

A smudge stick is burning in a dark, shallow bowl. Thick, white smoke rises from the stick, swirling upwards and filling the upper half of the frame. The background is a solid, muted brown color. The overall mood is calm and spiritual.

Smudging

A lovely act of self-care

My favorite scent: Fresh air. Do you also know that feeling when you open the windows, fresh air floods your rooms, and it just feels incredibly good to take a deep, deep breath? Smudging is like airing out your space on multiple levels - it works psychologically, physically, atmospherically, and energetically all at the same time. And no, you don't have to dance through your living room in a linen robe during a full moon for this. In the past, it was considered common sense that houses possess a soul, and it was a natural part of daily life to cleanse spaces not just physically, but energetically as well. Perhaps we haven't lost this ancient wisdom; maybe we've just forgotten it.

**Smudging is simple,
natural, and effortless**

Aiz

What do you need and how is it done?

The very first thing you obviously need is the right equipment. Traditionally, there are smudging burners or various types of smudging bowls filled with sand. The charcoal tab goes on top of the sand, and finally, your chosen herbs or resins. If you don't want to invest in a fully equipped smudging set right away, a good old frying pan will do the trick just fine. It might not look quite as fancy, but it absolutely serves its purpose.

A roll of smudging charcoal is usually available for a small price in retail shops. In my experience, three charcoal tabs are more than enough for a session. As soon as the charcoal catches the first spark from your lighter, it begins to crackle softly and slowly glows all the way through - a sound that, for me, heralds the beginning of the ritual every single time. Only when the charcoal is completely glowing red-hot should you carefully sprinkle the herbs or resins on top.



It's better to add your herbs bit by bit and in small doses rather than putting too much on all at once. This way, you can control and get to know the intensity and duration much better - "Just learning by doing".



Easier options are bundled smudging herbs, such as white sage, or smudging woods like Palo Santo (picture), which you can light directly. A little tip: In standard commercial sizes, smudging woods have a milder smoke development and require a bit more patience and time from you, because they want to be relit every now and then.

And then, of course, there are the beautiful incense sticks. In my opinion, these are really only for you if you enjoy them and find a scent you truly love. I use them exclusively for a quick energetic cleansing routine or as a refresher.

*My favorite is
"Green Tea"*

Tip: Simply placing unlit incense sticks around a room acts as a delicate, subtle air freshener. You can always light them later whenever you feel like it. This is much more beautiful and far healthier than chemical air fresheners. There are many elegant, minimalist incense holders out there that won't instantly turn your apartment into an esoteric stronghold, making them a beautiful piece of decor instead.

Get to know your rooms

Tradition states that effective smudging requires walking around the room in a clockwise direction. Personally, I follow the golden path of: "I rely entirely on my own intuition." If you believe it only works clockwise or according to other rigid "smudging rules", then that is nothing more than a limiting belief system - one that you simply do not need. Just walk through your spaces with your smudging tools and cleanse everything in your own unique way. You know best what is needed right now. In the end, it's often surprising how much your intuition naturally aligns with ancient traditions without you ever knowing them beforehand.

I always smudge my rooms with the windows closed at first, allowing the smoke to sit and work its magic for a while before I wide-open the windows for a good flash-ventilation to say goodbye to the stagnant old energy. I decide when that exact moment has come purely based on my gut feeling.

Here are a few useful tips on specific areas you should pay extra attention to during the process:

- ✦ All doors and windows are considered transitions and please don't forget the front door.
- ✦ Wherever dust loves to gather, there is a very high probability that energy gets stuck there too. This is often where you can clearly see how energy flows well in your life and where it stagnates.
- ✦ The same goes for all corners and edges. It's always fascinating to observe when walls get painted after a long time, and you only then notice how dark certain corners have become or what left dark marks behind.
- ✦ Watch the smoke itself. If the smoke is restless and flickering, it could obviously just be a drafty window or an unnoticed airflow in the room. But sometimes, the smoke suddenly becomes calm and straight. That's the exact moment the energy has already shifted. So, take your time to just watch and observe.
- ✦ You can also smudge objects and furniture.

