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## THE SMUDGING AND BLESSINGS BOOK: INSPIRATIONAL RITUALS TO CLEANSE AND HEAL



Sterling Publishing Co Inc. Paperback / softback. Book Condition: new. BRAND NEW, The Smudging and Blessings Book: Inspirational Rituals to Cleanse and Heal, Jane Alexander, For millennia, Native Americans have burned sacred plants in a bowl or on a stick to clear space of negative energies and restore balance. These simple smudging rituals can change your life, too. Learn how to combine smudging with other ancient techniques to promote healing or to turn your home into a spiritual sanctuary. Celebrate...

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