

How to smudge your home

Smudging your home with sage, Palo Santo or other tools, resin or, herbs or wood is a beautiful and sacred practice.

The popular practice is to clear out old, heavy energy and welcome in something fresh and light. If you're feeling stuck, your space feels off, or you just want a fresh start, this ritual can help shift the energy around you. Here's how you can do it:

1. Prepare Yourself and the Space

Take a moment to breathe. Close your eyes if you need to. This isn't about rushing things it's about being present.

Set a clear intention for the cleansing. What do you want to release? What do you want to invite in?

Something like: "I cleanse this space of all stagnant and heavy energy, and I invite peace, clarity, and love to fill every corner."

Open a few windows or doors. This gives the energy a way to leave your space. You don't want it bouncing around so let it flow out.

2. Gather Your Tools

You'll need:

- A sage bundle (white sage is traditional, but you can use other herbs like cedar or rosemary if they resonate with you).
- A fireproof bowl, an abalone shell, or even a simple ceramic dish to catch the ashes.
- Matches or a lighter.
- Optional: A feather or your hand to gently guide the smoke.

3. Begin the Smudging Ritual

Light the Sage or your bundle. Hold it at an angle and light the end. Let it catch fire for a few seconds, then gently blow it out until you see smoke rising.

Start at the Entrance. Begin at your front door, that's the main portal... a door, a space, a crossing between two spaces is a portal.

That's where energy flows in and out, so it's a powerful starting point. Move through the house in a clockwise direction.

This is symbolic, it invites harmony and completion because we are used with a specific order.

Direct the Smoke with Intention. Slowly guide the smoke into the corners, around windows, doors, and even hidden spaces.

Trust your intuition it'll tell you where to linger a little longer.

Speak Your Intention Aloud. This part is personal. You can say something simple like:

“I release all negative energy and invite peace and light into this home.”

Or make it your own. What matters is that your words come from the heart and not from a space of fear.

I'll circle back to this idea later in this material.

4. Closing the Ritual

Once you've moved through the entire space, return to where you started. Thank the energy, the sage, and your home for receiving this cleansing.

Then extinguish the sage by pressing it into your fireproof bowl. Don't use water unless you're done with the bundle, it can make it hard to relight.

5. After the Smudge

Take a few deep breaths after the smoke is cleared. Sit for a moment in the stillness.

Can you feel the shift? The space will feel lighter, calmer more yours.

Leave the windows open for a while to let the air clear completely.

Repeat whenever you feel called to. After a stressful day, during a new moon, or just when you feel the energy could use a little more love.

That's it, enjoy.

The Next Level Smudging

Well, this the extended version of the practice which can't be found in books so pay attention to the process.

Using the following methodology, you can consciously store, convert and use non preferred energies in a more positive way.

Back to the mechanics of it.

First of all, energies can't be destroyed only converted, transformed, alchemized.

Second, we can interact with energies (and entities) which are a match or in the range of our own frequency, at the same level (or above) as our vibration.

If we generate, or better yet, if we operate from a low vibration state, then we can pickup and interact with low-vibe energies, energetic parasites which some times find their way into our physical body as ill manifestations.

A high vibration entity which operates from a high frequency bandwidth, we can call it a dimension, is not “visible” so to speak to low vibe frequency entities. So the main question if you are dealing with such experiences is to ask yourself, why low vibe entities “feel comfortable” in your house/home or in your energetic field, your awareness, your body? And work from that point.

Working on yourself is one thing but when it comes to “home”.... “the thing is a bit more complex” because your own home/house has its own consciousness, an unique energetic signature like a family egregore so to speak... and even if it serves the owner, the current occupant(s) of the house it can take some conscious decisions on its own, like hiding the car keys or block doors or even trigger the doorbell or cut power off...

The entity of the house can collaborate with other entities to serve various purposes. No entity can exist in a house or home if the entity of the house doesn't allow it, in a similar way as we live on mother earth.

That being said, make your home a temple, be aware of, acknowledge it in a more conscious way because your home will assist and help you up to the edge of physical manifestations.

What energies reside in my home?

Your home will work with the energies you and others invite/bring in.

The house can do its own magic or energetic manifestations in physicality through the use of vortices, air currents, smoke, Hartmann lines so on.

Static energies from the corners, residual energies, frequencies and vibrations all can be manipulated in a subtle way by the entity of the house.

Have you ever experienced the heavy energies when visiting someone else's home, or maybe a clean, uplifting, welcoming energy when visiting another's home?

Some use Fengshui to manipulate home's energy in a constructive and positive way, the strategic positions, materials, angles and attributes of objects can direct the flow of energy in space, in one's home.

There is so much more behind smudging or "smoke-cleansing" the house.

Anyway, back to the main idea....

Why smoke? Why entities are reacting or interacting with smoke?

It is not just smoke, but the properties involved too.

Air and smoke are mediums which can embody forms or aspects of consciousness.

For some specific entities or energies it is easier to manifest in physical reality as smoke because it doesn't require a denser structure. A denser structure means more energy into organizing that structure and keeping its form ... but about that I'll write with some other occasion.

