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The Smudging and Blessings Book: Inspirational Rituals to Cleanse and Heal

Jane Alexander

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For millennia, Native Americans have burned sacred plants in a bowl or on a stick to clear space of negative energies and restore balance. These simple smudging rituals can change your life, too. Learn how to combine smudging with other ancient techniques to promote healing or to turn your home into a spiritual sanctuary. Celebrate a baby’s birth with a gentle blessing that welcomes a new soul into the world. Begin each morning with a simple cleaning so you’ll sail through the day with confidence and hope. This natural power is available to everyone.

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