

# SMUDGING CEREMONY



Smudge our hands by moving them through and above the smoke. Asking the Creator to help us do good work.



Smudge our minds by moving the smoke above our heads. Asking for clarity and kindness of thought.



Smudge our ears and asking the Creator for good listening.



Smudge our eyes and ask for clarity and to only see the good in others.



Smudge our mouths and ask that our words are kind and not harmful, and that we express ourselves clearly.



Smudge our body and ask the Creator for good health.



And finally, smudge the heart. Ask the Creator for kindness, love and for acceptance of others.

Based on Cree Teachings  
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