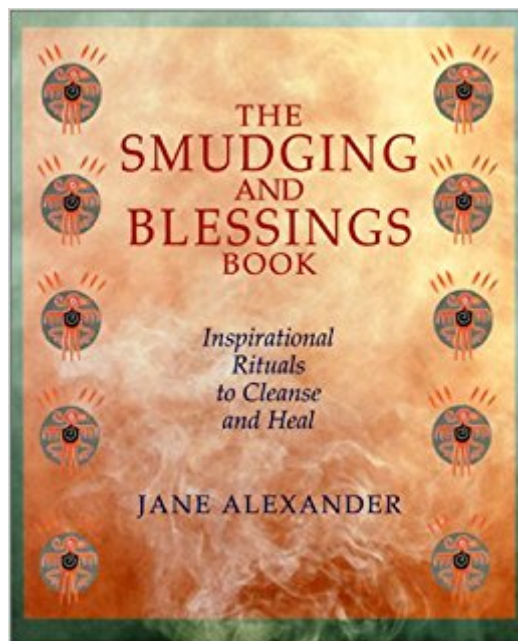




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The Smudging And Blessings Book: Inspirational Rituals To Cleanse And Heal



Synopsis

Change your life using simple smudging rituals and ceremonies. For thousands of years, Native Americans have burned sacred plants in a bowl or on a stick to drive away negative energies and restore balance. Learn how to combine smudging with techniques from other ancient traditions to restore and heal you, from banishing stress to bringing your family closer together. Turn your home into a spiritual fortress whenever you feel the need--the last thing at night, for instance, or when you leave the house. The birth of a baby is a miraculous event, worthy of great celebration. Make a gentle blessing part of yours--it's a lovely way to welcome a new soul into the world. And if you want to sail through the day full of confidence, energy, and hope, start each morning with a simple cleansing. The natural power of smudging and blessing is available to everyone.

Book Information

Series: Native American

Paperback: 96 pages

Publisher: Sterling (December 2001)

Language: English

ISBN-10: 0806974478

ISBN-13: 978-0806974477

Product Dimensions: 8.5 x 7 x 0.2 inches

Shipping Weight: 8.8 ounces

Average Customer Review: 4.2 out of 5 stars 18 customer reviews

Best Sellers Rank: #584,833 in Books (See Top 100 in Books) #114 in [Books > Religion & Spirituality > New Age & Spirituality > Self-Help](#) #317 in [Books > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Tribal & Ethnic > Native American](#) #2644 in [Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing](#)

Customer Reviews

good book

Enjoying reading about smudging which is an ancient ritual of many cultures. Contents are easy to read and comprehend. I have COPD so unable to participate in the ritual which I was brought up with in a European heritage.

replacement for book I gave away

Wonderful blessings. Lots of helpful information

Really nice book and gives you lots of good information

This is the "go to" book for Blessings! Love it!

Good book with good information and examples.

One of my favorite books its easy steps to follow

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