

# 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*