

## SMUDGING PRACTICES

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To ensure consistency and clarity in the implementation of Smudging within River East Transcona School Division's (RETSD) schools, the following practices must be adhered to:

- (1) The sacred medicine is placed in an abalone shell and lit, preferably with wooden matches.
- (2) The smoke from the dried medicine is gently directed forward using an Eagle Feather.
- (3) Smudging begins with hands, allowing the smoke from the Smudge bowl to rise, similar to washing hands.
- (4) Next, the smoke from the Smudge bowl must be drawn over the heart, eyes, ears, mouth, then to the feet.
  - (a) The heart is cleansed to open it up to compassion.
  - (b) The eyes are cleansed to see truth and beauty in the world.
  - (c) The ears are cleansed to promote attentive and respectful listening.
  - (d) The mouth is cleansed to encourage truthful, honest, and kind speech.
  - (e) The feet are cleansed to encourage walking with good intentions and purpose.

Effective Date: April 15, 2025

Review  
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Board Motion(s): 84/25

Legal/Cross Reference: