



Smudging Prayer

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 it's 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,
spiralling to the heavens.



With Much Love

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