



## THE HAND-CRAFTED INCENSE WORKSHOP SERIES

### Lesson 3: Your Guide to Making Your Own Incense Cones

Making your own incense for yourself or others for its aesthetic, ritual, or healing benefits is one of the most rewarding practices of using aromatic plants. In the Hand-Crafted Incense Workshop Series, I've walked you through some of the foundational teachings that will make your incense crafting a more fun, enriching, and successful practice.

Now that you have a few of the core teachings of this craft in place, and you know what the **4 Basic Building Blocks of Incense** are (bases, binders, aromatics, and water), it's now time to put all of these elements together to create *well-balanced, fully burning, solid, natural incense cones!*

The following is a great incense recipe for people just starting out making their first batches of incense. You can follow the recipe exactly as is, or if you're feeling adventurous, this recipe was designed so you can alter some of its ingredients and experiment using different powdered aromatic botanicals in their place. Feel

free to substitute other aromatics for the Cinnamon and Clove in this recipe.

If you do choose to use different aromatic ingredients or spices, just be sure you keep the amounts of Sandalwood, binder, and water that are called for in the recipe the same. *Only substitute other ingredients for the Cinnamon and Clove!* That way you'll ensure your incense holds its form and burns properly.

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## Sandalwood Spice Incense Cone Recipe

### **Ingredients:**

5 teaspoons finely powdered Sandalwood (*Santalum album*)  
1/2 teaspoon finely powdered Cinnamon  
1/2 teaspoon finely powdered Clove  
1/16 teaspoon (aka 1 Pinch) finely powdered Gum Tragacanth  
3 1/2 teaspoon Water

### **Incense Crafting Tools Needed:**

Small Mixing bowl  
Measuring spoons  
Condiment dishes or tiny cups/bowls for ingredients (optional)  
Mixing spoon (optional)  
Cone rolling surface (cutting boards work great!)  
Drying surface (cutting board, a plate, metal baking pan, aluminum foil, etc.)

Mortar & Pestle or Coffee Grinder for powdering ingredients (optional)  
(you can also purchase your ingredients in powdered form)

### **Natural & Sustainable Sources for the Above Ingredients:**

Sandalwood powder - [www.etsy.com/shop/HigherMindIncense](http://www.etsy.com/shop/HigherMindIncense)

Cinnamon powder, Clove powder - Starwest Botanicals, or Mountain Rose Herbs [http://aspireiq.go2cloud.org/aff\\_c?offer\\_id=24&aff\\_id=3580](http://aspireiq.go2cloud.org/aff_c?offer_id=24&aff_id=3580)

Tragacanth powder - [www.etsy.com/shop/HigherMindIncense](http://www.etsy.com/shop/HigherMindIncense)

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## **Step-by-Step Incense Cone Crafting**

### **Step 1 - Prepare Yourself**

To start off every incense crafting session, it's good to center yourself and become more present in the moment before you begin. Do your best to dismiss any daily or negative thoughts, stress, or frustrations you may have. *The goal is to put only good energy, thoughts, and intentions into your incense crafting.*

If you're experiencing heavy or negative emotions, it's best to reserve your incense crafting for when those feelings have been settled.

## **Step 2 - Prepare Your Ingredients**

Gather all of the ingredients for your incense cone recipe and start grinding, crushing, and powdering your materials, if not already in powder form. For cones, **using finer powders** ensures proper burning of your incense. Thicker powder consistencies won't burn as well in this 'combustable' type of incense.



## **Step 3 - Mix Your Dry Ingredients**

Begin the crafting process by adding your base materials to your mixing bowl first. Then add each of your other dry, aromatic materials to the mixing bowl and stir everything together thoroughly. Then **use a fine mesh sifter** to add your powdered gum binder to your other dry ingredients, and mix everything together thoroughly to ensure there are no pockets of any single ingredient.



#### **Step 4 - Add Your Water Element**

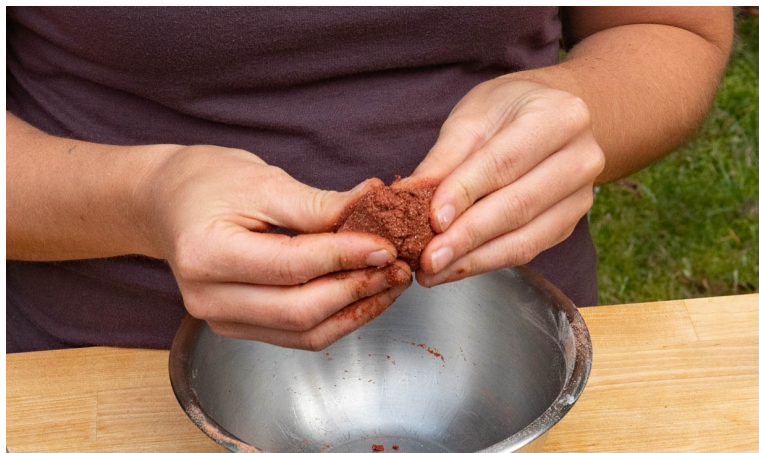
Once all of your dry ingredients are mixed together, it's time to add your water. Start by adding **1/3 to 1/2 of your water first**, and mix it in well. Then add the rest of your water and mix your ingredients thoroughly. Adding and mixing your water in portions like this allows for your dry ingredients to more evenly absorb the moisture.



