



Video Transcript

The Art Of Smudging Energy Clearing For Your Space

Hi, everyone. My name is Colleen McCann, and I'm here to talk to you today about the art of smudging. First of all, what is smudging? In basic terms, it's when we're taking some type of sacred herb and lighting it on fire. And the reason we're doing that is herbs carry energy to help shift the energy around people, places, and things. I'm going to review with you some of the different herbs that you can work with and two different ways that you can actually light up. And the first thing I want to talk about is smudging is a practice that happens all over the world in all kinds of different cultures, different energetic practices, spiritual modalities. And it's really interesting that if you go looking, you can find a smudging practice somewhere within your own heritage or spiritual lineage that you follow. Now, I know now we can get anything from anywhere in the world pretty rapidly, but 5,000, 10,000 years ago when people were smudging their spaces and smudging people, they would use the localized herb that they had. So that's something to talk about. I'm going to go over a few of these and tell you where they came from and what they mean. But I mean, there's, there's so many resources about all kinds of different herbs from around the world you can work with. So I'd tell you when you're looking to find yours, first of all, you might want to work with the herb that is helping you with what you're trying to achieve. Meaning we have herbs that clear space. We have herbs that might settle anxiety. We have herbs that call in love. So you might want to look at this in a very practical way of what are you trying to achieve doing the smudging practice? The other pieces, there might be something that's attached to your lineage that you're working with, or you really just might want to work with something that is in the environment where you are currently living.

So that's just some basic tips and trips when you're trying to figure out what you want to work with. So let's talk about a few things on the table. We have cinnamon. Yeah, right from your kitchen. You can actually light cinnamon on fire if you didn't know that. We have Palisanto, and a bunch of other wrapped herbs that I'll get into. I want to teach you how to light these things on fire. And this is something I've been super excited to share about because I love lighting things on fire. So first, let's talk about the ones that are not wrapped up.

And the reason they're wrapped up is because of the way that nature grew them. These other pieces are in small bundles, which is why they have the white wrapping around them when they get dried out and then packaged and sent to whoever needs to use them. So let's start with cinnamon.

I'm going to take this.

There we go.

So why are we lighting cinnamon on fire from our kitchen? Cinnamon actually helps to call in love. This is something that you could burn in your bedroom, burn around your lingerie, burn around your love altar.

So you have that right there in your kitchen to cook with. You might as well use it for spiritual practices too. It's a it's a tozy.

Then we have Palisanto, which is from South America, Palisanto translates to Holywood, and it's a tree resin.

So when I'm burning herbs,

I like to hold it at an angle. If you hold it too far up. Did you see that?

You hold it too far up. You're gonna burn yourself.

Here we go. We just want to get it going.

I also I'm lighting a lot of these things on fire because I want you to see how differently they burn. You could tell cinnamon was a really slow burn. If you wanted to burn a whole cinnamon stick, it would take a while. Palisanto also lights up very quickly and also extinguishes very quickly. The smells of them are incredibly different. I'd also tell you that it's important to think about the fragrance, too. Some people, if that's how you pick your sacred herb you're working with is intuitively the smell that resonates with you, That's also another amazing way, besides picking by what the spiritual or energetic lineage you work with, picking from where you come from, picking what your ancestry is. There's all different ways to choose the one that works for you.

Now, let's talk about the bundles. We have several different bundles here.

I'll talk about a couple of them. We have cedar, this giant bundle right here, and rosemary. These come from my shamanic lineage, which is Celtic.

And rosemary and cedar are both used as protection herbs and to kind of help clear the decks, the energetic decks in a space. We also have here lavender, which is incredibly calming. We find lavender all over the world.

So many, many different lineages probably work with lavender because it grows near them.

