



InnerMindScape.com

*A Functional Medicine Energy Center Resource*

## **Saging**

Saging, which is also known as “smudging,” is based in Native American traditions of cleansing negative energy from a person, place or thing. While several plants can be used, sage is thought to purify the air and remove toxins due to antibacterial properties.

As negative energy is cleared by saging, consider the positive outcome saging should accomplish. Saging is another opportunity to move away from negative feelings and thoughts and embrace positive feelings and thoughts. An affirmation or positive mantra can be repeated while saging to further promote positive energy.

Saging commonly uses bundles of sage or smudge sticks that are lit and then waved in a circular motion to disperse the smoke. Prior to saging, open windows in the area(s) that saging will occur. Have a plate or fire-resistant container to catch any falling ashes of burnt sage. Sage yourself and any other people present to clear their negative energy, then move to any objects or areas that need to be saged. Start at the back of the area and move towards the entrance, saging doors and windows. Where burning sage isn't possible or practical, use a sage spray.