

Simple Ritual with Palo Santo



Ritual to ground

Begin by lighting your Palo Santo stick. Hold your stick in front of your heart chakra and with your other hand guide the smoke to your nostrils. Take a deep breath and exhale. Repeat three times.

Ritual to cleanse

Open windows and doors to allow the energy and smoke to leave (optional)

Light the Stick by holding the flame for approximately 30 to 40sec.

Focus on your intentions, such as "I release all dense energy and welcome peace".

Walk through your space, waving the smoke into corners, doorways, windows and under furniture where energy stays stagnant.

Cosmic Sanctum

Use a fireproof bowl or abalone shell to catch any falling ash or embers.

Once finished, place the stick in the fireproof bowl. It should go out automatically after 30 seconds.

**Our Palo Santo is sustainably sourced from a family business in Ecuador.*