

## **PALO SANTO HOLY STICK**

*Busera graveolens*



Palo Santo is a mystical tree that grows on the coast of South America and is related to Frankincense, Myrrh and Copal. In Spanish, the name literally means *Holy Stick*.

It is part of the citrus family, botanically known as *Bursera*. and has sweet notes of pine, mint and lemon. The tree blooms yellow and has a high resin content in its hard wood. It is a strong and resilient tree that lives under extremely harsh conditions in the highlands of the Andes.

Palo Santo is used for crafting objects and to produce burning sticks and incense. The aroma is reminiscent of baked apples or burnt sugar.

Peruvians harvest fallen branches and twigs of the tree, a practice that is regulated by the government of Peru, so trees are not cut for wood harvesting. The charcoal of Palo Santo sticks can be used for ritual smudging.

A shaman, or medicine man, lights Palo Santo sticks and the rising smoke will enter the energy field of ritual participants to clear misfortune, negative thought-prints, and evil spirits.

It provides an uplifting scent that raises energy levels in preparation for meditation and allows for a deeper connection to the Source of all creation. It is said that Palo Santo enhances creativity and brings good fortune to those who are open to its powers.

It creates a pleasant, fresh smoke that also works well in keeping away mosquitoes and other flying insects which is one of the prime uses for the people who live in Ecuador and Peru.

Palo Santo wood has also been used in indigenous medicine in South America. Palo Santo is traditionally used for relieving common colds, flu symptoms, stress, asthma, headaches, anxiety, depression, inflammation, emotional pain and more.

*Palo Santo para limpiar tu casa de la mala energia*

*Palo Santo para la buena suerte*

Palo Santo to clean your house of bad energy

Palo Santo for good luck