

## **Smudging Ceremony**

Ceremony is performed individually or in groups and involves the burning of one or more sacred medicines from Mother Earth. These may include sage, sweetgrass, cedar, tobacco and other sacred medicines. Smudging is a ceremony for purifying or cleansing the soul of negative thoughts of a person or place. Prayers, spoken aloud or in silence, are part of the ceremony. The smoke from the burning and smoldering of these sacred medicines is considered a purifying agent for the mind, body and spirit.

## **NDSU Policy 153 and Residence Life Guidelines**

NDSU Policy 153 recognizes NDSU as a smoke-free institution. This policy recognizes and respects the rights of students to practice their spiritual and cultural traditions. The policy also recognizes and respects the rights of non-practicing persons to smoke-free air. Students in residence halls and NDSU apartments live in densely populated communities and courtesies are requested. These courtesies include:

- Proper ventilation, such as door closed and utilize open windows or fans;
- Knowing the location of the nearest fire extinguisher and fire pull station;
- Following traditional cultural practices which includes a safe environment for containing embers and ashes;
- Extinguishing embers/ashes appropriately;
- Communication with roommate(s);
- Communication with Assistant Director for Residential Education.

Students who practice ceremony in Residence Halls and NDSU Apartments are asked to meet with the Assistant Director for Residential Education prior to first practice. This is not for approval or denial of practice but to ensure open communication and understanding of the needs of the specific student.

Within Residence Halls and NDSU Apartments these guidelines are in place for the student's personal living space which may include their room, foyer, or shared apartment spaces. Outside of residential buildings, students need to follow NDSU Policy 153 guidelines for appropriate communication courtesies.

More information on Policy153 Smoke-Free campus: <https://www.ndsu.edu/fileadmin/policy/153.pdf>