

SMUDGE PRODUCTS

We carry a wide variety of fine smudge products and accessories. Please also check our Herb Listing for loose herbs that can also be used for smudging.

Caution: Never leave lit smudge unattended, keep away from children, use a protective container when using smudge.

Here's a chart for some of the more popular smudging herbs. Please download our Smudging Handout for detailed instructions on how to smudge.

HERBS	QUALITIES
California White Sage	Clears negative and foreign energies and entities out of our environment, our personal space and our belongings
Desert Sage	Purifies, dispels unwanted energies and entities
Sweetgrass	Brings sweetness, grace, blessings; grounding protecting and sanctifying; brings help from spirit
Cedar	Calls in spirit, helps to connect with guides and spirit teachers, purifying
Lavender	Brings protection, peacefulness and rest
Yerba Santa	Nurtures and protects that which is ancient and sacred within us, give us courage and encouragement
Juniper	Breaks up negative thoughtforms sent from others
Copal	Clearing, sanctifying, empowering, ATTRACTS BENEVOLENT ENERGIES
Pine Needles	Purifies, calms, renews and cleanses
Mint	Cleanses, uplifts and protects
Tobacco	Connects us with sacred teaching and sacred beings
Uva Ursi	Very calming and grounding

SMUDGE:

Packaged Single Sage Smudge Sticks

Packaged Single Smudge Sticks are available in two sizes, a small (approximately 5 ½" long by 2" wide, \$4.25) and a large (approximately 6 ½" long by 2" wide, \$5.95). All are made with sage from New Mexico and are wrapped with 100% cotton yarn for safe and healthful burning. We put these big smudge sticks out by submerging the lit end in sand to smother the smoldering herbs. Some people stamp it out, like a big cigar, and others put the stick under running water and then let it dry out. (You have to be in a dry climate for this to work otherwise the bundle will start to mold and be unusable.) Be sure to hold a shell or fireproof container under the stick as you walk with it, so as not to get any burning embers on furniture, carpeting, et cetera. If you set the stick down while it is lit, be sure to use a safe container and check that it's insulated from the furniture or floor under it so as not to scorch the underlying surface. Some people open the wrapping and burn only a few small pieces of the smudge stick at a time, fanning the embers to get them to burn (traditionally using a feather).

Name	Price
Sage Small Smudge Stick	\$4.25
Sage Large Smudge Stick	\$5.95
Sage & Cedar Small Smudge Stick	\$4.25
Sage & Cedar Large Smudge Stick	\$5.95
Sage & Copal Small Smudge Stick	\$4.25
Sage & Copal Large Smudge Stick	\$5.95
Sage & Lavender Small Smudge Stick	\$4.25

Sage & Lavender Large Smudge Stick	\$5.95
Sage & Sweetgrass Small Smudge Stick	\$4.25
Sage & Sweetgrass Large Smudge Stick	\$5.95

We also carry specialty smudge sticks:

Lakota White Sage Wand (approximately 12" long by 2 1/2" wide)	\$9.95
California White Sage Wand (approximately 8" long by 1 3/4" wide)	\$8.50

Baby Smudge Sticks

We have baby smudges that are excellent for travel or for smudging stones or jewelry.

Each are about 2 1/2' to 3" long:

Baby Smudge Sage Stick	\$1.75
Baby White Smudge Sage Stick	\$1.99

Bagged Loose Smudge

We have muslin bagged loose smudge sachets that can be used as a sachet or air freshener as well as smudge. The bags all weigh between 3 1/2 - 4 oz and are \$6.95 each.

Balsam Fir Loose Smudge Sachet
Cedar & Lavender Loose Smudge Sachet
Cedar Loose Smudge Sachet
Desert Sage Loose Smudge Sachet
Juniper Loose Smudge Sachet
Mountain Mix Loose Smudge Sachet
Pinon Pine Loose Smudge Sachet
Sage & Cedar Loose Smudge Sachet

Sweetgrass Braids

We have aromatic Sweetgrass Braids. Length varies but all are about 20" - 24" long. Brings sweetness, grace, blessings, People hang the braids over their doors after smudging to help to ensure that only positive energetics enter their homes. Tradition has it that the braids are changed out as needed, or at the most yearly. The old braid is burned in a fire (west of the Mississippi River) or tied into a knot and placed into moving water to carry it away (east of the Mississippi River). Some individuals also burn the braid as a form of smudge as well.

Sweetgrass Braids	\$5.75 each
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Incense Wands

These Incense Wands are 7" x 1/4" and come packaged 4 to a pack. Made from a blend of cedar leaves and aromatic resin, the cedar is gathered in a sacred manner by native people in the Pacific Northwest. While the entire stick can be used in one sitting (usually outdoors for sacred ceremony), frequently a section of the stick is broken off and placed in a bowl with 2" of sand. Standing them in this manner they burn like cone incense. They are \$6.50 a pack and come in several scents.

Sage & Cedar Wands
Cedar Wands
Copal Wands
Juniper Wands
Pinon Wands
Lavender Wands
Yerba Santa Wands

SMUDGING ACCESSORIES

Brown Turkey Smudge Feathers:

Traditionally the smoke from smudge is moved through a space, or around a person or object by fanning the smoke with a feather. We have natural turkey feathers that readily serve this purpose. \$4.50 each.

Abalone Shells

Traditionally a large shell is held under the burning smudge to catch any embers while moving the smudge through the space to be cleared. Frequently, the shell is also used if only small amounts of smudge are to be burned. Abalone shells are ideal for this. They are becoming more difficult to locate. The shells that we have are between 4" – 5" across, have been hand selected by Deborah and are \$14.00 each.

Smudge Pot

We have a fired ceramic smudge pot that, when sand or earth is added to the bottom, makes a perfect container in which to stand the smudge sticks or wands. 3" wide at the top and 3" high, they're a perfect addition to any sacred space. \$7.00 each.

Cast Iron Cauldrons

Many individuals combine smudging with other traditions. Cast Iron Cauldrons work very well for holding smudge sticks in these innovative workings. We have a variety of Cauldrons in stock:

Small Cauldron w/ Lid	3.5" x 3.5"	\$12.95 each
Medium Cauldron w/ Lid	5" x 5 1/2"	\$27.95 each
Large Cauldron w/ Lid	7" x 5"	\$31.95 each

WARNINGS: Smoke from herbs can lead to allergic reactions or trigger asthma or other forms of respiratory distress in sensitive persons. Do not begin using smudge if you are pregnant. Pathways does not assume any responsibility for the way individuals burn or respond to the smoke from any herbs. If you choose to burn herbs, do so only in a well-ventilated area, use common sense and moderation. Discontinue use and contact your health professional if any irritation develops.