



# I.P.A ADULTS

## Make a Smudge Stick



Smudging uses handheld bundles of dried herbs and flowers, which are then bound in twine and burned. The smoke is said to help purify the air and invite good energy into the home. It's also a great way to put those herbs leftover from the summer growing season to use.

When burned, smudge sticks give off a resinous smoke, which is said to burn up toxic energy and bring things back into balance. While frequently used to cleanse places, smudging can also be used to cleanse people and objects. Aside from an increased sense of calmness, the benefits also include increased well-being, clarity, optimism and physical energy. We at I.P.A use a white Sage smudge stick for cleansing houses and items for protection.



### Ingredients

4 - 5 rose buds or lavender sprigs  
Roughly 15 sprigs of fresh herbs,  
like Rosemary, Sage and Thyme  
Scissors  
Twine

## How to Make Your Own Smudge Stick

*with white sage & wild herbs*



### Instructions

Start by trimming your flowers and herbs to size. Secure a long piece of twine around the base of your herb bundle and continue wrapping it until you reach the top. You want to make sure to wrap the twine as tightly as you can so that it stays bound when the flowers dry and shrink.

When you reach the top, tie your twine securely and trim the excess. Trim off any herbs that happen to be sticking out of the bundle.

Set your smudge stick aside and allow it to dry for at least two weeks.

To use, light your dried smudging stick with a lighter or match.

Starting at the Eastern most room of your home, circle around the room clockwise, wafting the smoke as you go.

Continue moving in a clockwise direction through the rest of your home, purifying each room similarly.

Finally, extinguish the smoke under either running water and set it aside to dry. You can reuse the same smudge stick until there is nothing left to burn.