

# Using Sage — to — Bless a Space or Clear Negative Energies

Sage clearing, or smudging uses sacred smoke, prayer, intention and movement to shift the energy of a space, object, or person's aura.

Sage does not “do everything for you.” Your intention, authority, prayer, and connection to Spirit are the true clearing force. The sage smoke becomes the physical carrier of that intention.



## SAGE CLEARING CAN BE USED FOR



Clearing a room after heavy emotions, conflict, illness, grief, or many people moving through a space.



Preparing a healing room before Reiki, Angelic work, meditation, or client sessions.



Clearing your own energy field when you feel heavy, drained, scattered, or “energetically sticky.”



Clearing objects such as crystals, jewelry, cards, massage tables, or spiritual tools.



Clearing corners, doorways, windows, closets, and any area that feels dense or heavy.

## A SIMPLE SAGE CLEARING PRACTICE

- 1 **Open a window or door.** You are not just “moving smoke around”, you are giving the released energy somewhere to go.
- 2 **Light the sage.** Let it catch briefly, then blow it out so it smolders. Use a fire-safe bowl or shell and keep it controlled.
- 3 **Set a clear intention, such as:**  
*“Only love, light, truth, and divine protection may remain here. All lower, heavy, stagnant, or misaligned energy is now released and returned to the Light.”*
- 4 **Move through the space slowly.** Pay attention to corners, doorways, windows, closets, healing tables, and anywhere that feels dense.
- 5 **After clearing, FILL THE SPACE.** This part matters. Say something like:  
*“This space is now filled with Divine Light, peace, protection, love, clarity, and the highest healing frequency.”*
- 6 **Extinguish the sage fully** and check that no embers remain.

## ADDITIONAL CLEARING INTENTIONS

- ♡ State with a VERY STRONG clear intention (Knowing/Believing that Christ's Love and Light is your Armor Strength, Protection and Power).



*“In the Name of the Christ Light and Christ Consciousness I COMMAND all energies not of the Light and Christ Consciousness to leave this space immediately.”*

- ♡ Additionally add the intention on the left or feel free to use your own words.
- ♡ Visualizations: See the space filling with white or golden Light as you intend it to be clear, peaceful, and protected.

*Sage helps clear stagnant or heavy energy so the space can return to harmony, peace, and Divine Light.*