

Smudging: A Ceremony of Preparation and Healing



“Smudging”, a word heard throughout North America, describes a ceremony practiced in many indigenous cultures.

Smudging is a ceremony of preparation. The Anishinabek believe that before a person can be healed or heal another, he or she must be cleansed of any bad feelings, negative thoughts, bad spirits or negative energy. This mental and

spiritual cleansing is accomplished through the smudge ceremony.

During the ceremony, the sacred medicines of tobacco, sage, sweet grass or cedar are burned separately or in combination to produce smoke, which is swept towards and over the body.

It is important to remember that all ceremonies must be entered into with an open heart and good intentions.