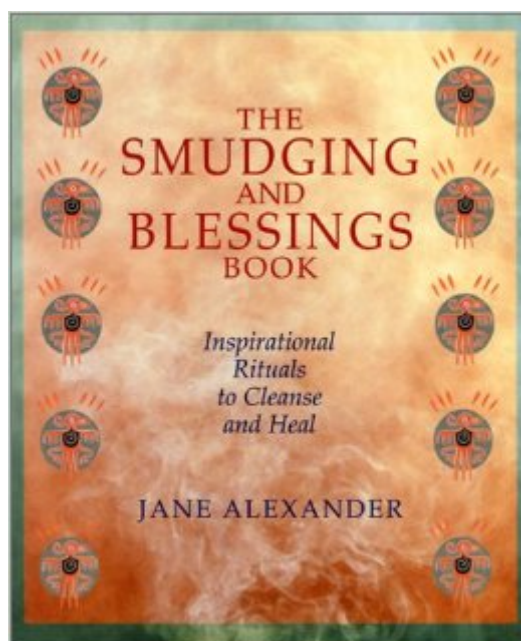


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# The Smudging And Blessings Book: Inspirational Rituals To Cleanse And Heal



## Synopsis

Change your life using simple smudging rituals and ceremonies. For thousands of years, Native Americans have burned sacred plants in a bowl or on a stick to drive away negative energies and restore balance. Learn how to combine smudging with techniques from other ancient traditions to restore and heal you, from banishing stress to bringing your family closer together. Turn your home into a spiritual fortress whenever you feel the need--the last thing at night, for instance, or when you leave the house. The birth of a baby is a miraculous event, worthy of great celebration. Make a gentle blessing part of yours--it's a lovely way to welcome a new soul into the world. And if you want to sail through the day full of confidence, energy, and hope, start each morning with a simple cleansing. The natural power of smudging and blessing is available to everyone.

## Book Information

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (14 customer reviews)

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## Customer Reviews

There's a lot of great info in here. It has some great pictures and I like the bits of history that are sprinkled throughout the text. This does lean towards Native American, especially when naming the Powers that are to be called upon, but it also has bits of other cultures. The sections are Home Blessings, Family Blessings, Seasonal Rituals, Personal Blessings and other misc. info such as contacting spirit animals, aura cleansing, making smudge sticks, crystals, essential oils, etc. Each section has on average 5-7 blessings or rituals to perform. Now, having said that, the only reason this doesn't get five stars is because not everything was explained very well. For instance, cleansing

crystals. It says to soak them in salt water but that's not the only way to cleanse stuff. Also, leaving some delicate crystals soaking in water will ruin them. I usually do a ritual that dunks crystals in blessed salt water, but then I leave them on the windowsill to bathe in sun or moon light to cleanse and power it. I have even been known to leave it on the porch railing during a rain storm and I especially love doing that when there is thunder and lighting. The energy the stone/crystal picks up is amazing. I also noted a reference to removing jewelry while smudging but it doesn't explain why and I have never heard this anywhere else. My mother has been smudging for some time and she's never removed any of her jewelry. And let me tell you, she wears a ton, especially rings. I tried to google it, but haven't found reference to it anywhere else. The rituals are all very simple to do and will work for everyone although those more adept may choose a book with rituals a bit more involved. I was also dissatisfied with the section for Seasonal Rituals.

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