Here's a twist in perspectives, a wonderful approach which is not popular among practitioners of magic of any type.

Instead of moving the energies at the edge of your property you can make use of them. Sounds interesting? Remember? Energies can't be destroyed...?!

When in a place of fear: I'll do the cleansing and smudging and prayers because I believe some parasitic energies are draining my energy. Because you say it with such a powerful conviction, then reality is created and you will experience exactly that.

What does this tell you? Are you a creator of your own reality or a victim of circumstances?

So? how to use what you may define as a negative energy in a positive way?

Let's take it step by step shall we?

because it is not your basic beginner magic nor sweep cleansing

First we will need an additional tool or some materials to build it right now... like black obsidian, some copper wire and a lot of love.

If don't have an orgone device or you never used one, this is something similar

Materials

- Copper wire (16 gauge or thicker recommended)
- Obsidian stone (approximately 1 inch in diameter)
- pliers which will be used for bending the copper wires
- a chair (or a table small enough so you can easily move around)

Instructions:

Cut the copper wire in four pieces, each approximately 12 inches long.

Form the pyramid base. Bend each piece of wire into an L shape, with each leg of the L being approximately 3 inches long.

Assemble the pyramid. Arrange the four L-shaped wires to form a square base, with the ends of the wires overlapping at the corners.

Secure the base. Use pliers to twist the overlapping wire ends together at each corner, creating a secure square base. If you can estimate a 45deg of the bended wire it is amazing, if not, it is still ok.

Create the pyramid's edges. Bend each of the four wires upwards, forming the edges of the pyramid.

Attach the obsidian stone. Position the obsidian stone at the tip/apex of the pyramid, where the four wires meet.

Secure the stone. Use pliers to gently bend the wires around the stone, ensuring it is securely held in place. Or, (optionally) use glue to deal with that.

Adjust and refine. Make any necessary adjustments to the wires to ensure the pyramid is stable and the stone is as much as centered.

Place on the chair in front to the opened door. Place the finished pyramid on a plain surface, such as a table or chair, to act like an energetic "trap" if you will.

Additional considerations

You can adjust the dimensions of the pyramid and the size of the obsidian stone to your liking, while maintaining the approximate proportions based on the golden ratio (1.618).

Consider using thicker gauge wire for larger pyramids to provide more stability.

Ensure the obsidian stone is securely attached to prevent it from falling off.

A handle can be attached so you can move the device in tight corners of your ceiling.

So, now we can move to the next magical device we will build... and for that we will need Palo Santo stick and either a sigil or we draw the symbols directly on the stick

Materials

- Palo Santo stick
- the sigils on a piece of paper (optional)
- a pencil, blue, red, green or orange to draw the symbols in the Palo Santo stick

Instructions:

If you are using thin incense aroma-therapy Palo Santo use the paper method instead

Draw this sigil on the Palo Santo stick, it doesn't matter where you draw each symbol
It could look similar to this

Before anything else, before burning anything, place a chair or a piece of easy to move furniture in front of the open door, light up your Palo Santo for fumigation, walk all over your property inside-out if necessary.

With a feather or your palm (never blow directly in corners) wave the smoke in all corners, clothing, if you have pets inside, their habitat... so on.

You are using incense sticks or other forms of incense/fumigation which doesn't allow you to draw symbols, use the paper method and you will burn the paper at the very end when you are almost done with smudging your home.

If you feel more comfortable using a different sigil, feel free to use your own creation or [this one](#)

The flow of energy is from within, from inside the home towards the door so, there is where we need to place the chair with the magical device you just made.

And unwanted energies are stored in the stone placed on the apex of the device. The crystalline structure of the mineral/stone makes it difficult for the denser energies to "escape" as it needs to disperse itself in specific orders, therefore chaotic energy is restructured and transformed into energy which can be used in a more positive way. Here you go, now you know how crystalline structures work on converting and even generating energies.

How to use the new energies?

I can suggest using them with positive affirmations to empower you and others.

Avoid using to harm somebody else because the energy will change itself to a less preferred one and take its place where back in the familiar spot from where it was removed in the first place... funny thing, energies tend to "remember" their "birthplace" so to speak.

Avoid fear based beliefs and fear as a general state because even if your intention and your words say a thing, your inner being is generating another frequency.... you might lie to yourself but your energy doesn't.

- Use other crystals/stone or minerals to convert and charge other stones
- Charge individual symbols, sigils or complex constructions of symbols
- Create guardians, shields and warding for your property

Let's extend the usability because we are creative enough to do that

Personal Energy Shielding and Protection

- Create an energetic shield around your body to protect yourself from negative influences or psychic attacks.
- Strengthen your aura and cleanse it of residual low-frequency energy.

Enhancing Meditation and Spiritual Work

- Deepen your meditative state, facilitating access to higher realms of consciousness.
- Connect with your higher self, spirit guides, or cosmic intelligence more clearly.
- Strengthen astral projection and lucid dreaming experiences.

Space Harmonization

- Use the energy to balance and harmonize the energetic grid of your home.

- Boost the vibration of the space for creative or spiritual activities.
- Charge objects like crystals, water, or talismans with this purified energy.

