

how to make a smudge stick

How to Make a Smudge Stick: A Step-by-Step Guide to Crafting Your Own Cleansing Bundle

how to make a smudge stick is a question that many people ask when they want to explore the ancient practice of smudging for cleansing and spiritual purposes. Smudging involves burning bundles of dried herbs to release fragrant smoke believed to clear negative energy, promote healing, and invite positive vibrations into a space. While you can buy ready-made smudge sticks, making your own gives you a deeper connection to the ritual and allows you to customize the blend of herbs according to your personal preference or intention.

In this article, you'll discover not only the step-by-step process on how to make a smudge stick but also valuable insights about selecting herbs, drying techniques, and tips to get the most out of your homemade cleansing bundles. Whether you're new to smudging or a seasoned practitioner, this guide will enrich your experience and empower you to create meaningful smudge sticks at home.

Understanding the Basics: What Is a Smudge Stick?

Before diving into how to make a smudge stick, it helps to understand what it is and why it has been used for centuries. A smudge stick is essentially a bundle of dried herbs tightly wrapped with twine or string, designed to be lit and used for smudging rituals. The smoke from the burning herbs is believed to purify spaces, objects, and even people by dispelling negative energy and inviting harmony.

Common Herbs Used in Smudge Sticks

Different herbs carry unique properties and scents, making the choice of herbs an important part of your smudge stick-making process. Some of the most popular herbs include:

- **White Sage:** The most traditional herb for smudging, known for its powerful cleansing properties.
- **Cedar:** Often used for protection and grounding.
- **Sweetgrass:** Has a sweet aroma and is used to attract positive energy.
- **Lavender:** Adds a calming and soothing scent, great for relaxation.
- **Rosemary:** Used for purification and mental clarity.

Mixing herbs can create a personalized smudge stick with combined benefits and a unique fragrance.

Gathering Your Materials and Selecting Herbs

One of the joys of learning how to make a smudge stick is the gathering process. You can either harvest herbs from your garden, forage responsibly in nature, or buy organic dried herbs from

reputable sources. Here's what you'll need:

- Fresh or dried herbs (sage, cedar, lavender, etc.)
- Cotton twine or natural string (avoid synthetic materials)
- Scissors or garden shears
- A flat surface for assembling your bundle

Choosing fresh herbs is ideal because they bind better and release more aromatic smoke when burned. However, if you only have dried herbs, they can still be used effectively.

Tips for Harvesting Your Own Herbs

If you want to harvest herbs yourself, keep these tips in mind:

- Harvest in the morning after the dew has dried but before the heat of the day.
- Use clean scissors to cut sprigs, taking only what you need to allow plants to regenerate.
- Harvest sustainably by taking from multiple plants or only a portion of one plant.
- Respect the environment and any local regulations regarding wild harvesting.

Step-by-Step Guide: How to Make a Smudge Stick

Now that you have your herbs and materials ready, let's walk through the process of making your smudge stick.

Step 1: Prepare Your Herbs

If your herbs are fresh, gently rinse them under cool water to remove any dirt or insects. Pat them dry with a towel and lay them out on a clean surface. Remove any damaged or brown leaves to ensure a clean burn.

Step 2: Arrange the Herbs

Gather a handful of herbs into a neat bundle. The size depends on your preference, but typically a bundle about 6 to 8 inches long and 1 to 2 inches thick works well. Layer different types of herbs if you want a mixed smudge stick.

Step 3: Tie the Bundle

Starting at one end of the bundle, tightly wrap the twine around the herbs several times and tie a secure knot. Then continue wrapping the twine back and forth along the length of the bundle, keeping the herbs compact. Finish by tying off the end with another knot. Make sure the bundle is

snug but not so tight that it damages the herbs.

Step 4: Dry Your Smudge Stick

Hang your bundle upside down in a dry, well-ventilated area away from direct sunlight. Drying typically takes about 1 to 3 weeks depending on humidity. Proper drying is essential to prevent mold and ensure the bundle burns evenly.

