



TERESA GOODIN
ARTIST & ALCHEMIST

BOTANICAL INCENSE INGREDIENTS FOR CUSTOM INCENSE BLENDS

- ✿ **ACAIA GUM** - Sweet, light, and earthy aroma. Protection, purity, spiritual elevation, meditation, purification, healing, clarity and opens pathways for higher consciousness.
- ✿ **BAY LEAVES** - Warm, spicy, and slightly sweet fragrance. Mental clarity, divine wisdom, prophetic dreaming, divination, protection and cleanse negative energies from spaces, objects, or individuals.
- ✿ **BENZOIN** - Sweet, balsamic, and slightly vanilla-like scent. Calming, mental clarity and emotional balance. Prosperity, success, luck, personal power. Meditation. Clear negative energy and create sacred space. Protection, repelling unwanted influences.
- ✿ **BLACK SAGE** - Earthy, herbaceous, and slightly musky scent. Meditation, cleansing, and dreamwork. Spiritual protection, banishing unwanted spirits and psychic interference. Intuition, wisdom, introspection, shadow work.
- ✿ **BLUE LOTUS** - light, floral, and slightly sweet with a hint of earthy musk. Euphoria, deep relaxation and tranquility. Higher consciousness, spiritual ascension, intuition and inner wisdom. Love and sensuality. Meditation, lucid dreaming and dreamwork.
- ✿ **BREU BRANCO** - Unique, balsamic, and earthy aroma with subtle citrus undertones. Clear negative energy and create sacred space. Rituals, meditation, and prayer. Stabilizing, grounding properties, mental clarity and focus.
- ✿ **CEDAR** - Warm, resinous, and slightly sweet with a hint of spice. Purification and protection. Bless and sanctify homes, altars, and sacred objects. Connection to wisdom and ancestors. Grounding, balance, inner calm, clarity, meditation and centering. Manifestation intentions, renewal and starting new ventures.
- ✿ **CINNAMON** - Spicy, sweet, and woody. Ward off negative energy and purify spaces and auras. Protection rituals. Attracting wealth, success, prosperity and abundance. Passion, sexual attraction, desire, romance, self-love, intimacy and warmth. Mental clarity, courage, and personal power. Banishing lethargy and invoking motivation.

- ✿ COPAL - Bright, woody, and slightly citrusy with hints of fresh pine and sweet amber. Clear negative energy and purify spaces, objects, and auras. Traditionally used in temple offerings and sacred ceremonies to invoke divine energies. Spiritual protection, banishment rituals and grounding. Meditation and spiritual awareness. New beginnings, prosperity, transformation, renewal and growth.
- ✿ DAMAR - Citrusy, piney, and slightly sweet, often compared to fresh lemon. Bright, uplifting, and fresh aroma. Cleansing, clarity, and light-enhancing rituals. Damar incense is used to clear negative energy from spaces, objects, and the aura. Light and spiritual illumination. Mental clarity and focus. Positive vibrations and lifts emotional heaviness.
- ✿ DAMIANA - Warm, earthy, subtly sweet, soothing and grounding aroma. Love, passion, sexual desire, intimacy, and strengthening romantic bonds. Divination, psychic abilities, intuition, dream work, astral travel, and meditation. Relaxation and euphoria. Manifestation and personal empowerment.
- ✿ DRAGONS BLOOD - Deep, resinous, earthy, and slightly sweet, with a hint of spicy warmth. Protection, purification, and power-enhancing rituals. Warding off negativity and malevolent forces, banishing rituals and space clearing. Cleanse spaces, objects, and auras of unwanted energies. Strengthens intentions, manifestation and transformation. Love, strength, passion, vitality, courage, strength and determination.
- ✿ ELEMI - Fresh, lemony, and peppery with hints of wood and spice. Purification, cleansing and protection. Concentration, mental clarity, focus and clear thinking. Emotional balance, spiritual renewal, healing rituals and personal transformation.
- ✿ FRANKINCENSE - Warm, woody, and citrus-like. Calm, relaxation, and mental clarity. Purify and sanctify spaces and auras. Spiritual rituals, blessings, and space clearing. Protection spells, shielding rituals, and sacred circles. Meditation, divine connection and higher consciousness. Healing, letting go, forgiveness and inner peace.
- ✿ GUGGAL - Warm, earthy, and musky with sweet undertones. Protection, banishing, clear negativity and cleanse energy fields. Space clearing before meditation, rituals, or ceremonies. Physical and spiritual healing, dispel sickness and promote renewal and rejuvenation. Focus, tranquility, contemplation and connection to higher realms.
- ✿ HOREHOUND - Bitter, herbaceous, and slightly minty aroma. Spiritual cleansing, protection, and healing. Clear negative energy from spaces, objects, and individuals. Restore balance and neutralize bad energies. Protective rituals and create a protective energy shield. Restore vitality and emotional well-being. Strength, endurance, and manifestation, overcoming obstacles and empowering personal will.
- ✿ KAURI GUM - Rich, sweet, resinous, and slightly piney, with hints of earth and wood. Calm, clarity, and focus. Meditation and spiritual practices. Cleansing spaces, objects, and auras of negative energy. Sacred protector, used for creating spiritual shields. Open and balance the heart. Grounding, personal strength, resilience, and stability. Connecting with ancestors.