And the last one I'll talk about here is sage. I think everybody knows this one. This is the big popular one. And when you see herbs coming in bundles like this, it's because they were hung upside down and wrapped really, really tight and dried to be in this format for when you get it at home. Now, what I've watched people do, and again, I'm talking always, always, like, all of my energetic practices, I'm a Virgo, so I'm like incredibly practical. I want to do everything practical and without a lot of waste. I'll see people light up, if you will, and they're using the whole piece, right? We don't have to do that. Let me just, let me just show you what I see people do. And to honor the plant and the use of the plant, we don't need to light the whole thing on fire. Now, if you were clearing like an incredibly large space, yeah, I'd want you to use the whole thing because you need more smoke. So, but for at home, you don't need to do this. You don't need to light this whole thing on fire. Incredibly, incredibly wasteful and disrespectful. What I would encourage you to do, just tap that out a little bit, is I want you to unwrap the bundled herb that you choose to work with, just like so. And we're actually going to pull it apart a little bit so that you're just taking a few sprigs off the end like this. You don't need to be wasteful. And now you have this whole thing to use. I mean, honestly, this could, depending on how much you clear the energy of your space, yourself, and your objects, this could last you a while. So I'm going to go ahead and light this on fire, but I want to give you some tips and tricks on lighting up. And I'll speak about really yourself, objects, or the space, that you're doing this because you want to clear energy, you want to energize the space. You want to shift the vibe of something, right? that's why we're lighting up and it's really important to remember that you need that energy that you're kind of kicking up with the sacred herb that you're using you've got to have an exit strategy you need to give that energy somewhere to go imagine you're in a closed house and you start sweeping and you're coughing and sneezing because the dust is being kicked up and it doesn't have anywhere to go. So what I'm going to advise to you before you light up is to open windows or doors before you do so so that that energetic dust that got kicked up has somewhere to go. That's our exit strategy. And I, of course, like to say a mantra when I'm doing this. Any energy that is not mine or my highest and greatest good, get out. And I tell it where to go. I tell it to leave through the window. I tell it to leave through the door. I tell it to leave off the objects or myself or somebody else that I'm using the herb with. So I'm going to do a demonstration. Remember, we're just using this little piece. And it's also important to really understand your herbs, right, because like some of them light up like a Christmas tree. Sage is one of those.

Here we go.
And we just want to get the smoke a little brighter.
And then, right, I can sage myself,
I could do this to an object, right? I'm clearing the energy or
I can do it to the room.
Now remember, I'm kicking that energetic dust up. So I'm going to make sure I'm
doing this with the door open and
I'm saying as I'm walking around my space any energy that is not mine or of my
highest and gray is good get out exit through the door please so this is a basic
smudging practice that I shared with you so let's sit that over there Now,
I'm going to take you, we did the 101, let's go over to the 102. And that's
working with resins. I get asked all the time in my practice about working with
resins by clients. So I'm going to walk you through this. This is an incense burner
and has a little top on it. And you can see in there a little platform.
And this is frankincense, which comes in the form of resin.
It almost kind of looks like little, kind of like little candies or something. And
you're only going to take one of these at a time to work with. And we burn
frankincense to call in strength into our lives.
So
the first thing you need, you need some accessories with this practice is you're
going to need a charcoal disc and they come in these packages of 10.
Let me get one out here and show it to you like this.
And we're going to sit this on the platform inside the incense burner and we're
going to first light that on fire because we need to heat it up.
We're just going to touch the edge, just the edge on one side
and get it going.
And it makes noise if you've ever lit sparklers on fire at the 4th of July.
It makes a little noise like that.
And you're watching little sparks go from one side to the other of the charcoal
disk because we need the disc to be hot to put the resin on top of it.
We want to make sure that
we see those little sparks travel from one side of the disc to the other, which
it's doing. Okay.
Okay.
So the next thing we're going to do is to place one of these pieces of resin
on top of the charcoal disk. Just like that. Now,
I need to stoke the fire and move this along a little bit, so I'm going to use
my breath, just like I would if I was building a fire outside and blowing on it,
right, the oxygen is going to cause the fire to increase.
And when I blow on it, you're going to start to see that the disc will have like
a red, orange, ember glow to it.
Okay, you can see it's starting to smoke a little bit. We need to be patient,
patient with this practice.

Okay, a little bit more. It's definitely getting going.
All right. There we go. Now it's happening. So we're going to put the lid on it.
And as you can see, the smoke will start to rise out of the holes on the incense burner. And this is something if you did choose to leave on a flat surface in your home, you can do that. And instead of holding some of the herbs in your hand, If you were smudging people, places, or things, you can then walk around your house or other space and do the same thing, right?
And that will burn for a while. Obviously, depending on the size, when you buy a bag of resin and The resins we most commonly see use are frankincense and then copal. So you could burn,
let me get two different sizes here. So, you know, again, I'm asking you to be practical and not wasteful and respect what you're using. You could use a piece of frankincense resin like this or a piece of frankincense resin like this. if we have a smaller area to shift the energy.
I'm asking you to use a smaller piece to be respectful to the practice.
Okay, so we did the 101 and the 102 of smudging. I hope this was helpful.
You can check out so many more videos I did with Gaia Goddess on different subjects like crystals and taro and having full moon fire ceremonies. I'll see you soon.