

# Cleansing Smoke Herbs Guide: Clear First, Then Restore

Forget the Pinterest witchcraft and trendy bundles. Smoke cleansing isn't for show - it's for shifting energy and reclaiming spiritual control of your space. Here's how to do it right: clear first, then rebuild.

## **Cedar (for protection and grounding)**

- Drives out negative energies, attachments, stagnant spirits
- Offers strong protective grounding - deep masculine, earthy energy
- Ideal before or after heavy energy work, rituals, or arguments

## **White Sage (for spiritual clearing)**

- Cuts cords, clears spiritual debris, and purges chaotic energy
- Use in moderation - respectful, sacred, not trendy
- Best used with open windows/doors to push the energy out

Note: Only use organic, sustainably grown sage - never from overharvested or commercial sources.

## **Sweet Grass / Holy Grass (for restoring positive energy)**

- Used only after the clearing is complete
- Invites peace, blessings, harmony, and healing energy
- Light, sweet aroma - represents divine feminine and balance

## **How to Use Them**

1. Prepare your space: Open doors or windows so energy has an exit point.
2. Light the cedar: Let it flame, then blow it out to smolder. Move around the room with intention, guiding the smoke into corners, mirrors, windows, and doorways.

Speak aloud: "All harmful and stagnant energy must leave this space now."

3. Follow with white sage: Sweep through once more, cutting cords and clearing spiritual interference.

Speak aloud: "Only truth, clarity, and my own energy remain."

4. Last step: Sweet Grass

Light a braid after a full cleanse. Move gently through the space, inviting peace and restoration.

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Speak aloud: "This space is now filled with love, balance, and divine guidance."

## **Caution & Ethics**

- Don't use random herb bundles from Amazon or shops that don't know the origin.
- Never blend sweetgrass with sage - they serve opposite energetic roles.
- Always smudge with purpose. This is sacred energy work, not a trend.