

DEDICATED TO ALL LIFE PRAYER

To say while smudging with cedar, sage or sweet grass.

Good Grandmother, Good Grandfather, Creator of all good things:

I humble myself in a good way.

I ask you to cleanse my **HANDS** to take away any sickness, sadness or sorrow, so I may cleanse myself today and work with them in a good way.

I ask you to cleanse my **MOUTH**, so I may say the good things in life, not to use any harsh words to hurt or harm anyone in any way.

I ask you to cleanse my **NOSE** and my **EYES**, so I may smell and see the goodness in myself and in others around me.

I ask you to cleanse my **EARS**, so I may hear the good words and store them in my mind.

I ask you to cleanse my **MIND**, so I may have good thoughts for myself and others.

I ask you to take away any sickness, sadness or sorrow from my **HAIR**, so I may continue to pray in a good way.

I ask you to cleanse my **HEART**, so I may give and receive good feelings from others.

I ask you to cleanse my **FEET**, so I may continue to walk in a good way.

I ask you to cleanse my **BACK**, so I may leave all the negative feelings in a past and not carry any of those feelings into the future.

And **OVER MY SHOULDER**, so you may continue to look after me in a good way.

I breathe it in my **LUNGS**, to cleanse my insides, so they may function in a good way.

I raise my **HANDS**, to say thank you for blessing me once again.

ALL MY RELATIONS.