This is the most common stage at which most incense cultures will infuse their prayers, intention, songs, mantras, positive thoughts, etc. into their incense: after the water has been added, and during the mixing and forming stages.

### **Step 5 - Knead Your Incense Dough**

Next, knead your incense dough for 1-2 minutes or until it's slightly warm. Kneading raises the temperature of the dough and continues the mixing process. This helps the water penetrate the cells of the plant materials more deeply, helps activate binders, while also helping the aromatic components synthesize more fully, enhancing the aromatic bouquet of your blend.

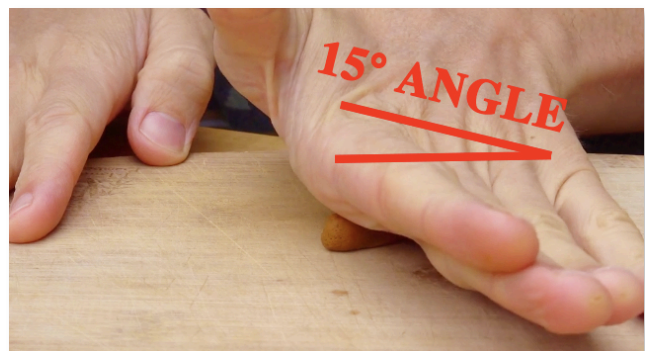


### **Step 6 - Mold Your Dough Into Cones**

Once your dough is kneaded, it's time to shape your dough into cones. Before you begin molding, prepare your drying surface to place your finished cones on as you shape them. Pinch off a small ball of your dough, around the diameter of a dime, and place it directly onto your rolling surface (*cutting boards or sanded or polished wood work great*). Start rolling your dough with the palm of your hand or forming it with your fingers.



Roll your cones out between the palm of your hand and your rolling surface. To do this, place the outside of your palm (*your pinkie finger side*) down on your rolling surface. Lift the opposite side of your palm (*your pointer finger side*) slightly, creating a 15-20° angle with your hand so that the knuckle of your pointer finger is higher than your other knuckles.



With the ball of dough directly under your pointer finger knuckle, gently move your palm forward and backward while applying pressure downward on your ball of dough. This will create your cone shape. You want to make your cones about **an inch tall**. Your cone's base should be the **thickness of a pencil or pen**, or even smaller. Don't worry if your cones aren't totally uniform or perfect. Over time you will perfect this process.

## **Step 7 - Dry Your Cones**

For the best results, incense cones are **slow dried at room temperature** (*between 55 and 80 degrees*). To speed the process up, you can place them to dry next to a heat source. There are many factors at play during the drying process that determine how long your cones will take to be completely dry. Humidity and moisture in the air, the seasons, temperature, different ingredients, and other factors all have a role in this process. Because of these factors, cones can take anywhere from **1-3 days** to dry out completely. Sometimes longer.



Halfway through the drying process, a day or so into your dry time, **tip all of your cones over onto their sides** to allow their bottoms enough air to dry out as well. Every 12 hours after you tip them over, **roll your cones 180 degrees** so they have a chance to dry out evenly on all sides. After they've had the proper time to dry, check to see if your cones are completely dry inside. Do so by breaking one of your cones in half to look for moisture in the center. If there is, there will be a darker spot in the core of your cone. If this is the case, allow for another 12 - 36 hours to finish drying.



## **Step 8 - Store, Cure, & Enjoy!**

Once your cones are **completely** dry they're ready to burn. Store them in a sealable glass jar to maintain freshness and aromas for years to come. Relax, invite a friend over, burn and Enjoy!

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This step-by-step process is the exact blueprint for making *any incense cone recipe*. Follow these steps and you'll soon have your own hand-crafted incense cones to burn and enjoy.

Use this process to make medicine for yourself, family, or patients; create cones for sacred and ceremonial purposes; or craft your own incense for fragrant enjoyment and pleasing the senses.

There's nothing quite like the enchantment you feel when you step up to your incense crafting table. There's definitely a sense of magic that arises when working with such heavenly aromas and special, even sacred plants.

The good energy, thoughts, intentions, and work we put into making our aromatic creations pays off even more when we see people's blissful faces after experiencing our incense, and when we hear profound stories of the healing, transformation, and beauty that our creations initiate and awaken in people.

You now have the skills to make your own incense for whatever purposes and intentions you desire. So put your new found knowledge to work right away and start creating experiences of healing, pleasure, and sacredness today through the Ancient Art of Incense.

If you're feeling the calling to take your next step towards becoming an artisan incense crafter, I invite you to join me for The Traditional Incense Crafting Course.

In this program you'll learn the ins and outs of incense crafting. You'll come to understand the wide world of botanical ingredients in great detail and know how to work with every type of material. You'll learn all about the many different formulation techniques for therapeutic and fragrance crafting. You'll learn how to make and perfect other types of incenses like loose incense and sticks, and learn a lot more about the art of incense cone crafting as well.

*And a whole lot more...*

Keep an eye out for my email soon announcing open enrollment for this very special opportunity. This is **the only online incense course** that teaches you everything you need to know to start mastering the art of artisan incense crafting.

Thank you for joining me on this journey!



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