



A GUIDE TO SAGING

Written by Nicole



Welcome

As someone who works with energy while practicing my Psychic Mediumship, I have found Saging to be an effective and relaxing ritual to help clear, protect and bless my environment. I created this short guide as a tool to quickly educate and inspire others who are interested in the ancient ritual of Saging!

“YOU have the POWER to shift the energy you are experiencing in yourself and your environment!”

- Nicole





What is Saging

Saging is an ancient smoking ritual that has its roots in the Native American tradition of Smudging. It is used to call upon ancestors and spirits for protection and blessings that honors our connection to Mother Earth and the Universe.

Saging transmutes negative and stagnant energy to create clean, calm and protected energies in our environment and around our bodies.



Why & When to Sage



Saging is used to DISPEL negative entities/energies/emotions, for PROTECTION from all negativity and for BLESSINGS.

The “energetic pollution” in a space often comes from negative human emotions and experiences. Saging is used to dispel these negative energies and protect the space from their return. Examples of when this type of saging would be used include: times of fear, sadness and anxiety, loss of a job or loved one, illness, financial loss, times of tension between family members or roommates, after an argument. In happier instances, saging for BLESSINGS can be done to ask for an opening for a specific beneficial energy to come into your life.

Circumstances for Blessing Sages may include: new homes, marriages, relationships, jobs, births, before and after major celebrations in the space.

Why & When to Sage Cont'd

Every saging is a combination of protection and blessings, as there is always a clearing as well as a welcoming of the energies. But a clearly defined INTENT will direct the energy in the most beneficial and intended way for the desired outcome. It is only by way of intent that any spiritual ritual, such as saging, can hold any real power toward change. The smoke knows where to go when your intention is CLEAR.

When is a good time to sage?

Any time is a good time to sage! Day/Night, Morning/Evening...whichever time works best for you to be in a calm and relaxed state. You don't want to rush a saging. Making a Ritual and Routine of saging is even better! Rituals bring beauty and meaning to moments in our lives. They are mindfully prepared for and respected and that energy 2 of 6 amplifies the energetic movement during the saging. For even more amplification, you can work with the rhythms of nature, such as seasonal and moon cycles.

Why & When to Sage Cont'd

Seasonally, FALL is a great time for releasing what is no longer needed and bringing in clarity. WINTER aids the energy with envisioning your intentions for the future, while SUMMER brings in a fiery, rapid energy to speed up manifestation. SPRINGS is a good time for clearing blockages and welcoming new, vibrant energy.

A WANING moon cycle (getting smaller) is best for letting go, releasing and purifying while smudging during the WAXING moon cycle (getting bigger) invites new blessings.



Materials Used for Saging

Herbs, wood and flowers can all be used separately or together for saging. Which materials you use are a personal choice that comes down to intention. What are you trying to achieve with your saging? You may also be interested in exploring the cultural and historical uses of materials, if that is of importance to you.

One of the most popular and well known herbs for saging, thanks to its diversity, is SAGE. Sage is used for purifying, cleansing and healing. It brings the energies of Protection AND Blessings. It's known for "washing off" unwanted influences. There are MANY varieties of Sage but White sage is the most popular. It is often used as a "base" with other materials added for enhancement. Sage has a very distinct, strong smell that lingers, so it is advised to make sure this smell is agreeable with you before saging your environment.



Materials Cont'd

Additional materials you can use and their properties include:

AMARANTH aids with healing.

BAY LEAVES for protection, healing, calming and success.

BLUE CORNFLOWERS for love, sex and fertility.

Encourages wealth, prosperity and good fortune. As one of the most ancient trees on earth,

CEDAR energy is very potent, wise and majestic. It is known for protection, dispelling negativity, cleansing, grounding and renewal. It is a powerful healer as well.

CHAMOMILE for happiness and comfort in healing.

CINNAMON for increasing energy, welcoming luck, prosperity and motivation. Aids in healing.

CLOVE for dispelling and protections from negative energy. Also for intuitive enhancement.

CYPRUS for purifying and healing.

EUCALYPTUS for healing and protection. Clearing negative energy.

GINGER for protection.

HIBISCUS flowers rejuvenate the senses and restore life force.

JASMINE flowers for attraction, love.

Materials Cont'd

JUNIPER, with its ancient energy as well, is used for protection and blessings. It is used to invite more abundance and prosperity. It helps calm and purify the energy as well as bring protective qualities to the space. It's a detoxifier and immune booster and can promote good sleep.

LAVENDER creates a sense of peace and happiness. Combats insomnia, depression, grief and anxiety. It's used for bringing in blessings AND protection. It's also known to enhance spiritual connections and offer safeguards against darker, lower entities.

LEMONGRASS encourages clarity and focus. Used for purifying and cleansing.

MUGWORT (a variety of sage, sometimes called black sage) removes unwanted energies, brings clarity and deepens intuitive abilities. Also used for protection, especially when traveling. A powerful healing wood from South America,

PALO SANTO brings healing, peace and clarity of mind. It's believed to strengthen the immune system and relieve depression and anxiety.

PINE is great for grounding and purifying. Helps cleanse and clear one's mind and bring forgiveness to any situation.

Materials Cont'd

ROSE PETALS for beauty and grace. Harmony, love and heart healing.

