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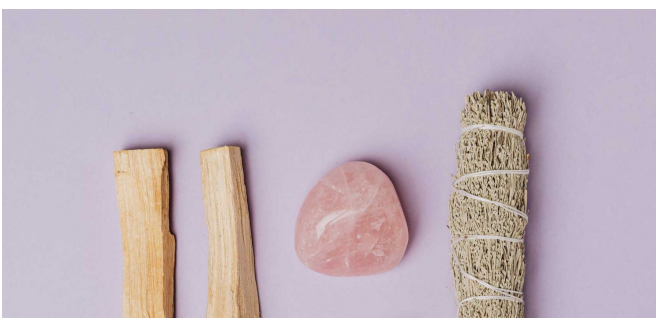
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1st Nov, 2020

Purify negative energy by burning sage & smudging

Protect your physical
space, emotional and
mental health by sending
bad juju out the window
— literally

Text: Jo





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You could light a candle. You could burn some incense. You could go crazy with the Febreze. But if you really want to refresh the scent and the energy in your home, you could opt for a spot of sage-ing. Not only will burning sage cleanse the air, but it will give you a body, mind and wellness boost, too.

Also known as ‘smudging’, the act of sage-ing dates back to prehistoric times and is the practice of burning of sage by itself (or with other plants) as a bid to purify and banish bad energy. [Native American tribes](#) were the first on record to carry out this ceremonial or ritual manner to get rid of any unwanted spirits while asking for blessings, prosperity, protection and more.

What actually is sage?

“Simply put, sage is an antimicrobial herb. When it’s burned it releases negative ions, which are linked to putting people into a positive frame of mind,” explains [Libby Cattalini](#), shamanic practitioner and sound therapist. Sage is also believed to contain medicinal properties that appear to improve brain health and guard against diseases like [Alzheimer's](#). [Some research](#) points to it being able to [help with depression and anxiety](#), [digestive troubles](#) and upset stomachs, and [preliminary research](#) suggests that usage could support mood and memory. Also, you don’t have to ‘just waft it about’. Libby has used sage in tea and applied it topically to assist in healing a wound.

White sage is the most popular type of sage to use for smudging, however, it’s important to note that due to the popularity of sage-ing, the product is being over-harvested. This is impacting the environment and the indigenous cultures who consider sage sacred, therefore it’s important to be mindful of



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There are various types of sage available, each with a different property. For example; desert blue sage is recommended for healing and cleansing; lavender sage is calming; desert sage can be used for protection, inner strength and purification; and black sage is your pick for visions and dreams. You can also experiment with [sage alternatives](#) such as rosemary, mugwort or eucalyptus. [Psychic Sisters](#) stock aura cleansing Abundance Mist (SGD 49), Abundance candle (SGD 83) and protection incense sticks (SGD 23), all available for global shipping through [ASOS](#).

Whatever you do, don't use sage from your kitchen — it isn't easy to burn, and it smells disgusting!



This is how you do it

Regular sage-burner, Libby, gives her tips for carrying out a smudging ritual:

- Open doors and windows to let the air to flow. The unwanted energy you're trying to clear must have a pathway to get out, while fresh air needs to come in
- Place your sage on a charcoal disk or burn loosely in an abalone shell (these work because of their shape, and they can take the heat).

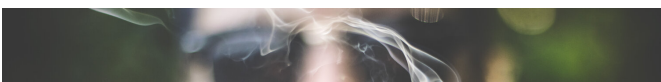


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clearing. A simple idea may be “I expel negative energy and invite good energy and people into my space.”

- Light your sage stick directly with a lighter or candle. Do not remove the cotton: it's what keeps the stick together. Allow the sage to burn for a moment, then blow out the flame so it starts to smoke. Hold the smudge stick directly in your hand, and with your other hand use a combination of the feather and blowing directly onto the sage (paper fans work if you don't have a feather)
- Start by cleaning yourself. Run your hands over the smoke then gently wave the sage around your heart and body from your head to your feet. Next, walk around the room, fanning your sage stick with a feather or fan to keep it burning. As you're walking, state your intention out loud or to yourself
- Start in the areas where you feel heavy energy, remembering to go into the corners and around objects or furniture that may be blocking the flow. Libby sages anything from second furniture, toys and clothing, as well as her plants and outdoor patio
- Finish once you feel the energy has cleared or you've worked around your space. You don't need to burn the entire smudge stick and it will keep for your next session. Offer the ashes to Mother Nature to recycle (don't extinguish with water as it may become soggy or moldy). Leave your windows open afterwards as the smoke is said to bind to negative energy and spirits to carry them away





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How often you smudge depends on you. Think about it like cleaning your house — high traffic means you have to clean it more often. Once a month should keep you on top of things, although you can do it more frequently. Also, note that sage-ing is not just for cleansing spaces; the practice can also be used on individuals or groups of people, too (we're talking about those giving off bad juju).

“Negative energy attaches itself to people just as it does to places,” Libby confirms. “If someone in your life is giving off bad vibes you can smudge before and after they come over — both as a protector and a clearing” “I believe in setting the energy, inviting people into a calm and clear space, and clearing the energy once they leave.”

Over time, you'll get a feel for what it's like to have clear energy. And who doesn't want a bit of that?

To find out more about Libby's work, including [Into the wild](#), the new outdoor nature connection and sound meditation sessions for adults at [Wildlings Dempsey](#).

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