

A Smudging Prayer

(using smoldering white sage in an abalone shell,
wafted with an eagle feather)

May your hands be cleansed,
that they create beautiful things.

May your feet be cleansed,
that they might take you
where you most need to be.

May your heart be cleansed,
that you might hear its
messages clearly.

May your throat be cleansed,
that you might speak rightly
when words are needed.

May your eyes be cleansed, that you might see
the signs and wonders of this world.

May this person and space be washed clean
by the smoke of these fragrant plants,
and may that same smoke carry our prayers,
spiraling to the heavens.