Step 5: Store and Use

Once fully dried, your smudge stick is ready to use. Store it in a cool, dry place in a breathable container or wrapped in paper. When you're ready to smudge, light the tip, let it catch flame briefly, and then gently blow out the flame to allow the bundle to smolder and produce smoke.

Additional Tips for Making and Using Smudge Sticks

Choosing the Right String

Using natural cotton twine or hemp string is best because they burn slowly and safely. Avoid synthetic strings that could release harmful chemicals when burned.

Customizing Your Smudge Stick

Feel free to experiment with different herb combinations to find scents and effects you enjoy. Some people add dried flowers like rose petals or calendula for color and fragrance, or even a small piece of crystal tied into the bundle for added energetic properties.

Safety Precautions When Smudging

While smudging is a beautiful ritual, it's important to practice fire safety:

- Always have a fireproof container or bowl (like an abalone shell or ceramic dish) to catch ashes.
- Never leave a burning smudge stick unattended.
- Ensure proper ventilation to avoid heavy smoke buildup.
- Extinguish your smudge stick completely after use by pressing it into sand, dirt, or a fireproof surface.

Why Make Your Own Smudge Stick?

Aside from the joy of crafting, making your own smudge stick creates a more meaningful connection to your spiritual practice. You control the quality and integrity of the herbs used, and the process itself can be meditative and grounding. Plus, homemade smudge sticks make thoughtful gifts for friends who appreciate mindfulness and holistic wellness.

Whether you want to clear your home, invigorate your meditation space, or simply enjoy the calming aroma of natural herbs, learning how to make a smudge stick opens up a world of tradition and personal ritual. With patience and care, you can create beautiful, fragrant bundles that support your intention and bring a touch of ancient wisdom into your daily life.

Frequently Asked Questions

What is a smudge stick?

A smudge stick is a bundle of dried herbs, traditionally used for cleansing and purifying spaces through smoke rituals.

Which herbs are commonly used to make a smudge stick?

Common herbs include white sage, cedar, lavender, rosemary, and sweetgrass.

How do you prepare herbs for making a smudge stick?

Harvest fresh herbs, let them dry slightly to reduce moisture, then bundle them tightly together with natural twine or cotton string.

What is the best way to bundle herbs for a smudge stick?

Lay the herbs in a small bunch, wrap the string tightly around the base, then spiral the string up to the top and back down, securing the herbs firmly.

How long should you dry a smudge stick before using it?

Dry the smudge stick in a cool, dry place for about 1 to 3 weeks, until completely dry and brittle.

Can I use any string to make a smudge stick?

It's best to use natural, untreated cotton string or twine to avoid toxic fumes when burning.

How do you safely burn a smudge stick?

Light the tip, let it catch fire briefly, then blow out the flame to allow smoldering smoke; use a fireproof bowl to catch ashes.

Are there any precautions to take when making or using smudge sticks?

Ensure proper ventilation when burning smudge sticks and be mindful of allergies or sensitivities to smoke or specific herbs.

Additional Resources

How to Make a Smudge Stick: A Professional Guide to Crafting Your Own Cleansing Tool

how to make a smudge stick is a question that has gained significant attention in recent years, particularly among those interested in spiritual practices, holistic wellness, and natural home care. Smudge sticks, traditionally used in indigenous ceremonies for cleansing spaces and purifying energies, have found a broader audience seeking natural alternatives to synthetic air fresheners or simply exploring mindful rituals. Understanding the process of making your own smudge stick not only deepens appreciation for this ancient practice but also allows for customization in terms of scent, purpose, and sustainability.

In this article, we delve into the essential steps and considerations for crafting your own smudge sticks, examining the types of herbs commonly used, the binding techniques, drying processes, and the cultural significance behind them. Our approach is analytical, aiming to provide a clear, evidence-informed overview for anyone curious about incorporating smudging into their lifestyle or spiritual practice.

Understanding Smudge Sticks: Origins and Uses

Before exploring how to make a smudge stick, it's important to grasp what these bundles represent and why they are used. Traditionally, smudge sticks are hand-tied bundles of dried herbs that are burned slowly to produce aromatic smoke. Indigenous cultures across North America, such as the Lakota, Cherokee, and Navajo, have used smudging rituals for centuries to cleanse spaces, objects, and individuals of negative energy or spiritual impurities.

