

# 'Shaman Blessing'

## An Easy Protection Spell with Sage

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### You Will Need

2 black candles

1 sage smudge stick

1 white carnation

Cauldron or ashtray

spells8

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[spells8.com](http://spells8.com)

### How to cast the spell

Sit on the floor (or on a cushion) near the main entrance to your home.

Light a black candle to your right side and another one to your left. Light the sage and place it in a cauldron or ashtray in front of you.

Watch the smoke rise and spread throughout the room. Hold the carnation in your hands and visualize how the smoke cleanses your life and your home of all negativity.

Picture a white light coming from the carnation and wrapping your whole body. Imagine how it slowly grows and fills the space around you. Focus on feeling safe, healthy and free from damage. Meditate on this as long as you want.

When you are ready, open the front door of your house.

Let the smoke go out, and with it, all the negativity will flow away.

Leave the carnation outside, by the door. Put the candles in a safe place and let them burn completely.