

The Benefits of Burning Sage

Burning sage is a custom handed down from Native American civilizations and is considered a spiritual practice that removes negative energy. Sage is commonly used to cleanse stagnant energy from a space.

Sage, as an herb, is antimicrobial, boosts memory and mental clarity, and can improve air quality.

Ancient tribes traditionally burned items like cedar and sweetgrass to welcome blessings and positive energy. Over the years, sage has been used more commonly and is said to get rid of negative energy, restore harmony, and connect us to a spiritual plane. In other words, burning sage can make you feel more balanced and is beneficial in balancing the chakras.

Because of the ritualistic nature of burning sage, it helps people to achieve a sense of calm and clear-headedness, similar to meditation. Like burning incense, burning sage can enhance concentration and stimulate creativity. The smell of burning sage can increase relaxation and aids in deeper meditation.

(Note: Anyone with asthma or respiratory issues should be careful not to inhale too much of the smoke from burning sage, as it can be hazardous. Some pets (especially cats) may become irritated by the smoke. If you notice yourself or a furry friend becoming sensitive, open your windows for fresh air and stay hydrated).