In contemporary contexts, smudge sticks are often employed in meditation, yoga, and holistic healing environments. They serve dual purposes: practical air purification due to their antimicrobial properties and symbolic purification linked to emotional or spiritual wellbeing.

How to Make a Smudge Stick: Step-by-Step Process

Crafting a smudge stick involves a relatively simple sequence, though attention to detail ensures quality and safety. Here's a structured breakdown.

1. Selecting the Right Herbs

The choice of herbs is fundamental when learning how to make a smudge stick. The most popular herb is white sage (*Salvia apiana*), prized for its strong, cleansing aroma and historical use in indigenous rituals. However, other herbs such as lavender, cedar, sweetgrass, rosemary, and mugwort are also common, each bringing unique scents and purported energetic properties.

- White Sage: Known for its potent cleansing abilities and antiseptic qualities.
- Cedar: Often used for protection and grounding.
- Lavender: Adds calming properties and a soothing fragrance.
- Sweetgrass: Symbolizes positivity and spiritual connection.
- Rosemary: Associated with memory and mental clarity.

Choosing herbs often depends on regional availability and personal preference. For those interested in sustainable practices, harvesting should be done respectfully, avoiding overcollection especially of wild white sage, which faces ecological pressures.

2. Harvesting and Preparing the Herbs

Harvesting fresh herbs ensures optimal fragrance and efficacy. Ideally, herbs should be picked in the morning after dew has evaporated to maximize essential oil content. Once collected, remove damaged leaves or stems.

Preparation involves aligning the stems uniformly and trimming them to manageable lengths, typically between 6-10 inches. The freshness of the herbs at this stage influences the drying process and final aroma profile.

3. Binding the Bundle

Binding is a critical step in how to make a smudge stick properly. Use a natural cotton or hemp string for binding, as synthetic materials can release harmful fumes when burned. The string should be strong enough to hold the bundle tightly but not so constrictive as to damage the herbs.

The binding technique typically starts at one end of the bundle. Secure the string with a knot, then wrap around the herbs in a crisscross pattern, moving towards the opposite end. Once the entire length is bound, wrap back to the starting point and tie off securely. This method ensures even drying and a compact structure that burns evenly.

4. Drying the Smudge Stick

Drying is essential to prevent mold and enable slow burning. Hang the smudge stick upside down in a cool, dry, and well-ventilated area away from direct sunlight. The drying period varies depending on humidity and herb moisture content but generally takes 1-3 weeks.

Proper drying preserves the aromatic oils and ensures the bundle will smolder rather than ignite rapidly, which is crucial for safety and effectiveness during use.

Additional Considerations When Making Smudge Sticks

Safety and Usage Tips

While learning how to make a smudge stick, understanding safe usage is equally important. Always burn smudge sticks in a fireproof container and ensure adequate ventilation. Avoid inhaling smoke directly, particularly for individuals with respiratory conditions.

Environmental and Ethical Implications

There is growing awareness about the ethical sourcing of herbs, particularly white sage. Overharvesting has led to declining wild populations. Many practitioners now opt to purchase herbs from sustainable, ethical growers or cultivate their own to respect indigenous traditions and environmental health.

Customization and Scent Blending

One advantage of making your own smudge stick is the ability to blend herbs to create personalized scents and effects. Combining lavender with sage can add relaxation benefits, while cedar mixed with sweetgrass may enhance feelings of protection and positivity. Experimenting with ratios allows for a tailored experience that mass-produced smudge sticks may not offer.

Comparing Homemade Smudge Sticks with Commercial Alternatives

Commercially available smudge sticks offer convenience but may vary significantly in quality, herb freshness, and ethical sourcing. Homemade smudge sticks provide:

- **Control over ingredient quality:** You select fresh, organic herbs.
- **Customization:** Blend herbs to suit your preferences.
- **Sustainability:** Harvest responsibly or grow your own.
- **Cultural respect:** Engage more deeply with traditional methods.

