

## **RECOMMENDATION: Sage your Environment.**

What does that mean?

White Sage is an evergreen perennial shrub, native to SW US and NW Mexico that has been used by Native Americans as a spiritual cleansing agent. The smoke of the burning (smoldering) sage may be likened to a carrier wave in broadcasting, functioning as a conduit for intentions of cleaning and clearing of negative energy, thought patterns, memories, etc. The rising smoke may be thought to carry prayers for cleansing and forgiveness. ~ Physical items in our dwelling places tend to acquire and hold on to emotional charges (not unlike a battery or magnet), and to release and cleanse these charges, the physical activity of "Saging" has been found useful.

It is important to use ONLY White Sage- rather than Sage+Lavender, Sage+Cedar, etc. Since burning 'undiluted' White Sage accesses the Morphogenic Field of Clearing and Cleansing.

### **PROCESS:**

Take the sage (as incense or smudge stick) and set the end on fire, then let the fire die out, where it just smolders, and walk it around the inside of your home, (and office if possible, vehicle, etc. – wherever you spend time). You can be as thorough as you like – going into all rooms, closets, etc. and let the smoke waft up into the corners of the bedrooms, living room, etc. (front seat & back seat of the vehicle...).

You need not make the area smoky – "A little goes a long way".. and after you've walked it through the living quarters, if it is still burning, you can Sage the front door area – and back door area.. ..depending on how quickly you walk –

Again – you need not smoke up the place – just a bit is fine.

IF you have more and want to, feel free to walk around the outside of the house/apartment – even to the point of walking around the perimeter of the property.. (or car, truck, etc.)..

On behalf of ourselves and your Higher Self, **Thanks for Saging!**