

Smudging

We smudge to clear the air around us.

**We smudge to clean our minds so that
we'll only have good thoughts
of others.**

**We smudge our eyes so that
we'll only see
see good things in others.**

**We smudge our ears so that
we'll only listen
to good things about others.**

**We smudge our mouths so that
we'll only speak
of good things about others.**

**We smudge our whole being so that we
may portray only
the good part of our self
through our actions.**

Niji Mahkwa School 1994

Smudge Prayer

Creator Bless me this day

To have good thoughts.

To see good things in a person

**To hear good things
from a person**

To talk good to a person

**So that I will walk with others
in a good way.**

@ Sophie Boulanger and Philip Paynter, September 21, 2001