Conversely, commercial products often appeal through packaging and ease of use but may contain additives or be harvested unsustainably. For those committed to authenticity and environmental consciousness, crafting smudge sticks at home is advantageous.

Conclusion: Integrating Smudge Sticks into Modern Practice

Learning how to make a smudge stick is both a practical skill and a cultural engagement. The process connects users to centuries-old traditions while offering a customizable tool for spiritual and environmental cleansing. By selecting herbs thoughtfully, binding securely, and drying properly, individuals can produce safe, effective smudge sticks tailored to their unique needs.

As interest in natural wellness practices continues to grow, understanding the nuances of smudge stick creation supports informed choices and deeper respect for the cultural origins of smudging rituals. Whether used in personal meditation, home purification, or communal ceremonies, a well-made smudge stick embodies both heritage and mindful intention.

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how to make a smudge stick: The Complete Smudging Handbook Markus Schirner, 2025-09-23 • Describes 34 spiritual and physical smudging protocols for divination, grounding, improving health, confidence, and dreaming • Offers smudging methods for ritual practice and explains how to properly collect, store, and prepare smudging ingredients • Includes an A-Z catalog of 67 herbs, resins, and woods for smudging, exploring their history and traditional as well as contemporary uses Explore smudging with this comprehensive illustrated guide that offers new and traditional ways to approach this ancient practice. While this book examines the common uses of smudging for protection and energetic cleansing with mainstays like sage, sweetgrass, and frankincense, it also offers unfamiliar and surprising ingredients and applications. The author explains how to smudge with rose petals for acceptance or elder to connect with ancestors. Learn how to ritually prepare mixtures of herbs, resins, and woods for various purposes such as divination, grounding, and approaching new beginnings. Markus details 34 physical and spiritual protocols for smudging rituals to improve overall health, courage and self-confidence, clarity, and lucid dreaming. This guide book will teach you how to prepare for a smudging ritual, choose the appropriate method,

and select the right ingredients. Markus also shows how to properly collect, store, and prepare your ingredients in bundles and cones to smudge for yourself or others. With a comprehensive A-Z catalog featuring full color illustrated portraits of 67 herbs, resins, and woods, this book also offers a detailed history of these smudging materials. The Complete Smudging Handbook offers a modern interpretation of smudging and incense burning that will anchor and deepen any reader's approach to this ancient practice. Immerse yourself in the world of smudging and open up to plant wisdom for improved physical health and emotional wellbeing.

how to make a smudge stick: *The Smudging and Blessings Book* Jane Alexander, 2009-04 Cleanse and heal yourself and your environment using simple smudging rituals and ceremonies. For millennia, Native Americans have burned sacred plants in a bowl or on a stick to clear space of negative energies and restore balance. These simple smudging rituals can change your life, too. Learn how to combine smudging with other ancient techniques to promote healing or to turn your home into a spiritual sanctuary. Celebrate a baby's birth with a gentle blessing that welcomes a new soul into the world. Begin each morning with a simple cleaning so you'll sail through the day with confidence and hope. This natural power is available to everyone.

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how to make a smudge stick: *How to Draw Big Cats for Absolute Beginners* John Davidson, 2019-03-18 Table of Contents Introduction: Drawing a Big Cat Drawing tools Drawing Software Lion Jaguar Sitting Position Tiger Running Cheetah Lying Position Leopard Drawing Faces of Big Cats Roaring Tiger Roaring Lion Author/Illustrator Bio: Publisher Introduction: Drawing a Big Cat To effectively portray any of the big cats, you should know how to do it from the first lines you make and how you will finish it. The idea of this book is simple; guide you how to create the first reference marks with the simplest way that is known, and show you how to follow through from the next step of the process up to the last. This book is meant for those who wish to know the very basics of visually composing this specific branch of subjects (big cats or the Panthera genus), for the individuals who easily get lost along the process, or those who simply don't know where or how to begin drawing them. If you have already encountered this topic and wish to know more about it, this is not the book for you. This book is meant for absolute beginners. Each step of the process, from creating the base up to applying the different color tones, is explained in details.

