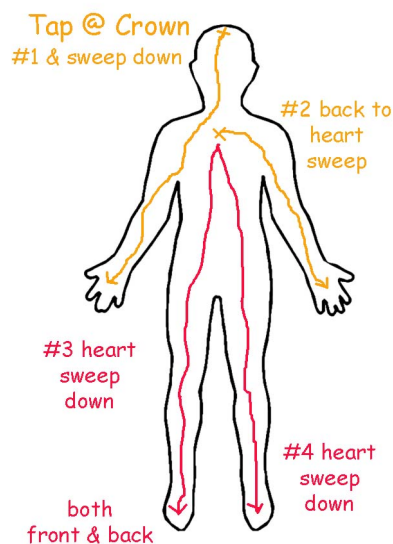


Space Cleansing

Smudge is a term that refers to the smoldering smoke of a plant material, or mineral resin, that we believe to carry very specific, multidimensional cleansing properties. These smudges, as with all that we work with, align with certain intin'diyi... directional energies.

With each stone packet you receive, there is a smudge specific to the wheel placement and directional energy. We strongly advise the smudges recommended be used in alignment with the lesson energy you currently reside in.

The smudging ritual itself can be as basic or elaborate as necessary, based on the energy of the moment. With Naakisi, you learned the basic personal technique of lighting the smudge, letting it smolder, and then pulling the smoke to you with our hands in a symbolic bathing of your etheric body.

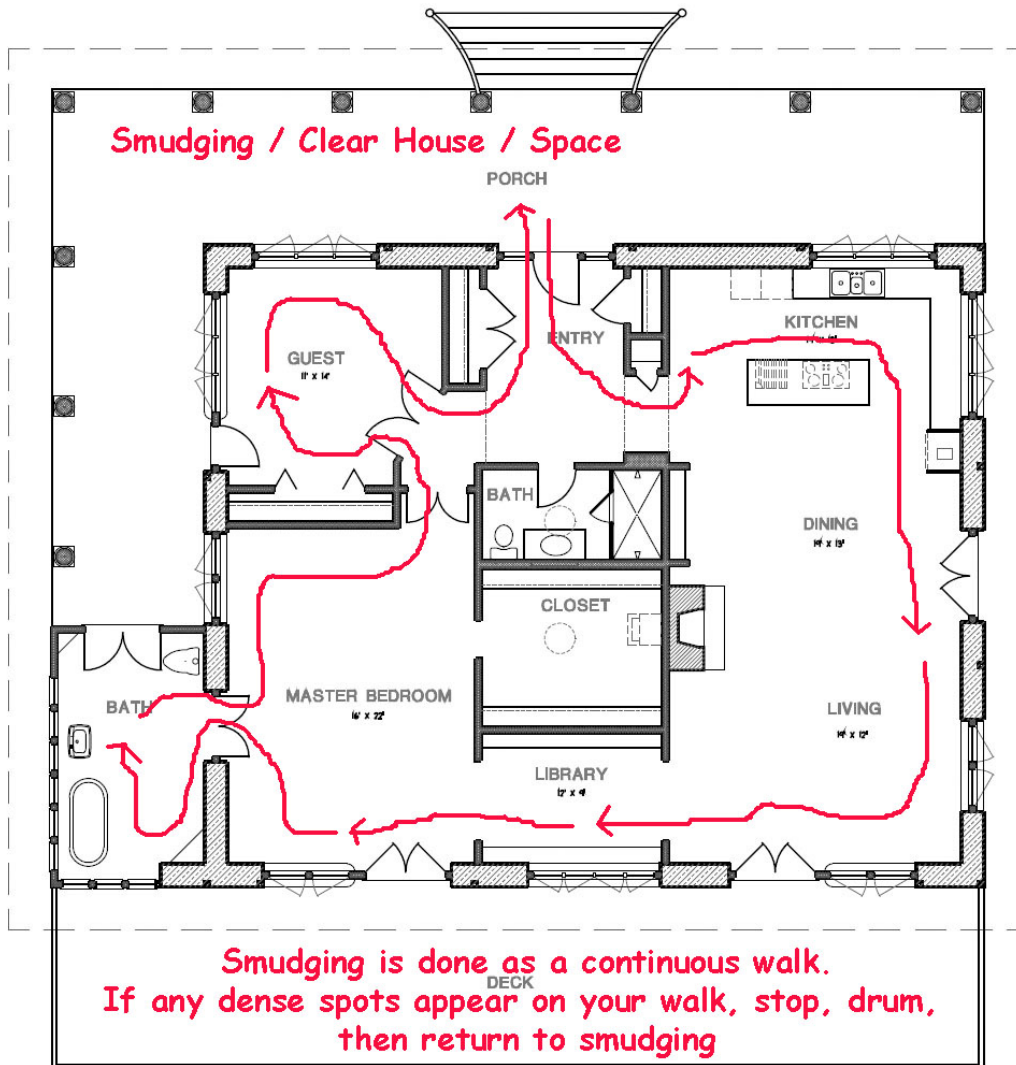


Now, we'd like to discuss the principles and techniques of smudging other individuals, or spaces, such as homes. In these two additional smudging rituals you will require your smudge pot or shell, smudge of your selection, and a feather. A páho you have created for this purpose is perfect. Remember intent is the element that guarantees power.

For an individual: Light your smudge as you would to cleanse yourself. Starting at the head of the individual brush the smoke over the person's body. (see fig) Then do the exact same configuration for the back. Ideally, you want the feather to brush over the body approximately 1 1/2-2" away from the skin. If you are someone who sense energy blocks, when you arrive at one, thump the spot with the feather, and quickly brush away. This creates an energetic vacuum that will deplete or eliminate the block while simultaneously sealing the area with the

smoke. See if the essence of the smudge you have chosen elicits a sensation experience within the individual.

Space Cleansing/Harmonizing: Many times our homes, offices,



spaces, get energetically cluttered. It is our experience that a daily smudging makes everything run smoother. Start with the door you usually enter the space through, and following the outer perimeter wall, walk clockwise around the space (hitting all rooms if a house... see fig), brushing the smudge smoke up to the ceiling. This will create a circle of encompassed energy, or you become *guzhugjua* (perfectly encircled) in love. More on *guzhugjua* later.

Smudges commonly used by the *tlish diyen* include: sage (releasing struggle), cedar (finding mercy & banishing fear), sweet grass (dancing life & receiving clarity), pinyon (opening the heart & rebirthing), juniper (responsible choice & noninterference), eucalyptus (grief work & death assistance), snake root (celebration & peace), and copal (nurturance & ubiquity)