







Contents of Smudge Kit:

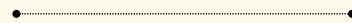
-  Box of matches
-  Cast-iron pan
-  Sage
-  Brochure

The medicines used to smudge are best lit with a wooden match or live coals rather than with a lighter. The smudge container does not need to be a pan, it can be a shell, a rounded rock, or other meaningful and natural objects.



We would like to respectfully acknowledge the wisdom of the Elders and Knowledge Keepers who have shared their knowledge and experience with us.

Thank you for helping us grow.



Indigenous Advisory Committee Members:

Rhonda Spence, Brenda O'Chiese,
Terri-Ann Sinclair, Sharon Pasula,
Brittany Whitford, Bernadette Iahtail,
and Natasha Hinse

This pamphlet was created by the Indigenous Advisory Committee.



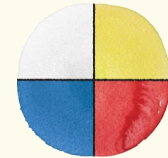
Creating Hope Society of Alberta
An Aboriginal Home for every Aboriginal child in care by 2025



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Why We Smudge



We acknowledge the First Peoples, our ancestors, the caregivers of Turtle Island.

We are honoured to share what Creator of all things has loaned to all Nations, and humbly acknowledge that we are all related. We honour the terms of treaty in perpetuity when we declare peace and friends, as long as the sun shines, water flows, and grass grows.



Why do we smudge?

Smudging is a tradition, common to many First Peoples, which involves the burning of one or more medicines gathered from the earth. The four medicines sacred in First Peoples' ceremonies are tobacco, sage, cedar, and sweetgrass. The most common medicines used in a smudge are sweetgrass, sage, and cedar.

Smudging allows people to clear their mind, slow down, and become mindful and centred in the present. It helps people to remember the past, connect to the present, and be grounded in the moment or task at hand.

Smudging also helps people let go of negativity energy. This release of negativity is achieved through an atmosphere of respect, compassion, understanding, and inclusivity within a smudge circle.



How to smudge:

We smudge to clear the air around us, to clean our minds, spirit, and emotions, and to cleanse negative energy within our own being.

To smudge, place the medicine in the smudge container and light it. Once it starts to smoke follow the steps below and be mindful of who you are and what the ceremony means to you.

Smudging should always be a personal choice.



Cup the smoke in your hands and ask the Creator that your hands do good work.



Cup the smoke in your hands, pass them over your head, and ask the Creator for a strong and clear mind.



Cup the smoke in your hands, pass them over your ears, and ask the Creator for good listening.



Cup the smoke in your hands, pass them over your mouth, and ask the Creator that only good and kind words are spoken.



Cup the smoke in your hands, pass them over your body, and ask the Creator for good health.



Cup the smoke in your hands, press them to your heart, and ask the Creator for kindness, love, and acceptance of others.

Remember:

The best way to smudge is with sincerity and respect. How you smudge is entirely up to you.

Smudging is a cleansing practice that helps centre you. There is nothing wrong with smudging your arms, legs, and other areas too. It is important that you do what is necessary for you to achieve a mindful connection to the moment.