how to make a smudge stick: *Practical Magic* Nikki Van De Car, 2017-09-05 Practical Magic is a charmed introduction to the wonders of modern magic and mysticism, from crystals and astrology to chakras, dream interpretation, and, of course, a few spells! Focusing on three primary areas -- healing, magic, and fortunetelling -- this books provides the perfect primer for sophisticated dabblers, with inviting text and spell-binding illustrations. Clear introductions on trending topics, like herbal tonics and astrological charts, are paired with home remedies, hands-on instructions, and suggested rituals in a chic, stylish format that will capture the imaginations of good witches of all ages.

how to make a smudge stick: *Sage & Smudge* Donna Stellhorn, 2025-08-12 Smudging, the ritual burning of Sage to cleanse or clear space, objects, or environments, is a practice that has been part of personal, religious, and healing practices in Chinese, Roman, and Native American cultures for thousands of years. You can bring this ancient tradition into your home by creating a sacred space with sage. Discover the practical process for drying and preserving sage, a simple yet essential step in making your own Smudge Sticks. Learn the art of smoldering Sage and Smudging rituals to experience the benefits of this ancient knowledge in your personal space.

how to make a smudge stick: *The Healing Power of Smudging* Rodika Tchi, 2017-12-19 A DIY guide to cleansing your home of negative energy with the power of the ancient art of

smudging—includes photos. Invite happiness and power into your life! Sharing the ancient tradition of space clearing with sacred smoke, this comprehensive introduction to smudging teaches you how to empower your life, your home, and your heart. With step-by-step tutorials, colorful photos, and expert advice, this book makes it easy to:

- Smudge your home, yourself, and others
- Craft your own smudge stick and fan
- Choose sacred herbs, oils, and resins
- Select the ideal day and time to smudge
- Add crystals to your smudging altar
- Perform rituals for all occasions

how to make a smudge stick: How to Make White Magic Michael Chinery, 2004

how to make a smudge stick: Shamanic Spirit Kenneth Meadows, 2004-04-09 A guide to self-realization and reattunement with nature that utilizes the ancient shamanic wisdom of cultures from around the world

- Focuses on the development of grounded spirituality based on the connections indigenous traditions have with nature
- Contains 33 hands-on experiential exercises and 50 shamanic meditations
- Written by the author of *Earth Medicine* and *Shamanic Experience*

Those of us who live in the so-called “advanced” modern world have been educated to use our minds and encouraged to satisfy our physical needs. But in so doing, we have become isolated from the very essence of our existence as individuals--our own spirit. In *Shamanic Spirit* Kenneth Meadows introduces Shamanics, his spiritual science of living, which recognizes the primacy of the spirit and acknowledges that spirit is inherent in all living beings and life forms. Shamanics is a practical way of becoming aware of our multi-dimensional reality and using that awareness to cultivate and refine the spirit within. Using the symbolic structure of the Medicine Wheel--which helps us establish a sense of direction, extend perception, and examine relationships--Meadows presents 33 hands-on experiential exercises that help readers discover the truth about themselves. His approach also draws upon and integrates universal shamanic concepts from such regions as the Americas, Europe, the Middle East, India, China, and Polynesia to show readers how to release their dormant potentials, generate creativity, and meet the challenges of their lives with confidence and self-assurance.

how to make a smudge stick: Protection Spells Arin Murphy-Hiscock, 2018-08-07 Banish bad energy, ward off unpleasant people, and defend your belongings, your spirit and your space with this spellbook focused specifically on protection. In our modern world there is a lot to worry about, from the global-scale—climate change, political uncertainty—to the personal—a toxic ex, cyber bullying. Spellcrafting can help you find comfort in a stressful world. This book will give you the tools to take charge of defending yourself in both energy and physicality. With over 100 spells for protection and defense, and a glossary of protective symbols, stones, and other objects to keep on hand, this book can help you cleanse your room and cast out old negative energies, put a protective and peace-preserving bubble around yourself as you ride the bus, deflect grumpiness and negativity from people you work with—and so much more!

