Sage Smudge stick periodically because you want it to be smoldering and generating smoke as you do the ceremony.

This Ceremony or process will create an energetic barrier around your home or work space and each time you enter it you will feel that blessing it provides you and recognize that you will be blessing that space as you enter as well. As you do this you will notice the energy of the place will feel a lot lighter and brighter and you will feel that you have co-created a very Sacred Space for you, your family and those you love.

After you have done all exterior openings, do the same for all interior openings – closets, bathroom & bedroom doors, etc. You can either do all of them in one day or wait a day between the exterior blessing process and the interior blessing process.

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