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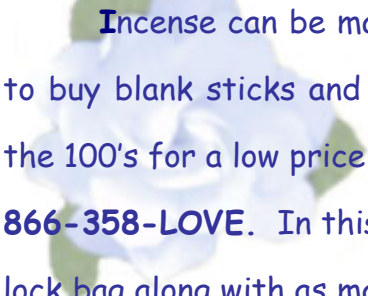
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Mabel White





How to Make Your Own Incense



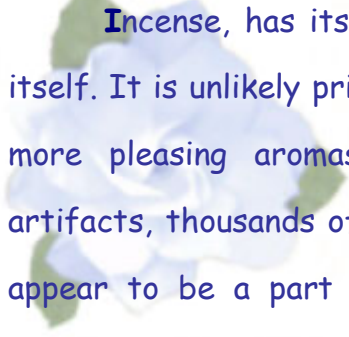
Incense can be made with the same oils used for candles. We prefer to buy blank sticks and make them ourselves. You can buy blank sticks by the 100's for a low price at the Mabel White Craft Supply Company by calling **866-358-LOVE**. In this manner you just throw the unscented cones in a zip lock bag along with as many drops as you like of your favorite oil, shake them up and let them sit for a week!

INSTRUCTIONS:

Mix 1 part fragrance oil to 2 or 3 parts solvent and mix well. Soak incense in scent mixture for 24 hours in a glass or HDPE plastic container. Set on waxed paper (not paper towel) and allow to dry completely for at least 48 hours before burning. Only store scent mixture in glass or HDPE plastic! 16 oz. of scent mixture should make approx. 500 sticks or cones. **INCENSE CUTTING SOLVENT**-Dipropylene Glycol is a **solvent** used to dilute (cut) the strength of perfume oils if a weaker scent is desired. We really do not use solvent when we make our own incense.

Below instructs you how to make your own sticks and cones.





Incense, has its roots back in mankind's first experiences with fire itself. It is unlikely primitive man would have missed that certain woods had more pleasing aromas and indeed varying emotional effects. Incense artifacts, thousands of years old, have been found throughout the world, and appear to be a part of virtually every culture. The connection between incense, religions, medicine, and shaman practices is obvious, it would be impossible to separate them, or say which preceded the other. Historically it is difficult to trace because it has always been largely an esoteric and oral tradition evolving in relation to both religion and medicine.

There are many myths regarding incense as well. Several modern sources include the use of Salt Peter (Potassium Nitrate) in making incense. This is undoubtedly a much later addition that arose in the commercialization of incense, primarily in the last 40 years.

Incense has appeared in many forms: raw woods, chopped herbs, pastes, powders, and even liquids or oils. What most of us think of as incense today is joss-sticks or cones. Cones as we know them were an invention of the Japanese and introduced at the World's Fair in Chicago in the late 1800's. I cannot say, at this time, when the Joss Stick or Masala incense first appeared. We do know that it was brought to China by Buddhist monks around 200 ce.





TOOLS NEEDED FOR INCENSE RECIPES

First, you will want to have all your tools and ingredients together, before you start.



You will need:

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- *Your incense ingredients*

- *A measuring device-spoons, cup, or scale, depending on the quantity you are making.*

- *Mortar and pestle(a grinder)-if your herbs/resins/flowers are not already in a finely powdered form.*

- *A hammer and metal mortar-if you have to crush a stone ingredient.*

- *Some small bowls, plates or containers for the powdered ingredients.*

- *A large wooden or ceramic mixing bowl-to blend your ingredients.*





- *A container for storing your finished incense(airtight is preferred).*
- *A pen and paper-to write down exactly what you did, so you can replicate it, in the future.*

GRINDING YOUR INCENSE INGREDIENTS

No matter what incense recipes you are using, your incense ingredients will most likely need to be powdered, one by one. I much prefer to do this by hand. Grinding by hand is a wonderful way of adding your own energy to the incense. It is also somewhat relaxing and hypnotic. If your intention is a magical incense, set your goal in your mind, before you begin(prosperity, love, health, etc). It is especially helpful to visualize the intended outcome, as you grind. Even if you are not making a strictly "magical incense", you can still add your intention to your finished incense in this way.

Some incense ingredients will be easier to grind, than others. Some, will take a little practice to find just the right method. Experiment and find out what works best for you. Sometimes, you may even find that it is easier, if you don't fight so hard, when grinding. Be flexible. If you have to grind a stone, you might try smashing the stone with a hammer, first. Then, grind the smashed stone to a fine powder in a metal mortar.

If hand grinding your incense ingredients is plainly distasteful, you have arthritis, or you just don't have time, you can always use an electric





coffee grinder (do not use the grinder for stones).

If you are creating your own incense recipes or blends, be sure to write down every ingredient, what quantity, and what you visualized, as you go along, so you can recreate this incense in the future.


Incense has been smoldering somewhere in the world for thousands of years. It has been used for religious, and magical purposes, even as an air deodorizer, much as it is today. It is a wonderful way to change or set a particular mood.

All organic matter has it's own inherent energy or vibration, as well as planetary and elemental correspondences. In making ones own magical incense, the magician chooses ingredients that will have the energies needed to manifest the goal. For a love incense recipe, you would choose ingredients that are known for promoting or attracting love. These energies may be used alone, or blended to add power to the magic work. A cleansing incense recipe might be used to clear a space of all negativity prior to the magical work, as well. In ritual, the energies are released through smoldering, and become accessible to the magician to use towards manifesting the desired magical goal.