- ✿ JUNIPER - Fresh, woody, slightly sweet, herbal aroma, often with a hint of pine or citrus. Spiritual purification, clearing negative energy from people, places, and objects. Protection, ward off negative energies, create a shield of protection. Rituals of banishment and deflecting psychic attacks. Physical and emotional healing, renewal and restore vitality. Uplifting, clear mental fog and reduces feelings of anxiety or sadness. Uplifting meditation, prayer, and connecting with higher realms. Strengthen intuition and awaken psychic abilities.
- ✿ LAVENDER - Fresh, floral, herbaceous, and slightly sweet aroma. Calming and relaxing. Creates a peaceful and tranquil atmosphere. Purification and cleansing. Protection, shield against harmful energies and purify a space. Rituals of spiritual healing. Clearing emotional or energetic blockages. Love, compassion and harmony.
- ✿ MUGWORT - Herbal, slightly bitter, and earthy scent. Divination, lucid dreaming, dream work, and spiritual protection. Improve dream recall and prophetic dreams. Spiritual vision, intuition and clarity. Protection, creates spiritual shield. Banish and ward off unwanted energies. Goddess, divine feminine and the moon. Personal empowerment. Promotes relaxation, calms the mind, and eases anxiety.
- ✿ MYRRH - Rich, warm, and earthy, with subtle balsamic and slightly sweet undertones. Spiritual cleansing rituals. Purify spaces, objects, and auras. Create sacred space. Protection and spiritual shielding from negative influences. Meditation and inner peace. Emotional and spiritual healing. Connection with higher realms.
- ✿ OPOPONAX - Sweet, balsamic, and citrusy, with earthy undertones. Purification and clearing negative energy from spaces, objects, and people. Sacred space, cleanse the aura. Protection and shielding. Emotional healing and restoration of balance. Calm and sense of wellbeing. Elevate spiritual practices, meditation, prayer, and rituals. Connect with higher spiritual realms and divine forces, assisting in spiritual insight and clairvoyance.
- ✿ ORRIS ROOT - Floral, powdery, and woody scent. Considered a luxurious and spiritually potent incense. Purification of spaces and auras. Cleanse objects. Intuition, psychic abilities and divination. Love, romance, passion, attraction. Wisdom and divine connection. Meditation.
- ✿ PALO SANTO - Sweet, woody, citrusy, and slightly minty, with notes of pepper and eucalyptus. Purification and clear negative or stagnant energy. Preparing a space for rituals, meditation, or any spiritual work. Spiritual protection for people, home and during shamanic practices. Soothing, healing, peace, balance. Meditation, calming the mind, focus, spiritual connection. Insight, wisdom, clairvoyance and divine communication.
- ✿ PATCHOULI - Earthy, musky, woody, and slightly sweet, with spicy and herbaceous undertones. Grounding and balancing. Protection and warding off negative energies. Energetic cleansing. Manifestation, abundance, wealth and prosperity. Attract positive outcomes and good fortune. Attract love, romance, and passion. Inner transformation and spiritual growth. Protection and grounding for shamanic work and journeys.

- ✿ PINE - Clean, fresh, woody, and resinous, with a slightly citrusy and piney aroma. Clear negative energy, purify spaces, and restore balance in the environment. Preparing a space for rituals, meditation, or spiritual work. Protects against unwanted energies and shield from harmful energies. Grounding the spirit, connect to earth and wisdom of nature. Healing, refreshing, restorative and revitalising. Focus, clarity, concentration and meditation.
- ✿ ROSEMARY - Fresh, herbaceous, camphoraceous, and slightly piney. Purifying and cleansing. Clear negative energy from a space, object, or person. Protection. Shield against psychic attacks and protect one's home or sacred space from unwanted energy. Mental clarity, concentration, focus and memory. Healing and emotional balance. Uplifts the spirit and boost energy levels.
- ✿ ROSE PETALS - Sweet, floral, delicate, and luxurious. Soothing and uplifting. Love, beauty, romance and passion. Emotional well-being, spiritual connections, and energetic purification. Nurture relationships and enhance intimacy. Emotional healing, compassion, comfort, and inner peace. Connect with divine love and higher wisdom. Self love and compassion.
- ✿ SAL DHOOP - Earthy, woody, smoky, and slightly balsamic. Spiritual purification, clear negative energies, purify the surroundings, prepare space for rituals, prayers, or meditation. Used in temples, sacred spaces, and during sacred ceremonies. Clarity and focus. Calms the mind and opens the heart. Restoring balance, vitality, and well-being.
- ✿ SANDALWOOD - Deep, earthy, woody, and richly floral, with a subtle creamy and sweet undertone. Calming, grounding, and soothing. Connection with the divine and fostering a sense of inner stillness. Purifying and clearing negative energy. Bless a space, imbuing it with positive and nourishing energy. Emotional balance and healing. Good fortune, prosperity, love, and harmony.
- ✿ STYRAX - Warm, balsamlike, sweet, flowery, intense and slightly grassy fragrance. Purification and cleansing. Spiritual purification rituals and cleansing sacred spaces, such as altars, homes, or temples. Protection rituals, wards off harmful energies, shield around a person or space, banishing negativity. Grounding and centering. Manifesting desires and amplifying intentions. Open pathways for spiritual growth and ascension. Connect with higher realms.
- ✿ YERBA SANTA - Herbaceous, earthy, and slightly sweet, with a woody and smoky undertone. Rituals, ceremonies, spiritual work, opens up the flow of positive energy. Protection and blessings. Releases emotional blockages and heals emotional wounds, heals the heart, promotes inner peace and acceptance. Enhances intuition and clears the energetic channels, making it easier to receive guidance and gain spiritual insight.
- ✿ WHITE SAGE - Fresh, herbaceous, earthy, and slightly smoky. Cleansing and soothing, creates a clear, light, and uplifting atmosphere. Purification, clears negative energy and harmful influences. Purify the energy of a room, house, or person, removing any lingering stagnant or heavy energies. Restore balance and a sense of calm. Opens the mind and heart. Mental clarity, focus, and emotional balance.