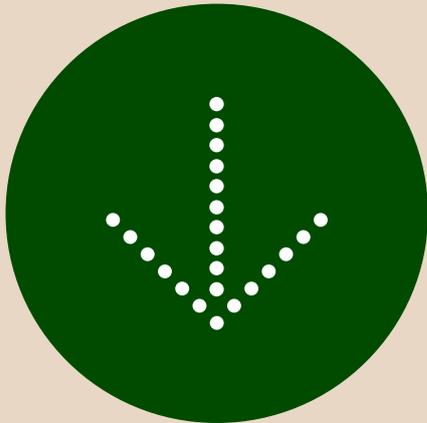




FARMHOUSE

UNCOMPLICATED ORGANIC SKINCARE

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pages 2- 5 for
detailed
information on
each herb!



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SACRED HERBS FOR SMUDGING & CLEANSING

According to countless ancient ways of knowing, all plants possess a sacred spirit...a spirit that goes well beyond, and vibrates deeper, than its physical constituents.

It is this pure and hallowed nature of plants (and our inter-connectedness) that has led to their traditional/medicinal use in:

- healing (physical, mental, emotional, and spiritual)
- cleansing (a space or our bodies)
- consecration
- guidance
- protection
- community-building
- altering, or shifting, consciousness
- religious ceremonies
- personal exploration

Contrary to popular thought, the use of plants for these purposes is not a new idea...nor is it new-age, super hipster mumbo-jumbo. We are drifting further and further away from the ways that connect us to the plant and animal spirits we share the earth with. We are losing our understanding of the physical things around us connect us to the spirit of life, people nature. Burning & Smudging is rather, a collection of methods humanity has used for millennia in order to maintain connection to the Earth — and to the spirit world as well.

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☐ SAGE (SALVIA SPP.)

The best known ceremonial smudge plant is sage. Some claim it can change the mood and energy of a room so it is commonly burned after a fight or when someone is upset. It is also used for meditation, cleansing, and purification. Sage isn't just known for being an antibacterial, the smoke from sage to use to cleanse, bless and heal, remove negativity from an object or person being cleansed. Sage is unique because of the many different types and scents ...From White Sage, Common Sage to Desert Sage and for those who may dislike the scent of White Sage, Desert and Loaded sage mixes are the best alternative for the hints of woody and sweet scents which is for cleansing, balance, strengthening. Sage with many other Herbs as well, which simply adds the additional benefits to your normal smudging/cleansing routine. There are many herbs for smudging. The essence of these herbs goes beyond the obvious use of these plants and vibrates deeper than its physical benefits and constituents. The pure nature of plants has led to people loving them for their traditional/medical use in smudging and cleansing. Named the best herb for protection and purification during smudging. White Sage is known for its antibacterial properties as well as the traditional value, used by Native Americans for centuries for clearing negative energies of spaces, people or objects.

☐ JUNIPER (JUNIPERUS MONOSPERMA)

In some places Juniper was burned for ritual purification of temples, and to avoid illness during plague outbreaks. In modern times it is used to invigorate the mind and body when tired.

☐ CEDAR (THUJA SPP.)

Cedar is a medicine of protection. Cedar trees are very old, wise and powerful spirits. Cedar is used as a name for a number of different genres of trees and shrubs. The primary ones are Cedrus, Thuja, Libdocedrus and Juniperus. The Junipers are not truly Cedars (scientifically) but are used as such by many people. Keep in mind that these scientific names have little meaning to the people using them as medicine in traditional ways. Cedar is known to be used commonly for beginners, it's also known to be used commonly along with white sage. Cedar is a very slow burning and perfect for full smudge rituals as well. Traditionally, Cedar has been used simply for Renewal and Protection and grounding. In many cultures cedar is a sacred plant. People have used it to drive out negative energy, bring in good influences, and even to bless a new house when people are moving in.

☐ LAVENDER (LAVENDULA ANGUSTIFOLIA)

The dried flower buds of lavender release a light, refreshing scent when burned. They have been used to bring peace, restful sleep, and happiness. You may like to burn lavender to combat insomnia, depression, grief, sorrow and anxiety. Lavender is known to help encourage a restful night's sleep as well as peace of mind, relaxation and happiness. Lavender is unique cleansing tool, actually, when you burn lavender petals along with the stems, the lavender scent is simply increased as it burns, It's a lovely scented combination with Blue Or Desert sage.

☐ ROSEMARY (ROSMARINUS OFFICINALIS)

Rosemary is known to be soothing and encourages a sense of peace within your environment. Rosemary also removes negative energy from places and spaces because of this, Rosemary is known to be added into a mix with Sage Bundles.

☐ MUGWORT (*ARTEMISIA VULGARIS*)

Used traditionally to cleanse energies and get rid of negativity, mugwort also has a reputation for stimulating dreams. Therefore, many burn it before bedtime. The herb brings clarity deepens intuitive abilities as well as removes the unwanted energy.

☐ MYRRH (*COMMIPHORA MYRRHA*)

Myrrh is a bit more common, you may find it in your toothpaste these days, and is a resin from a nearly leafless middle eastern shrub. Ancient Egyptians used it for healing and to embalm bodies. These days many use it for meditation, spirituality, happiness, transformation, strength, confidence, and stability. The resin Myrrh is mentioned in religious context For Christians, Muslims and Jewish context, This resin is known for enlightenment, healing, and grounding. The Oil and Resin alike is known for having a familiar earthy scent.