ROSEMARY to remove and protect against negative energy. It's cleansing and invigorating and energizing. Attracts devotion between partners.

SWEETGRASS evokes a sense of trust, calm and peace. Brings blessings of Mother Earth's LOVE. It's braid represents Kindness, Honesty and Love or Mind, Body and Spirit. Invites good spirits.

THYME for purification, removing negative feelings and protection. Brings vitality, courage and eases the energy of sadness.



Materials for Specific Intentions

You can use any combination of the following materials along with Sage, to support particular intentions.

FOR DISPELLING NEGATIVITY: Cedar and Eucalyptus (dispelling negativity and protection), Rosemary, Clove and Mugwort (dispels negativity), Thyme (removes negative feelings)

FOR PROTECTION AGAINST NEGATIVITY: Cedar (for dispelling negativity and protection), Bay Leaves and Ginger (Protection)

Materials for Specific Intentions Cont'd

FOR PURIFYING/HEALTH: Amaranth, Bay Leaves, Blue Cornflower, Cinnamon, Cyprus, Eucalyptus and Ginger (all aid in healing), Cedar (grounding and renewal), Lavender (combats insomnia, depression, grief and anxiety), Lemongrass (clarity and focus), Chamomile (for comfort), Hibiscus (restore life force), Juniper (immune boosting, detoxifier), Palo Santo (strengthens immune system, relieve depression and anxiety), Pine (forgiveness, grounding, purifying), Rose Petals (heart healing), Rosemary (invigorating, energizing), Thyme (healing sadness, memory booster).

FOR PROSPERITY: Bay Leaves (success), Cinnamon (Prosperity and motivation), Juniper (abundance and prosperity), Mint (wealth), Patchouli (abundance), Pine (prosperity)

FOR LOVE: Blue Cornflower (sex, fertility), Lavender (self love), Rose Petals (beauty, grace, harmony), Rosemary (devotion between partners), Sweetgrass (trust, kindness, honesty, love), Jasmine (attraction)

FOR SPIRITUAL AWAKENING: Clove (psychic enhancer), Lemongrass (clarity, focus), Lavender (psychic enhancer), Mugwort (deepens intuitive abilities), Palo Santo (clarity of mind)

Where to Sage



You can sage anywhere, including around your body to get rid of, protect against or draw in blessings. Specific rooms and areas of your home allow for the free flow of energy while others contain the energy.

Rooms that tend to accumulate and store energy more easily include:

- Bedroom
- Home Office
- Bathroom
- Attic
- Basement
- Laundry Room

You can also sage objects, such as jewelry, clothing, crystals, statues, or anything that needs a cleansing.

Where to Sage Cont'd

Kitchens don't often need smudging due to the energetic process of cooking and because it uses powerful natural elements such as fire, water and earth materials.

Natural sunlight has the power to transmute energy, so rooms that do NOT get natural light may need extra saging while those that get lots of light may need less. Rooms with no windows need more smudging as the energetic flow in these rooms is low. Use these same principles for saging work spaces.

How to Sage

If you are saging a home, there are a few options of where to begin and you should choose which one feels right to you to start from. These options are:

1. Center, or heart, of the Home, may also be the Altar if home has one
2. Front Door
3. Space where energy feels most stagnant

Walk through the space and open any windows in areas you plan to sage. This allows the negative energy to leave. Beginning at where you have decided, light the sage. Once the sage has a flame, blow it out.



How to Sage Cont'd

The 4 basic steps to saging a space:

1. Declare your intent, either silently or aloud. This empowering moment of focus, trust and surrender is your expression of co-creation and love and is **IMPERATIVE** for a successful saging! Be as clear and direct as you can.

2. Invoke the help of spirit. One traditional way to do this is by gently waving the smoke in each of the 7 cardinal directions (beginning with the East, South, West, North, Above, Below and Center), This act serves as an offering and an energetic opening of the gates for the beneficial energy of each direction to flow toward you and lend its power to your saging ritual.

3. Clear each room or space by slowly waving the smoke into the air, starting at higher levels and flowing into all corners of each room. If using a sage stick, be sure to bring along something to catch the ashes as they fall.

4. Once you have cleared all the spaces, return to where you started, take a moment to express your gratitude and reaffirm your intentions and then extinguish your sage. When saging a person, use the 4 basic steps, but begin at the person's head/crown and sage around the body moving in a clockwise direction, then front/back and ending at their heart center. Ask the person to state their intentions and send thoughts of love and gratitude while you sage.

A Word of Caution

Before Saging, take into consideration if anyone living in the environment is an infant, may have allergies or asthma, respiratory problems or are pregnant. In these cases, it is wise to use an alternative that does not smoke, such as sprays made with elixirs or essential oils.

While Saging, it is important to use a flame-resistant bowl, cauldron or abalone shell covered with sand and charcoal blocks or cones. You can also purchase or create your own “smudge stick” as opposed to burning the loose herbs.

In any case, use caution to make sure ashes do not fall and catch anything on fire. Feather wands can also be used to help fan smoke in particular areas you are saging.

Just remember, no matter what materials you decide to use in your saging, the success of any ritual rests on the BELIEFS and INTENTIONS of the sager. The intention is the power.

Happy Saging!!