how to make a smudge stick: For Pet's Sake, Do Something! Book One Dr. Monica Diedrich, 2007-01-01 “Where can pet parents go to find a compilation of information that will help them support their pets’ various physical, emotional and spiritual needs?” A frequently asked question in my practice—Dr. Monica There usually comes a time toward the end of our pets’ lives when we need to let go and let nature take its course. But in the face of most of the distresses and health challenges our pets encounter in daily living, we don’t need to stand by crying helplessly and feeling sad. We can—Do Something! Yet, where can pet parents go to find a compilation of information, which will help them support their pets’ various physical, emotional and spiritual needs? As I finished writing my second book, *Pets Have Feelings Too!*, it was this very question that impelled me to begin yet another book—one that would be a “how to” guide for everyone who wants to do everything they can to help their pets, especially when their pets are in distress or experiencing health challenges of any kind. It all began with my desire to respond to the question, asked by so many of my clients and students over the years, “How can I talk with my pets?” But there were so many other topics which sprang to mind as I continued to write that before I knew it, I had enough material for a series of three “how to” books:

- *How To Communicate With Your Pets and Help Them Heal*;
- *How To Heal Your Pets Using Nutrition, Herbs and Supplements*; and
- *How To Heal Your*

Pets Using Alternative Therapies This, the first book in the series, begins by teaching you how to communicate with your pets about everyday things, as well as their health challenges. But discovering what your pets want to tell you is only the beginning. Once you're truly aware of their needs, you must then Do Something! That "something" usually involves restoring balance and harmony in their lives. So, the second part of the first book shows you how to use spiritual and energetic healing methods as one way to bring about that balance and harmony. There are also a series of guided meditations to enable you to help your pet cope with a variety of life situations. The second book of the series covers the importance of nutrition, herbs and supplements, plus foods to avoid, and recipes for pets with special needs. The third book presents practical healing modalities including homeopathy, flower essences, incense, essential oils, crystals, color, sound, massage, magnets, hydrotherapy, acupressure, acupuncture and chiropractic, plus some other helpful guidance. As I was writing all three books, I knew many readers would wonder what qualifies me to teach people how to communicate with and heal their animals. What experiences and training did I have that prepared me not only to do this, but also to teach others to do the same? To answer this question, I'd like to share a few of the highlights of my life with you. I've known that I can understand what animals are saying ever since I was eight years old. However, when I was young, other children used to call me weird or crazy, and that was very painful. I didn't want to be different, so I tried hard to push aside the images animals were sending me and make believe I wasn't receiving them. But by my late teens, I began to realize that what I was experiencing was a gift—one that was becoming virtually impossible to ignore. So I nurtured this gift, and soon I grew more confident about using my abilities. I began communicating with many different species of pets and was delighted to be able to help them and their humans better understand each other. In time, I realized that I'd taken the first step on the path of what I considered to be my Life Assignment. But I'd also been searching for answers to many spiritual questions for the better part of my life. The answers to those questions came one at a time over several years. I read a lot of books and attended many classes. One of those classes, offered by a Vietnamese gentleman, Master Tam Nguyen, would change the direction of the rest of my life and teach me how to use my intuitive gift more fully. From him, I learned that healing is about restoring balance and harmony, that healing is available to everyone, and that we can bring about healing for ourselves and for others. During the last week of Master Tam's class, he was able to help me experience the Life Force Energy that always surrounds every living being. This loving, healing Light and Energy surrounded me in a way I'd never felt it before. When the class exercise was over, I was crying. For the first time in my life, I'd been able to feel this energy. It came charged with such Love that I felt God had just embraced me. Master Tam approached me after class and encouraged me to continue to learn to let this loving, healing Energy flow through me for the benefit of others. He also invited me to come to his Center. I think I went the first time because I was curious, but I kept going back because I was learning so much about helping others to heal, not only spiritually, but also physically. I was drawn to return again and again. Observing many healing experiences filled me with the desire to further deepen my knowledge and understanding of metaphysics, and it was this study that would gently lead me along the path of unconditional love. And what better way to express unconditional Love for someone than by bringing balance and harmony into their lives through healing. Through Master Tam's teachings, I'd already been introduced to the technique of Cosmic Healing, which helps every living being function, as it should in perfect harmony with the Universe. Cosmic Healing doesn't use any physical modalities like touch or medicine. Instead, it's done spiritually, from the heart, and with love. This type of healing requires direct communion with the Source of All Life, God, Spirit, Life Force, Supreme Being, All That Is. In the process of learning to tune in to this loving, healing Energy, the skeptic in me reacted by asking, "If healing energy always surrounds everyone all the time, why isn't everyone accessing it more often? And why do we see so much sickness around us? What, if anything, can we do to bring healing to others, or to help people find healing for themselves?" With patience and further experience, I began to understand that often, people in need of healing haven't learned to ask for help, or they feel they don't deserve it. Most of them know they want to be healed