Don't miss out on the experience of doing a smudging session entirely by yourself. You simply perceive so much more. You will intuitively feel things like: "Oh, there was a lot going on here," "This spot felt completely unburdened," or "It felt so much lighter over here."

Last but not least: Safety First. Smudging always involves hot, glowing embers. Therefore, I ask for your full, undivided attention. It is truly not something to be done while distracted or on the side. Especially if you use smudging charcoal, I highly recommend extinguishing it completely under running water afterward.

Depending on how intensely you smudge, which mixture you choose, and how dense the energies in your space are, the smoke development can be considerable. When you are inside the rooms yourself, you will barely notice this intensity, but your neighbors certainly will once you reach the step: "Flash-ventilation." To stop well-meaning neighbors from hastily calling the fire department, placing a small sign on the window saying "Smudging in progress" is usually highly effective.

Important: Remember to take down or cover your smoke detectors during the session, and please make sure to put them back up or reactivate them immediately afterward.



Choosing Your Smudging Herbs

Choosing the right smudging material can be crucial, because the gentle heat evaporates the highly complex molecules of the essential oils and resins contained within the herbs. They are dispersed throughout the room as fine aerosols. Each of them carries a vibrational frequency (information) that "programs" - meaning cleanses and/or energizes - your space accordingly.

**Less fragrance,
more frequency**

Well, which smudging material is the right one for you? My approach: Go on your own journey of discovery online. Whatever appeals to you the most or speaks to your intuition is often exactly what you and your spaces need right now. However, avoid blending your own mixtures in the beginning.

Whatever smudging material you choose: pay attention to the quality. There is no point in saving a few euros just to pollute the air in your home and, ultimately, yourself. What matters most is: 100% pure, natural, and organic. Stay far away from products declared as perfumes, fragrances, or synthetic binders (e.g., pyrotechnic additives). Tip: Natural resins are always irregular and never come in perfectly identical pieces.

One thing should be said right now - the scent of many smudging herbs is truly not everyone's cup of tea or let's say: it can take some serious getting used to. But let me remind you: smudging is not like candles or perfumes, where it's all about the most beautiful explosion of fragrance. It is about what serves you and your spaces the most right now. With proper ventilation, the smell usually fades quickly. So, focus much more on the effect than the fragrance.

Especially during your very first smudging experience, smudging can trigger inner processes within yourself as well. Physical reactions such as sneezing, coughing, or goosebumps (all within a normal range, of course), which may manifest as inner cleansing processes, are just as common as feelings of a sense of inner relief, freshness, or deep peace. Become aware of this: Your outer spaces reflect your inner spaces.

When you cleanse and say goodbye to old energies in your spaces, an energetic vacuum is created, which naturally wants to refill itself. Part of that refill is certainly - as mentioned before - the information released by your smudging herbs. Be smart and use this very "vacuum" to actively shape and design the energy in your rooms yourself.

Because without a clear direction, your space will simply attract unwanted energies again, or it will be filled diffusely and randomly from the outside back into your field. So, do not just use your cleansing ritual to detach from old energies. Instead, set a powerful, new intention of what you truly want to experience in this room now, and explicitly invite that specific energy in.

There are absolutely no limits to the content or form of your spoken, written, or internally set words. Just watch and see what flows through you naturally.

Setting your Intention and a little Magic

“The old departs,
the new arrives -
you are the creator
of your spaces.

Here, I want to remind you of the immense power of your inner intention. Energy does not just disappear; it either rebuilds itself or transforms.



*What has served its purpose, leaves.
What is foreign, returns to its origin.
What is for my highest good, remains.
All the rest now transforms into
relaxation and peace in this room.*



Hand in Hand with Science

**Where science begins to describe
what we already carry intuitively within us.**

Perhaps you have observed this before: the sun shines into a room that hasn't been aired out for a while, and suddenly, a dense, gray mist of millions of dust particles dances in the light - particles that were completely invisible just a moment before. Physically speaking, this is diffuse light scattering: the particles absorb and scatter the sun's light photons. As a result, the atmosphere in the room feels heavy, dull, and gloomy.

