

HERBAL CEREMONY INSTRUCTIONS

Follow these steps for your five minute herbal ceremony to get the full BEAR BLEND experience.

Ceremonies can be used to set your intentions, clear negative energy, send thoughts to a loved one, make a wish, or just to relax and calm yourself.



1 Set aside 5 minutes of your day.

Turn off all electronics and go outside.



2 Prepare your herbs and intentions.

Smell the herbs and hold them in your hand. Clear your mind of unwanted thoughts and focus on a desired intention. Speak your intention to the herbs.



3 Place herbs in your smoking apparatus.

We recommend a ceremonial pipe, dry herb vaporizer, organic rolling paper, or a water pipe. Do not pack or roll herbs too tightly.



4 Light it up. Connect to your breath.

In the ancient traditions, smoke was believed to be the manifestation of spirit. In ceremonies, the sacred smoke would carry your intentions up to the heavens. This is the origin of the ritual of smoking.





5 Give thanks and close the space.

Give an offering of gratitude. This can be a pinch of herbs or the ashes from your pipe. Make a sound of closing (Aum, Amen, Aho). Go on with your day.



contact us with any questions or comments:

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