

Smudging Blessing

Teaching from Grandmother Wind Daughter

I offer this smudge to honor the Guardians and Keepers of Seven Sacred Directions, Creation, Father Sun, Grandmother Moon, Star Nations above, Earth Mother, Pachamama below, the Guardians and Keepers East, South, West, North, and what is inside, my heart!

I smudge our heads, to have thoughts of only beauty.

I smudge our eyes, forehead, so to see and think only beauty.

I smudge our ears, to hear only beauty.

I smudge our mouths, and throats to speak only beauty.

I smudge our hearts, to open our hearts and choose only love.

I smudge our shoulders to lift the weight and release all that we do not need anymore.

I smudge our hands, to touch only beauty.

I smudge our solar plexi to see ourselves in beauty.

I smudge our bellies to only act in beauty and be of service.

I smudge our legs to walk in beauty.

I smudge our whole bodies in gratitude for health and beauty.

I smudge our tools in gratitude for their assistance.

I offer smudge to others to share beauty.

Beauty in front of us, beauty behind us, beauty to the left of us, beauty to the right of us, beauty below us, beauty above us, beauty inside of us, and beauty all around us.

Aho, Mitákuye Oyás'ín