



HOW TO CLEANSE
WITH SMUDGING
&
HOW TO EXPAND
YOUR ENERGY WITH
BEAUTY



ABOUT THE AUTHOR

Kaye is an entrepreneur, international best-selling author, speaker, facilitator, Women's Shamanic Leadership Life Coach and creator of Inner Expressions; helping women realize their leadership from within. An unshakeable optimist, she lives with a foot in both worlds – physical and spiritual, working with her unique blend of gifts in connection, knowing, shamanic energy sound healing and accredited master life coaching. She empowers women with self-worth and the ability to create change. Supporting them to feel and know their inner power moving them beyond their comfort zone and back into the driver's seat of their life.

KAYE DORAN

LET'S START HERE!

SMOKE HAS BEEN USED GLOBALLY THROUGHOUT HISTORY. TO CLEAR AND PURIFY ENERGY.



THE LATIN WORD "SALVIA" COMES FROM SALVARE. SALVIA MEANS "HEAL" AND SALVARE "TO BE HEALTHY".

Most commonly used for clearing or cleansing, is white sage tightly bound together. This is called a smudge stick. Sage clears the air by absorbing airborne bacteria. The smoke is a fast and effective way to absorb benefits into the brain and body. It releases negative ions which assists putting one in a good mood. By clearing the space and the effects it creates, it is known to enhance awareness and spiritual wisdom by clearing away unwanted lower energies. The smoke is fanned with a feather or feathers around the room and or over the body. Aligning your intention with this process is paramount to the results. The feathers also collect and dispel unwanted energy from the energy field.

A SIMPLE YET POWERFUL PROCESS TO LIFT YOUR ENERGY LEVELS

BEAUTY IS ALL AROUND YOU



MOVE BEYOND YOUR MIND AND BODY. BREATHE INTO THE WELL OF NATURAL ENERGY THAT SURROUNDS YOU.

Everything is interacting with and affecting your energy field! Concrete buildings, other people, false stories and limiting beliefs and the striving mentality instead of allowing. Emotional stressors, radio waves and addiction to modern technology. These modern day factors, over time and if unaddressed diminish and rob you of your energy. One simple and powerful way to recharge when feeling flat is to breathe in the beauty around you. This can be done anywhere and anytime. Simply focus on something you experience as being beautiful, a flower for example. As you focus on the flower, intentionally breathe deeply in the energy of its beauty and allow it to settle where it belongs within your body. Keep choosing to breathe in beauty and within minutes, you will feel the change. I recommend this become a daily practice.



ALLOW LIFE TO BE YOUR MONITOR

There is a whole world of natural beauty around you. A tiny flower growing from the cracks in pavement. A bird flying in the sky. A smile on a strangers face or a kind word. Allow life to be the monitor that feeds you information, images, positive feelings and ENERGY. All it takes is a decision to consciously breathe in the beauty that is already there around you.

