

## SMUDGING YOURSELF!

You know that we just love to use that sage to smudge everyone and everything!

We want to make sure that you adopt smudging into your personal routine and a great way to do just that is to smudge yourself at least once / week. Why do this?

As you know from our *mindful matters* classes, your Aura is like a sponge, sopping up all kinds of energies, both positive and negative, while you go about your daily routines. No wonder we feel drained at night and ever wonder after a good night's sleep that we still feel down or drained? Well, you may have rested your body but your Aura isn't changed at all by sleep.

In the spoon bending class, we have some fun learning how to clean our Aura through some meditations. One great way as well is to smudge ourselves. Maybe on Saturday morning before your shower (so you don't smell like sage the rest of the day or, if you like the smell, go for it) or on Sunday evening before you start your work week, you can smudge yourself.

Remember that energy travels through you from left to right. So, just like when you were smudged during the Reiki classes, you can follow the same routine. It may be easier to sit while you do this.

- Light the sage in a vessel
- Hold the vessel in your right hand
- Say your intention to yourself
- With your feather, hand or something else, start to fan the smoke and moving it slowly down the side of your head and then over your extended left arm (you can bend it a bit if you need to)
- Continue down your left side to your left foot. Raise it (which is why you should sit because falling over and accidentally lighting yourself on fire with the sage cinders wouldn't be good)
- Bring it up and down the front of you and then pass it to your left hand
- Now continue on under your right foot and continue on up the opposite way on your right side
- Now doing your back can be tricky and so you don't dump the sage by twisting your hand, simply place the vessel under your chair and let the smoke waft up around you.

- Enjoy and be thankful the calm moment and make a mental note to follow the Reiki principles 'just for today.'

To demonstrate how all this works, for one week, smudge yourself at the beginning of the week and then use an aura cleaning exercise when you shower each day.

You'll be surprised at the effect!