

High Spirit Incense

Use this incense to invite beneficial spirits and blessings, build protection and remove spiritual debris.



INGREDIENTS:

*3 parts Frankincense
2 parts Benzoin
1 part Myrrh*

METHOD:

- 1. Grind all of the ingredients into a fine powder using a mortar and pestle or a spice grinder*
- 2. Burn on a lit charcoal disc*