



The Enso Circle: Studio Practices and Creative Consciousness

Making your own smudge smoke bundles for clarity and cleansing

Collecting, drying, and bundling herbs like sage and cedar for smudging in spiritual cleansing ceremonies is a ritualistic process that involves some care and attention to detail. Here's a step-by-step guide on how to do it:

1. Gather Your Supplies:

Sage or cedar branches (freshly harvested)

Twine or natural cotton string

Scissors or pruning shears

A cool, dark, and well-ventilated space for drying

2. Harvest the Herbs:

Harvest sage or cedar branches when they are healthy and mature. Ensure that you have the permission or legal rights to harvest these plants if you're not doing so on your property.

It's best to harvest in the morning when the plants' essential oils are most potent. Cut the branches with sharp scissors or pruning shears, leaving a few inches at the base for new growth.

3. Bundle the Herbs:

Group the harvested branches into small bundles, typically 3-5 branches per bundle. The size of the bundles depends on your preference and the size of the space you want to smudge. Make sure the bundles are not too large, as this can make it challenging to burn them evenly.

4. Secure with Twine:

Use natural cotton string or twine to tie the bundles. Start at the base of the bundle and wrap the twine around the herbs tightly, working your way up. Make a secure knot to hold the bundle together.

5. Allow the Bundles to Dry:

Hang the bundles upside down in a cool, dark, and well-ventilated space. This can be a closet, attic, or even a well-ventilated room with no direct sunlight. Make sure they have good air circulation, as this will help them dry evenly.

6. Drying Time:

Drying times can vary depending on the humidity and temperature of your environment. It usually takes 1-2 weeks for the herbs to completely dry. They should feel crisp and brittle when they're ready. They may shrink a bit as they dry.

7. Store Your Bundles:

Once the bundles are fully dried, store them in a dry, airtight container or a plastic bag to preserve their freshness and potency.

8. Preparing for Smudging:

When you're ready to use the bundles for smudging, you can either light the entire bundle or break off small pieces and burn them as needed. Always use a fireproof container to catch the ashes.

Important Tips:

While collecting, be respectful of the plants and their natural habitats. Harvest in a sustainable manner, taking only what you need.

If you're not sure about the identification of the herbs, seek guidance from a knowledgeable source or herbalist.

Use caution when burning the herbs and ensure you have a smudging bowl or fireproof container to catch ashes.

Practice smudging with care and mindfulness, respecting the spiritual and cultural significance of the ritual.

Remember that smudging is a sacred practice for many cultures, so approach it with reverence and respect for its traditions.