

## SMUDGING: Sacred Smoke and Aromatic Herbalism

- √<sup>1</sup> Smudging is the ritual burning of herbs to produce an aromatic smoke.
- √<sup>1</sup> Smudging is a method of psychically cleansing a person's subtle body, a space or place, or an object.
- √<sup>1</sup> Smudging is a route of administration in herbal medicine, wherein an herb is burned and the smoke is wafted about the body of a person.
- √<sup>1</sup> Herbs and blend of herbs used for smudging can be called “smudge”

### FORMS OF SMUDGE

Bundled/loose dried herbs

Pressed cone/puck of herb powder

Incense stick

### COMMON SMUDGING HERBS (\* Most common)

#### SAGE

- \* White Sage – *Salvia apiana*
- Black Sage – *Salvia mellifera*
- Garden Sage – *Salvia officinalis*

#### LEAVES/GRASSES

- Catnip, Catmint – *Nepeta cataria*
- Damiana – *Turnera diffusa*
- \* Mugwort – *Artemisia vulgaris*
- Patchouli – *Pogostemon cablin*
- Sweet Woodruff – *Galium odoratum*
- \* Sweetgrass – *Heirochloe odorata*
- \* Tobacco – *Nicotiana spp.*
- Wormwood – *Artemisia absinthium*
- Vetiver – *Chrysopogon zizanioides*

#### RESIN

- Copal – *Protium copal*
- Dragon's Blood – *Daemonorops draco*
- \* Frankincense – *Boswellia carterii*, *B. papyrifera*, *B. rivae*, *B. frereana*
- Myrrh – *Commiphora myrrha*, *C. mukul*
- Opopanax, Sweet Myrrh – *Commiphora guidotti*
- Pine Sap – *Pinus spp.*

#### WOODS

- Agarwood, Aloewood, Oud – mould-infected *Aquilaria spp.* and *Gyrinops spp.* (**Endangered**)
- Balsam Fir – *Abies balsamea*
- \* Cedar – *Cedrus spp.*, *Juniperus virginiana*
- \* Palo Santo – *Bursera graveolens*
- Pinyon Pine – *Pinus monophylla*, *P. edulis*, *P. quadrifolia*
- Sandalwood – *Santalum spp.* (**Endangered**)

Moxibustion is the TCM practice of stimulating meridian points by burning/smoldering mugwort on or near the skin.

In Ojibwe medicine, tobacco, sage, cedar and sweetgrass are burned as sacred smudge, as offerings to the spirit world for communication and healing.

Aromatic woods and resins are burned as incense in Christian, Jewish, Muslim, Hindu and Buddhist ceremonies around the world.

### BIBLIOGRAPHY

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In Search of the Medicine Buddha by David Crow

Wylundt's Book of Incense by Wylundt and Steven Smith

Ashinaabeg Bimaadiziwin: An Ojibwe Resource – <http://ojibweresources.weebly.com/>