

 ready.to.rock

# SANCTUARY

*space cleansing*

Sanctuary – a sacred space. A place that makes you feel safe, peaceful and at ease.

Invite in serenity and tranquillity into your home, filling your space with this beautiful energy where you are always protected and guided by the energy of light and love.

An energetically cleansed home is truly a joyous space to seek refuge from the hectic rush of modern life. Follow through with an energetic reset to restore your mind, body & spirit to a state of stillness and bliss.

Choose from a curated mix of sage & palo santo for smoke cleansing, intention candles & incense to purify and a crystal wand & evil eye pendant to ward off negativity.

***Happy smudging!***

WHAT'S  
INSIDE?





[ETHICALLY SOURCED]

# WHITE SAGE SMUDGE STICK

Smoke cleansing has been used in ceremonial practices by many cultures and burning sage (one of many traditionally used herbs) helps to clear away stagnant/negative energy in your space – creating a positive environment for meditation, connection, grounding & intuition.

*Please note that smudging is a highly sacred ceremony to practice respectfully with the purest of intentions.*





# USAGE SUGGESTION

Before lighting the sage stick, set an intention to lovingly cleanse any heavy, negative or stagnant energy in your space, body & mind while visualizing it being lifted away as you gently direct the stick (and smoke) to all the areas of your space & around your body. Great for not only purifying your space but also before meditation or performing any sacred ceremonies.

*Here are a few links that I've come across that describe smudging in-depth for a deeper understanding of the sacred process.*

[Smudging for Beginners](#)

[Video Guide](#)

[Sage Smudging Ritual](#)



*\*click or tap  
to view links*



[HANDCRAFTED]

# NEW AGE SAGE SMUDGE SPRAY 20ML

A smokeless, on-the-go alternative for the modern age. This blend is lovingly prepared with Myrrh, Frankincense, Sage, Palo Santo, Cypress, and Juniper Berry essential oils – the same plants (*and boosted with Clear Quartz & Danburite gem essences*) that are used in traditional smudging ceremonies by cultures across the globe.

Suitable for use where burning sage may not be a preferred choice. Perfect for places and situations where setting something on fire might result in a lot of side eye (*at the very least*) or perhaps setting off a smoke alarm (*at the very worst!*) It's great for a quick space cleanse at work, in the car (*bye bye road rage*) and especially around little kids (*their health always comes first!*).



# USAGE SUGGESTION

Shake well before spraying.

You can use it as an alternative to the sage stick in places such as at work, if you are living at home with housemates/family or when you're out and about. Great for a quick energetic cleanse after a long day out or before meditation.

Also available in 50ml & 100ml sizes individually in the store.





[ETHICALLY SOURCED]

# ECUADORIAN PALO SANTO STICKS

Palo Santo, meaning 'Holy Wood' in Spanish, is highly sacred and revered by the native cultures of South America. Its calming and relaxing aroma is among one of the more fragrant woods – no surprise that it is favoured by many as their go-to incense.

Having similar properties to Sage and Cedar, it helps to cleanse, purify & uplift the energy of the space, body & mind while inviting in fresh positive vibes. The delectable scent (and *slightly sweet aroma*) uplifts your emotions while keeping your energy grounded, clear & bright.



# USAGE SUGGESTION

Light the stick and allow the smoke to clear and cleanse the energy of your space, body & mind, dispelling any negative energy that might be interfering with your thoughts and emotions while inviting in an abundance of positivity.

*Here are a few links that I've come across that describe Palo Santo in-depth and tutorials on how to burn it.*

