

Native American Shamans often used smudge sticks in their own rituals, and these

ever popular tools are a wonderful addition to any form of cleansing ritual or general

cleansing you may wish to perform.

Making your own smudge stick is simple, easy and lots of fun. They look really

attractive too !

What you need

*You will need natural twine or cotton (I usually choose colours symbolic to the type

of ritual I am to perform. For example when completing a house cleansing ritual

where there have been negative relationship

issues, I would wrap the smudge in a

pink colour for emotions and feeling of the heart or perhaps yellow for healing.)

*You will also need a selection of herbs and plant material appropriate for your particular focus.

What to do

*Collect a selection of herbs around 20-30 cm in length. Snip them neatly from the plant, sending a note of thanks as you do.

Lay your plants flat out on a newspaper and assemble them into roughly a straight line of about 2 inches in width.

Starting at the bottom, secure the end tightly

and begin wrapping the cotton or twine around the plant. Do this randomly, so that plenty of the leaves show through, whilst encasing the plant securely.

Working from the bottom to the top and then securing tightly at the opposite end will hold everything together.

Trim any particularly wayward pieces.

Lay the smudge on a fresh piece of newspaper and wrap it tightly within the paper. This ensures the stick will dry more quickly and remain held together.

Store in a cool dry place, change the newspapers every other day and allow to dry for at least a week.

After this time your smudge stick will be ready to use. If you have any feathers available to disperse the smoke then these are also a useful tool.

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