

Smudge Blessing is Centuries Old

Written by Leonard Ward, White Thunderchild

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The smudge blessing is a practice that goes back to the era before Christ. Incense was used then and is being used today and was one of the first gifts that was given to baby Jesus from one of the Three Wise Men.

We begin each ceremony, circle, with a smudge and prayer, to attain balance within our spirit and ourselves, seeking the harmony with our Creator, Mother Earth and all of creation. Our belief is that all things growing on Mother Earth has a spirit and a purpose and if shown proper respect, we will make our journey here on Mother Earth a sacred journey to our Creator and to the spirit world.

We begin the ceremony by smudging the top of our heads so we are able to focus on the positive, and to clear the negative thoughts, and also to see, hear and speak in a way that is good.

We then smudge our shoulders, arms to the hands, so we are worthy to help ourselves first so we can help our loved ones and whoever is in need, regardless of color, race or creed.

Then we pass the smudge down over the front of our legs so our journey today will be a good one, and smudge behind us so we never forget where we come from.

We end the smudging by blessing our hearts in order to receive good feelings for ourselves and others, by saying "all my relations." We are acknowledging the four sacred colors, four-legged, the winged ones, the ones that crawl, the finned, the insects and everything that moves above and under Mother Earth, and all that exists in our universe.

In this ceremony, we are preparing ourselves, giving thanks for what we are, seeking balance within and out. The smudging assists us in cleansing the mind, spirit, body and carrying our prayers, thoughts, feelings up to the Creator, whom we call God.

Sage, Sweetgrass, cedar, tobacco, willow fungus, juniper, spruce, sweet pine, bear root, etc., we use for clarity and healing.

The four sacred elements that keep us alive (air, water, fire, Mother Earth) we use in smudging, Fire is used to light up the smudge, the abalone shell represents the water, air is fanned by an eagle feather, and the circle represents Mother Earth.

I have shared the way it was shared with me by my Elders/mentors, and it is with the greatest respect and belief for our Creator that I do not offend anyone, tribes or grandfathers.

As relatives of all First Nations, we have different traditions and belief systems. However, our values and needs are the same. All my relations.

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