And right here, something happens that many dismiss as "magic," but in reality, it is pure thermodynamics.

During a smudging session, a fascinating, measurable purification of the indoor air takes place. The rising smoke releases negative ions. These ions act like a magnet: they attach themselves to the positively charged airborne dust and the stagnant particles in the air. This leads to a process called accumulation - the particles bond together, quite literally becoming too heavy, and sink to the floor like an invisible rain.

When you open the windows after smudging for a thorough ventilation, the airflow carries the bound fine dust out with the smoke. What remains is a purified and, above all, light-filled atmosphere.

Many air purifiers utilize this exact scientific understanding of air ionization. However, in my opinion, there are crucial differences here - especially on the energetic level. These devices clean the air in a purely functional and technical way; they often don't kill germs, and they leave the room feeling energetically deserted. Furthermore, the air is forced through a centralized, increasingly contaminated energy field - the filter itself.

Smudging, on the other hand, actively disinfects and energizes the air through natural plant compounds. It creates a natural energetic shield and raises the baseline frequency within the space. This is space-alchemy at its finest.

Smudging – Centuries-Old Wisdom

Smudging is deeply rooted in ancient European traditions and can still be found in various cultures today. For example, during the “Rauhnächte” - the Twelve Holy Nights between Christmas and Epiphany - which are traditionally celebrated in the Alpine regions and are now gaining global popularity. This sacred time is all about clearing out the old to welcome the new for the upcoming year.

Even in churches today, frankincense is traditionally used to purify energies. Similarly, smudging was successfully used centuries ago as a medical tool in hospitals for air purification and was already well-known back then for its powerful antimicrobial effects.

**There is more to
smudging than you think.**

Did you know that according to scientific studies¹, certain smudging herbs can eliminate up to 94% of all airborne bacteria? This disinfecting effect lasts in a room for at least 24 hours, and in some cases, even up to several days or weeks. Afterward, some viruses and bacteria were completely undetectable in the space.

Smudging is also effectively used in nature-based clearing of unwanted visitors (pests). This specific example beautifully demonstrates how resonances work within a space: Dirt attracts dirt and all kinds of other unwanted visitors, simply because you are providing them with the most appetizing foundation. On a subtle, energetic level, it works exactly the same way.

Wherever there is a lack of physical hygiene, clarity, movement, and awareness for your own energetic layers, things tend to get stuck much easier - both physically and energetically. Smudging is a beautiful, transformative step that connects these dimensions and creates your very first level of true awareness here.

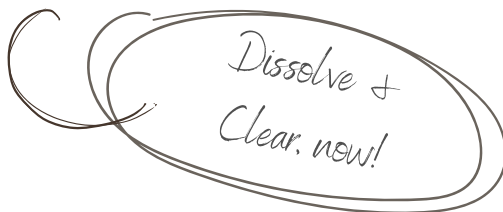
If you are now curious to dive deeper into your own subtle energetic field and develop more awareness for energy, clarity, and energetic hygiene, feel free to check out my Audio Homecoming Journey: Aura Essence.

¹ Nautiyal, C. S., Chauhan, P. S., & Nene, Y. L. (2007). Medicinal smoke reduces airborne bacteria. *Journal of Ethnopharmacology*, 114(3), 446–451.

Best Moments for Smudging

Moving into a new home is arguably the number one reason to smudge. There is a good reason why we talk about "blessing a new home" to clear it of old, lingering energies from previous inhabitants.

At this point, it is crucial for me to mention: when it comes to "foreign energies," this does not automatically mean "negative energies." Yes, disruptive, unpleasant, or even harmful energies can settle into your home, but everything is just information and completely solvable. What I want you to avoid at all costs is a tense, defensive, or fearful protective mindset that turns your home into an isolated fortress.



