

“Smudging”: A Cleansing Ceremony

The word “smudging” means to build a small smoky fire to drive away any negative energies, thoughts, or feelings.

- To give up any negative energies, thoughts, and feelings
- To begin in a good way, with a good heart, with a receptive spirit, with an open and clear mind, culminating in “one mind”
- To cleanse ourselves mentally, physically, emotionally and spiritually
- To offer our tobacco in prayer for our Creator to cleanse these and return renewed energy

The items used in the Sacred Smudging Ceremony are:

- A small bowl or shell from the waters of Mother Earth to build the fire
- One sacred medicine or a combination of sacred medicines: tobacco, cedar, sage, sweetgrass are placed in the bowl
- An eagle feather is used to help our prayers rise on the smoke and be taken up to the creator

The Smudging Prayer

(we say this quietly as we smudge ourselves)

I wash my hands with the medicine smoke and say:

“Creator God, cleanse my hands that I may always do good work for you and that my hands will not harm another person.”

Cupping the smoke with my hands, I draw the medicine over my eyes and say:

“Creator God, cleanse my eyes that I may see the situations clearly so that I may see what needs to be done to help that other person.”

Cupping the smoke with my hands, I draw the medicine over my ears and say:

“Creator God, cleanse my ears that I may hear what is really being said to be able to help another person.”

Cupping the smoke with my hands, I draw the medicine over my mouth and say:

“Creator God, cleanse my mouth that I may always speak good words and that they not harm another person.”

Cupping the smoke with my hands, I draw the medicine over my mind and say:

“Creator God, cleanse my mind that I may not have any negative thoughts; only good thoughts.”

Cupping the smoke with my hands, I draw the medicine over my whole body and say:

“Creator God, cleanse my whole body that I may not have any negative feelings.”

Cupping the smoke with my hands, I draw the medicine over my spirit and say:

“Creator God, cleanse my spirit that I may be receptive to the teachings.”

Cupping the smoke with my hands, I draw the medicine over my heart and say:

“Creator God, cleanse my heart that it may not be heavy.”

"I place all negative thought and feelings unto the rising smoke and I ask the Eagle to carry these to you for your cleansing and ask you for renewed energy.

Miigwech"