

Sage Ritual

After lighting the sage let it burn for awhile then blow it out. It should be smoking pretty well. If not light again and let it burn longer. Take the sage and using either your hand or feather move the smoke toward the area you wish to cleanse.

You should do all four corners of a room, the windows, doors and closets. All areas should be touched by the smoke. When doing the doors and windows make sure to go all around the frame.

As you go about the house you can say "Only love, light and peace may enter this (space or home whatever you feel comfortable saying) and the dead must leave." (see below for alternate intentions)

As you do this, imagine the smoke absorbing negativity, problems from those who were in the space before you, toxicity, and anything else you want to go away. (You can open windows and doors if the climate allows and imagine the smoke pushing the negative energy out of the home) Before you extinguish the sage use the smoke to wash over your body or anyone who is a resident in the home.

Once you feel the house is clear during the last sage use kosher salt or black salt to seal the windows and doors. A mixture can be made of the salt and plain water or holy water and sprayed around the window and doors on the outside using a spray bottle.

Another alternative option to the spray bottle is when the saging is complete, fill a bowl with sea salt and set it in the middle of the area. Be sure the salt has no preservatives or additives like iodine. Leave the bowl in the area for 30 minutes or longer if you feel it's necessary. This will help remove any residual negativity.

You can also end the session with Psalm 23 or one of the non-denominational affirmations.

Other things you can say as you sage.

- "I banish all negative energy from this space and bless it with divine love and light."
- "Only love and light in this house"
- "Only energy that is pure love and light and for the highest good in this space."
- "This is a house filled with love and light, all negative energy is not welcome here."

- “Thank you spirits for your divine presence as I clear the space for our connection.”
- "God, bless this house."
- "Only the love of Jesus fills this room."
- “I cleanse this house in the name of the Father, Son and Holy Spirit.”
- "Jesus, bless this home and rid it of anything that is not of your love."
- “God’s peace be in this home and in all who live here.”

Psalm 23 and non-denominational affirmations

Psalm 23

The Lord is my shepherd; I shall not want.

2 He makes me lie down in green pastures.

He leads me beside still waters.

3 He restores my soul.

He leads me in paths of righteousness
for his name's sake.

4 Even though I walk through the valley of the shadow of death,

I will fear no evil,

for you are with me;

your rod and your staff,

they comfort me.

5 You prepare a table before me

in the presence of my enemies;

you anoint my head with oil;

my cup overflows.

6 Surely goodness and mercy shall follow me

all the days of my life,

and I shall dwell¹ in the house of the Lord

forever.

¹ 23:6 Or *shall return to dwell*

In The Name Of All That Is Goodness And Light,
Surround Our Circle In The White Light Of Holy Protection.
We Ask That No Harm Befalls Or Follows The Protected Circle
And That Our Quest Benefit All Who Are Among Us.
In The Name Of All That Is Goodness And Light,
We Thank Thee For Your Protection Of Holy White Light.
Amen

I call on all positive energy to protect me and my loved ones during what
we do today and at all times;
I call on all positive energy to protect me and my loved one's environments
during what we do today and at all times;
I call on all positive energy to protect all living creatures during what we
do today and at all times;
I call on all positive energies to protect all discarnate spirits during what
we do and at all times.
I call on our spirit guides, to help guide and protect us during what we do
today and at all times, thank you!
I thank all positive energies, our spirit guides and our guardian angels for
their help, during what we do today and at all times, thank you.
