

Smudge bundles

Palo santo is a sacred wood from Peru that has been used as indigenous medicine by shamans and medicine people of South America for hundreds, if not thousands, of years. Palo santo has a lighter burn than sage, yet it's just as potent and effective in clearing illness and any stagnant energy that needs to move.

Yerba Santo – Yerba santo helps with meditation and divination, opening the [Third Eye Chakra](#) and helping you explore the inner and deeper realms as you connect with spirit guides and elders. Yerba santo also provides spiritual cleansing

Black Sage – We use black sage for protection and clearing of spaces. White sage removes negative energies, whereas black sage helps create a protective shield around you, your property, and your belongings.

Cedar – Cedar is useful in creating sacred spaces, promoting growth, protecting, and cleansing.

Desert Sage – Desert sage is used to purify the mind, body, and spirit before any ritual or ceremony. It is also used to cleanse the aura.

White Sage – Elders have burned this sacred herb for centuries in order to clear and consecrate their space. The smoke of ceremonial white sage in particular is said to draw positive spirits and discourage the presence of any unwanted energy. It's the smudge bundle par excellence.

Holy Wood Altar Pieces are amazing and will benefit anyone who is unwell or in need of the clearing properties that these tools possess. To use yours, simply light one end of the wood. It will self-extinguish. Then, fan the smoke around you and your space to clear all unwanted energies. Or, if you choose not to burn these pieces, simply place on your altar or in another area of your home and allow its healing presence to work its magic in, through, and around you and your sacred spaces!