☐ FRANKINCENSE (*BOSWELLIA SPP.*)

Frankincense is the dried resin of the African olibanum tree. You may have heard about it at Christmas-time with myrrh and gold. It has a long history of association with meditation, healing, cleansing, and protecting the soul. At one time, frankincense was more valuable than gold, Also mentioned in holy text, the frankincense is used to cleanse and Its benefits when used for smudging include reducing stress, easing tension and reduces headaches. This tree resin is considered to cleanse and protect the soul.

☐ COPAL (*PROTIUM COPAL*)

This is tree sap from Mexico that is similar to Frankincense. When burned it has a crisp, clean, sharp scent that is almost citrus-like. Copal is sacred to the native peoples of Mexico, as it is a gift 'pleasing to the gods.' Because copal is the blood of trees, it is offered to honor the enormous gift given to us by all of the tree people of our planet. Burning Copal is best done on Charcoal Tablets.

☐ BAYBERRY (*MYRICA PENNSYLVANICA*)

Bayberry is another plant we associate with Christmas. The wax from the bayberry shrub releases a delicious smell when burnt.

☐ SWEETGRASS (*HIEROCHLOE ODORATA*)

This is one of the most sacred plants of the Native Americans. Sweetgrass is the grass that you find braided at the store. When burnt it is sweet and light. Burning sweetgrass often follows burning sage. Also called Seneca grass, holy grass and vanilla grass. This very special herb's sweet vanilla-like scent is the breath of the Earth mother, bringing the blessing of Mother Earth's love. Sweetgrass is burned to remind us of essence of the feminine and that the earth provides us with everything we need. Sweetgrass can also be unbraided or trimmed with a scissors into small pieces and sprinkled on hot Charcoal Tablets. Allow the sacred smoke that follows to wash over the subject of the blessing. The sacredness of the sweetgrass herb then sustains the smudging process. Use a smudging feather if you need to douse the flame or promote more smoke.

☐ CINNAMON (CINNAMOMUM VERUM)

Cinnamon is known for increasing energy and motivation and it even aids in healing. Burning cinnamon is best used if you have a cold or flu. The essential oils in cinnamon help relax & soothe you and can even make you feel a little better.

☐ ALLSPICE (PIMENTA DIOICA)

Allspice is used for used for attracting positive energy, determination, and uplifting one's spirit. Allspice Berries are used for drawing good money luck in business and gambling.

Additionally they can be used for healing work and bringing about peace of mind.

☐ CLOVE (SYZYGIUM AROMATICUM)

Clove used to drive away hostile, negative forces, for Psychics, this herb is known as the Psychic enhancer. It is also used to produce spiritual vibrations and to purify the area. Cloves are claimed to attract superior luck, halt gossip and support friendships. Cloves have also been applied in banishing evil, clearing one's head and protection. Burn the cloves for dollars and also to travel away hostile and adverse forces. Burn cloves to create positive spiritual vibrations as well as for purification of location. After burning the Cloves, one may throw a handful into a pot of water and simmer it slowly to fill one's house with the Cloves' magic. Some believe that adding Cloves also ensure that you magical intention is realized. Put on an amulet to remove negativity and hostility. Include prosperity incenses to attract riches. This herb promotes memory in exams. Add a sachet with mint and rose to help one sleep soundly. Whole Cloves have also been used in healing as oral anesthetic, antiseptic, antibacteria and as a digestive aid.

☐ BLUE SPRUCE (PICEA PUNGENS)

Blue Spruce is rare & least commonly used for smudging cleansing however, much like Cedar, Blue Spruce has a very welcoming scent known to used for cleansing purposes for serenity, grace and nobility.

☐ BAY LEAVES (LAURUS NOBILIS)

The aromatic essential oil in bay leaves, while smudging is known to work as a mood booster. The Bay leaf has multiple uses from protection, healing and calming to success, victory and being an anxiety reducer.

☐ PALO SANTO (BURSERA GRAVEOLENS)

The name Palo Santo translates to "Holy wood" best when used for deep healing and clearing energy. Its benefits include relieving the symptoms of headaches, inflammation, emotional trauma, stress, colds and much more. Palo Santo has a citrus- like scent. Palo Santo is used in South America in much the same way as White Ceremonial Sage is used in North America- to combat negative energy and to cleanse the space. Palo Santo is different than many of the other smudging materials as it is fragrant in its raw form and does not necessarily need to be lit, though it usually is when being used for ceremonial purposes. Burning a stick or two can help if you move into a new house, believe you might have a ghost. The smoke should have a purifying, grounding effect that might even increase your focus and good fortune, which is why some people like to light a stick while meditating.

□ ABALONE SHELL

While smudging its best to use a flame resistant bowl. The abalone shell has been used for centuries for its durability and flame resistance and this shell can be used with or without a stand to protect surfaces from heat damage while smudging. In the event that you do not have an Abalone shell, a simple ashtray or other flame resistant bowl will serve the same purpose.

□ BIRD'S FEATHER

It is traditional to use a bird's feather (imitation bird feather) to brush the smoke over the person or object being blessed. It is important to use the underside of the feather to wash the smoke over the object of blessing. It is the underside of the bird and its wings that face the Mother Earth as it flies and it is this surface of the feather that offers the blessing medicine of the bird. The main reason for smudging with feathers, is due to the fact that birds are revered by native people because of their closeness with The Divine. The spirit of the bird is believed to come through using their feathers in the fans thus connecting the Divine Spirit with Mother Earth during the cleansing ceremony. The feathers actually move the energies from the Aura Body through the sweeping motion, much like that of a bird in flight. This representation is so beautiful and very inspiring as one learns to connect with all of Mother Earth through ancient ways. Using the feather, spread the smoke all around yourself first, then over what it is you are cleansing. Next, walk about the area, person or object you are smudging, fanning the smoke. This clears negativity, cleanses, focuses and purifies that which is being smudged.