It is all about creating a home where you, fully and authentically you, can arrive and feel completely at ease.

Once stagnant, foreign energies are cleared, your own energy enters into a beautiful symbiosis with your spaces. If something comes up after that, we can always look at it individually.

In my experience, one of the most powerful yet underestimated occasions for smudging is during major life transitions. These can be heavy endings, such as a loss, during or after an illness, or a separation. On the other side, it can be a beautiful new beginning, like a birth or stepping into completely new roles in life.

But according to my observations, smudging provides the greatest support when you have finally allowed yourself to step into a new version of yourself - for instance, when you quit smoking, start a new fitness routine, or you recognized and have broken through old patterns. Otherwise - metaphorically speaking - you still have your old energy sitting right next to you on the couch, offering you a cigarette or a bag of chips, trying to convince you that the "old you" was much cooler.

Simply perform a clean reset in your rooms and use this ritual to anchor your new being even deeper into your new reality.



Smudging: an act of self-care and coming home to yourself.

Smudging is not an energetic magic wand that floats through your apartment once, leaving it energetically clean for all eternity. And honestly, regular cleaning doesn't work that way either, does it? You vacuum today, and next week there is dust in the corner again - not because you cleaned incorrectly, but simply because life happens.

What Smudging *Won't* Do for You



Through thoughts, emotions, experiences, and conflicts, people - including you - constantly bring new energies into spaces. In fact, you yourself are the greatest source of energy in your home. Therefore, certain energies will inevitably accumulate over time, making smudging less of a one-time clearing and much more an ongoing, energetic routine of cleansing and maintenance.

Sometimes, however, the root cause lies much deeper in old ancestral patterns, trapped emotions, or heavy phases of life. It can also be connected to the unique, individual energetic blueprint of the space itself. And that is exactly where the deeper, energetic work begins: with yourself, in pure symbiosis with your four walls. That is sustainable, energetic space clearing.

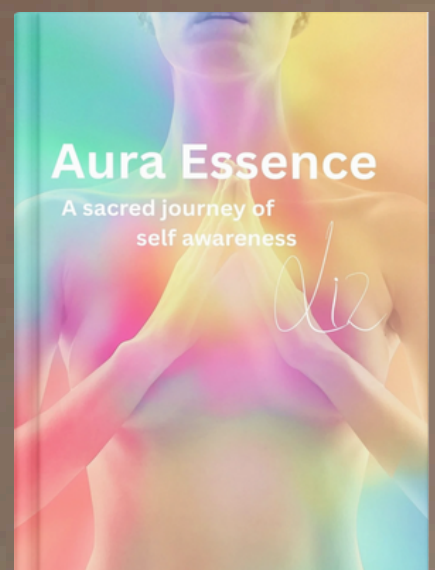
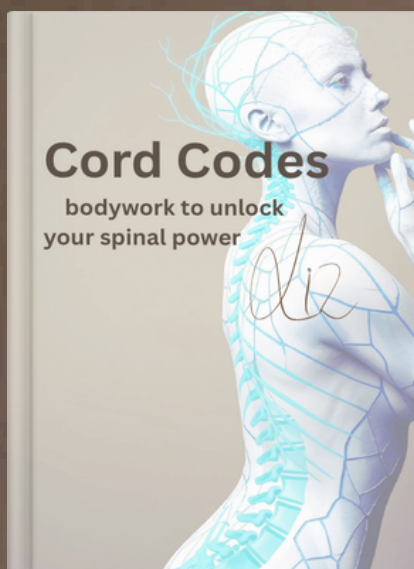
**Smudging
as a multidimensional
cleaning routine.**

If this deeper energetic transformation is calling you, if a part of you resonates with this or is waking up right now, I am here to guide you on your journey to a whole new level of truly feeling at home.



Ready for the Next Level?

Discover my programs:



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This guide was created with a lot of love, experience, and my very own energy. Use this content exclusively for your personal growth or feel free to share it with those it inspires and serves.

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