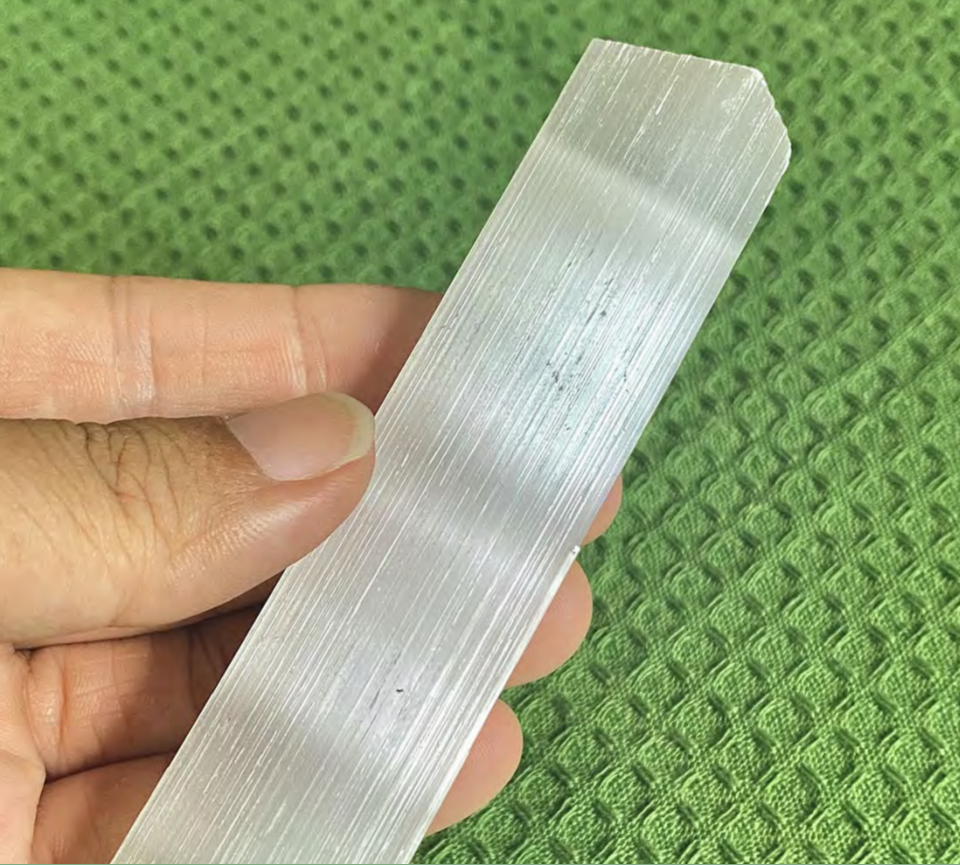
Palo Santo benefits

Palo Santo 101

How to use Palo Santo



*\*click or tap to view links*



# SATIN SPAR / SELENITE WAND

Selenites radiate a very gentle yet powerful cleansing energy, effective at clearing any energetic blockages as well as stagnant energy. They have a long history of being cleansing, healing & protective crystals.

They are all about illumination, balance, harmony, honesty and instilling a sense of peace. Even though very powerful energetically, they are as gentle as a light brush of an angel's wings.



# USAGE SUGGESTION

Place the wand/stick near a spot where you spend a lot of time (*e.g. living area, bedroom*) and it let radiate peaceful energy to your surroundings. You can also place your crystals on the wand to help cleanse & charge their energy as well!

You can also use it as a wand to draw out stagnant energy from your energetic field. Always set an intention to cleanse & clear and as you move your wand in a clockwise circular motion around your body, visualize the heavy energy being lifted out and away – leaving you feeling ‘lighter’ and more balanced.

Please take note : Selenites are quite brittle and may flake naturally. Just be mindful of any sharp sections that might be jutting out. Please keep away from water (and do not place it right next to a diffuser).





# MYRRH INCENSE CONES

Incense has a long history of use in ceremonial practices (*and perfumery*) all around the world. When burned they emit a purifying smoke and aroma that cleanses & purifies the energy of the space. They also help the mind to get into a deeper state of meditation – connecting us to our higher consciousness and guiding us into a state of stillness.

Myrrh is an amazing plant with a long & rich history. Energetically, it helps to bring about a balancing effect on the emotions, especially in times of overthinking and over-worrying. It emits a deep, resinous aroma that can ground the mind and heart – allow this process to guide you back to a space of calm and oneness.

A close-up photograph of a dark, conical incense burner resting on a green surface with a raised, wavy texture. The burner is positioned in the upper center of the frame. The text 'USAGE SUGGESTION' is overlaid in a large, white, sans-serif font, with 'USAGE' on the first line and 'SUGGESTION' on the second line.

# USAGE SUGGESTION

Place the incense cone on a heat-proof dish and light the tip. As it burns, let the purifying smoke wash over your senses and guide you into a state of tranquillity.

Approximate burn time : 20 mins



# EVIL EYE TALISMAN/PENDANT

The concept of the Evil Eye can be traced back to the Mediterranean region from over 5000 years ago! It is believed that an Evil Eye (or an *intentional gaze of malicious intent, eg. envy, ill wishes or hostility*) can bring about bad luck or harm to the person it is directed to.

Over the years, amulets with this distinctive symbol have also been referred to as Evil Eyes themselves – carrying the belief of protecting the wearer from harm, with the ability to repel any negative energy back to its source.





# USAGE SUGGESTION

It is believed that placing it at the entrance of your home helps repel any negative energy that has been directed towards you.

It also works as a beautiful symbolic representation of peace & protection for your personal sanctuary.



[HANDCRAFTED]

# WHITE INTENTION CANDLE

White symbolizes the energy of peace, purification, blessing, & protection.

Handcrafted using organic soy wax with a cleansing & grounding combination of Frankincense, Cedarwood, Lemon & Spearmint essential oils. Further boosted with Clear Quartz chips and Danburite gem essence.

The Clear Quartz chips additionally amplify the energetic intent of the candles.



# USAGE SUGGESTION

Set the intention to invite in cleansing energies to fill up the space as you light the candle.

Visualize the plant + crystal energies in the blend lifting away any energy that does not serve your highest good.

You may also choose to say out affirmations or write them on paper & burn them as you send forth your wishes to the universe.

Approximate burn time : 2.5 to 3 hours





# NATURAL FEATHER

In traditional Native American ceremonies, feathers represent the element of air and a gift from the higher realms.

As with many ceremonies, the feather completes the balance of the elements. Use them to direct & guide the sage smoke around your body or the room to spread it out and be carried forth into the wind.

May you have a beautiful experience  
with these loving energies with lots of  
joy, ease and grace.

Available on the web store & Shopee.  
Click on the icon to visit the respective sites.



Shopee



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