Healing and Emotional Transmutation

- Direct the energy into your body for chakra balancing and physical healing.
- Release emotional blockages or trauma, promoting emotional stability and peace.
- Enhance the healing properties of herbs, oils, or tinctures by charging them.

Manifestation and Intention Setting

- Focus the converted energy on manifesting your desires or amplifying affirmations.
- Charge intention cards or sigils with this energy to speed up manifestation.

Energy Work and Ritual Magic

- Empower spells, rituals, or ceremonial magic with amplified energy.
- Use it for grid work, combining it with crystals to amplify specific intentions.
- Boost the potency of elemental magic (earth, water, fire, air).

Communication with Nature and the Elements

- Channel the energy for plant healing and enhancing growth.
- Establish deeper communication with elemental forces, such as grounding energy through the earth element.

Psychic and Intuitive Development

- Activate and enhance your psychic abilities—clairvoyance, clairaudience, or clairsentience.
- Clear and open the third eye, improving intuitive insights.

Temporal Cleansing

- Send the energy backward or forward in time to heal past wounds or set future intentions.
- Perform karmic cleansing and ancestral healing.

Charging and Energizing Tools

- Energize sacred tools such as pendulums, tarot decks, or ritual knives (athames).
- Charge electronics with a protective or creative boost (intentionally balanced, of course!).

Let's level up shall we...

Imagine standing in your living space, feeling the subtle pulse of the energy this device has gathered. It's not just random vibrations, it's refined, intentional energy. The obsidian, your silent guardian, has absorbed the dense, chaotic waves, filtering and grounding them. What you're left with is potent, clean, and ready to serve you. Now comes the beautiful part of using it.

Here are just a few of the ways we can use converted energies

Wards and Shields. Create a Personal Energy Shield

You've felt it before, that heavy sensation when stepping into spaces with unresolved energy.

With your pyramid's power, you can wrap yourself in a shield of pure light, an energetic cloak that keeps out the noise. Imagine it forming around you, a shimmering, protective bubble infused with obsidian's grounding force. It's not rigid, but adaptive, moving with your breath, deflecting what no longer serves you.

Use it before entering crowded spaces or emotionally charged environments.

Deepen Your Meditation and Inner Journeys

The pyramid's energy hums softly, ready to take you deeper. Sit with it during meditation and notice how your thoughts begin to clear, like sediment settling at the bottom of a crystal-clear lake. This energy isn't passive; it's a guide, an amplifier.

Visualize your crown opening gently, like a lotus blooming under moonlight, and let the energy lift you higher. This is where insights flow effortlessly, where the boundary between thought and spirit dissolves.

Perfect for exploring astral realms or communicating with higher consciousness.

Charge and Bless Water or Crystals

Water is a perfect conductor for this energy. Hold a glass of water in your hands near the pyramid and whisper your intentions into it. Imagine the obsidian's energy moving through the water, infusing it with calm, symbols, and clarity.

When you drink it, you're not just hydrating, you're absorbing purposefully charged energy. Crystals love this energy too. Place them near the pyramid to cleanse and empower them, enhancing their natural properties.

Manifestation and Intention Amplification

Set your intentions and watch the pyramid turn them into reality magnets. Hold your desire clearly in your mind, not as a wish, but as something already happening. The pyramid's energy acts like a bridge between the thought world and the physical one, grounding your desires and making them tangible.

Light a candle, speak your intention out loud, and let the energy spiral upward.

Think of it as planting seeds in fertile, charged soil.

Emotional Healing and Integration

Sometimes, emotions sit heavy in your chest. You know they need to be released, but it's easier said than done. Sit in front of the pyramid, close your eyes, and place your hand over your heart. Allow the energy to swirl around you, gently pulling out old wounds, grief, or anxiety.

Feel it move through you—not to erase the pain, but to help you integrate and transform it into wisdom. Obsidian has always been a stone of shadow work, and this process can be deeply cathartic.

Empower Your Rituals

Whether you practice full ceremonial magic or simple daily rituals, the pyramid becomes your ritual centerpiece, a power source. When calling in elements or casting protective circles, this device amplifies your intention. It grounds chaotic forces and stabilizes your space, making your work more effective.

Light your incense, place your hands over the pyramid, and feel the surge of energy connecting with your words and symbols.

Karmic and Ancestral Healing

This is where things get deep. Time isn't as linear as we experience it, and with this kind of energy, you can tap into the timelines that need healing. Sit with the pyramid and call forth an

ancestral line that feels heavy or unresolved. Send light and intention down the timeline, visualizing the pyramid's energy unraveling old knots and bringing clarity, forgiveness, and healing to past generations.

This energy is particularly powerful when working with family patterns or karmic cycles.

Fig. 1 - The Pyramid



Fig. 2 - The Symbols and Sigil



Third-Eye Activation and Psychic Enhancement

If you're seeking to sharpen your intuitive abilities, place the pyramid near your third eye during meditation. Feel the obsidian's grounding force keep you anchored as your perception expands. Colors might seem brighter, sounds sharper, and sudden knowing might arise without explanation.

Trust it. This energy awakens what's already within you.

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