

Clear the air instructions

Supplies in kit:

- Smudge bundles: Cedar or Palo Santo & Sweet grass
- Quartz
- Tobacco

Supplies from your home:

- Fire proof bowl or shell
- Lighter

Clearing the air basics:

Clearing or cleansing the air is simple once you know how to do it. This is not a new age idea, it's been done for years all around the world. Some great times to clear the air:

- You move into a new home.
- You want to sell your home.
- You've had an argument in your house (phone arguments count, too).
- You notice your family is more irritable
- You've been thinking about performing a sage cleansing.
- You recently cleaned, decluttered, or organized your home.
- Someone in the house has been sick.
- You've had visitors (especially if there were negative emotions shared during the visit).

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How to clear the air

Clearing the air is easy to do. The most important part of this is **intention**.

Step 1: Gather the Required Items

Kits items:

- Bundle to burn: cedar, sweet grass, or Palo Santo wood.
- Tobacco
- Quartz

From your home:

- Fire-Proof Dish or Bowl or shell (to hold under the bundle)
- Matches or lighter

Step 2: Set Your Intention: Choose a simple affirmation (Fill this house with love, light and joy)

Step 3: Clear yourself first: In a well ventilated area, light the tip, let it burn for 30 seconds, then blow it out. **Always use caution when working with fire.** Direct the smoke towards your body starting at your feet and up to your head and then back again.

Step 4: Clear the air in your Home: Start in the lowest level and work your way to the highest floor, work from corner to corner, room to room. **Do what feels right to you. *You can't mess it up, so don't worry.*** Repeat your affirmation either out loud or in your mind as you walk through the house.

Step 5: Ending the Clearing: Either let the embers die out on their own or lightly rub them out in the fire-proof bowl or shell. Place tobacco and quartz in yard or potted plant. Let bundle cool. Put the remaining bundle back in the jar and throw it away signify the end of the negative energies that were in the space.

When you are ready to perform your next clearing, use fresh bundle or smudge stick. Clear as often as you like, let your feelings guide you.

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