BLENDING YOUR INCENSE INGREDIENTS



Now, that you have all your herbs, resins, crystals, barks, flowers, etc. finely powdered and filled with intent, you are ready to mix and blend them into a finished product.

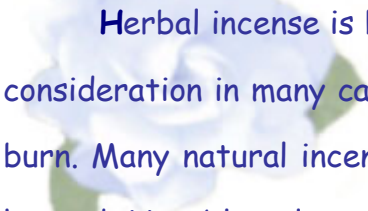
Take all your incense ingredients, one by one, and add them to the large bowl. As you add each ingredient, mix them together with your fingers, visualizing the intended outcome as you do. Add your own power of intention, coming off your hands and blending with the energies of the incense in the bowl. Know that your will is infusing the incense with the energy to help manifest the magical goal.

*Now you are ready to add any oils or liquids to your blend. You won't need very much, just a few drops is usually sufficient. If you are making a large amount of incense, and you are short a powdered ingredient, but have that oil on hand, it is usually fine to substitute a couple of drops of oil for the herb. Blend the oils and/or liquids into your incense, visualizing as you go. Some incense will call for a particular stone, as an ingredient. Usually, you only need a very small pinch, to give the effect. Add this in last, visualizing as you do. If you only want to boost your incense, you can normally add a pinch of amber, as it is an all around power booster. **Dragon's Blood resin is also used in this way.***





Herbal Incense



Herbal incense is blended primarily for effect. Scent is the secondary consideration in many cases, but in "all" cases, the scent is designed for the burn. Many natural incense ingredients have almost no aroma until they are heated. Notably, Aloes wood as well as many other resins have little or no aroma until they are smoldered over the incense fire.

Incense and Herbalism go hand-in-hand, and the oldest sources we have regarding herbalism and incense is the Indian Vedas. The primary references are in the Athar-vaveda and the Rigveda. This is commonly considered first phase of Ayurveda and deals with the subject in a more magical and religious approach to healing. Examination of early Vedic texts indicates that the herbalists, or healers were a second tier of Hindu priest that emerged out of the agrarian areas. They appear to assimilated their knowledge of herbalism with the rituals and beliefs of the orthodox or "Sacrificial" priests. However, they remained two distinct classes and were scorned in the later days of this phase by the sacrificial priests who considered them unclean because of their association and medical treatment of all classes of people. Around 200 bce. They were excluded by law from participating in sacred rites. Even before this, the medical priests had begun associating with wandering mendicants and ascetics who were renouncing sacrificial rites and orthodoxy, and among these were the Buddhist or bhikkhus. Pali sources indicate that the Buddhists were the principal means by which these emerging physicians organized, developed and disseminated





their emerging art. This begins the classical phase of Ayurveda and the great healer Atreya emerges among others at the medical university at Taxila. Among his students were Jivaku (Buddha's Physician).

Later, Brahmanization of certain medical texts amends the heterodox practices in light of a more orthodox view, and Buddhist medicine appears to split with Ayurveda. From this point, incense evolves in both traditions in association with medicine and herbal remedies, and becomes even more a closely guarded secret passed down primarily in the oral tradition and apprenticeship.

Incense Ingredients

Breaking down the five elements and their Ayurvedic relationship to plants and common incense ingredients we find them falling into five classes.

The following chart shows the relationship:

1. Ether (Fruits)

Star Anise

2. Water (Stems & Branches)

Sandalwood, Aloeswood, Cedarwood, , Cassia, Frankincense, Myrrh, Borneol

3. Earth (Roots)

Turmeric, Vetivert, Ginger, Costus Root, Valerian, Spikenard

4. Fire (flower)

Clove

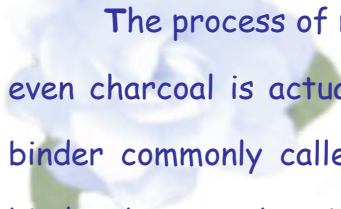
5. Air (leaves)

Patchouli





Making Incense



The process of making herbal incense without the use of salt peter, or even charcoal is actually quite easy. Perhaps the easiest way is by using a binder commonly called Makko. Makko not only serves as a water soluble binder, but as a burning agent as well. Makko is a natural tree bark from an evergreen tree and contains no synthetic chemicals, charcoal, or salt peter.

To make incense, simply mix the desired ingredients, in powdered form, with makko and add some warm water. Knead the incense-dough thoroughly and form into cones or sticks and let dry at room temperature for about twenty-four hours.

Sandalwood is common to almost every incense formula, and serves as a wonderful base aroma as well as a burning agent of it's own right. If you were making an incense of sandalwood alone, the amount of makko required may be a little as 10%. However, resins like Frankincense are more difficult to burn and must be used in much lower percentages to burning agents such as sandalwood or makko. Otherwise, your incense won't burn properly and may me too smoky or keep going out.





Here is an incense recipe you can use to get you started:

Recipe for Cone Incense...

Mix together:

2 parts Makko

1 part Sandalwood powder

1 part Cassia powder

1/2 part Clove powder

Add a little warm water and knead dough completely.

Form in small incense cones.

Dry at room temperature for 24 hours.

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