but they don't ask to be healed. They may not even know how to ask. So what should we do to find effective healing? First, we need to believe that healing is possible, that it does take place, and that we can heal ourselves. We also need to have confidence that the healing energy of The Universe can flow through us, or flow to us through others. Above all, the person needing healing, and the person helping, must take time to be in communion, or attunement, with the one true Source of All Life. Then we must stop looking at the problem itself and start focusing on our connectedness to, and our oneness with, the Source of our Being, the Source of our balance and harmony. When we once again fully remember our oneness with Spirit, we're then able to manifest abundant good health for ourselves and for others. For a number of years, I helped many people heal, and I communicated with many pets about everyday things, but I'd never thought about combining my gift for healing with my gift for communicating with animals. It was one of my own precious Shih-Tzus who would show me the way. Chop Chop was only two years old when, one day, he was lying beside me with his eyes fixed somewhere on the horizon. He was giving up, and death seemed to be looming not many hours away from him. Unable to think clearly, all I could do was to keep him company, crying because there didn't seem to be anything else I could do to help him. Two different veterinarians had already closely examined him. Medications were no longer effective, and the prognosis was very bleak. I lay on blankets on the floor next to him to give him what comfort I could. But as I reclined there beside him on the floor, feeling very sad and miserable, he sent me a telepathic message just as clear as day: "You call yourself a healer. You've helped a lot of people. So Do Something!" He now looked me straight in the eye as he prompted me to be an active participant, not just a sorrowful bystander. What he said to me kept playing over and over again in my mind until I finally got it. His plea was very simple, yet I hadn't thought to use spiritual healing for him, or for other animals for that matter. I'd only used it to help people. But that was about to change. He responded, literally overnight, to the first healing treatment I gave him, and within a week of continued treatments, he was completely back to being his normal happy self. You can read the full account of his story in Chapter 1 of my first book, *What Your Animals Tell Me*. Thanks to the lesson Chop Chop taught me, I knew, then, that it was time to combine my gift for healing spiritually with my gift for communicating with animals. There were many other intuitives available to help heal people, so from then on, I resolved to dedicate my life exclusively to helping only animals. My work now includes not only private consultations for pets, but also presenting classes, workshops and lectures, as well as doing extensive research, and writing books to share with others all that I've learned about how we can make life better for our beloved pets. During the early part of my experience with Chop Chop, I could only cry, feel sorry for myself and for him, and wait for the inevitable. I felt completely inadequate, totally devoid of ideas, and utterly helpless. Later on, it occurred to me that many pet parents often feel just as I did whenever they're faced with their pets' illnesses. But you don't need to go through those same feelings because there are so many things you can do, either to help your pets heal, or at least go through the process of their illness or pain with less discomfort. To help you, I've described as many healing modalities as possible in the three books of this series, *For Pet's Sake, Do Something!* If you're able to ease your pet's pain, or provide quality of life for another day, week, month or even longer by implementing any of the healing techniques described in these books, your time and money spent on them will have been well worth it. My teacher and beloved animal friend, Chop Chop, taught me that I didn't have to be a bystander. Thanks to him, when I was on the verge of giving up, I discovered instead that I could Do Something! I hope you'll Do Something too. Healing can be brought about in many ways, not only for your pets, but also for yourself. When you're able to be an active participant in your pet's care, or bring peace and comfort to your pet because you've been able to Do Something, your spirit will also be healed. Dr. Monica Diedrich Anaheim, California, USA November 2006

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