

# - How To Make - PROPOLIS-ARTEMISIA INCENSE

by Sandira Belia

This incense is powerful, entirely natural, easy to make and easy to transport with you at any time. It combines the qualities of two powerful ingredients: propolis and the artemisia plant (also known as mugwort).

Propolis is a precious substance created by the bees, made of resins and wax. It has strong clearing and protective properties. Artemisia is used in Chinese medicine and in several other shamanic traditions from around the world. She is known for her powerful qualities to dissolve blocked energies, to connect the worlds and to enhance dreams.



## Ingredients and material

- Chinese artemisia (*Artemisia argyi*) – to comprise three quarters of the total weight of the mixture
- Propolis – to comprise one quarter of the total weight
- Blender (I use a *Tribest Personal Blender*) with smoothie-type blade
- Non-flammable supports for the burning cone (for example flat stones or shells from the beach).
- Cotton bags or box to store the incense
- Labels if wanted



## Procedure

- Harvest artemisia with prayer and respect (ideally on an air or fire day, around the full moon), or purchase artemisia from an ethical supplier.
- If the plant is fresh, dry it in crates or bundles, head hanging down (preferably in a dark space with good air flow).
- Remove brown leaves.
- Artemisia is easier to blend when 'crispy'. Place it in the sun or above the stove just before blending, to increase the crispiness if necessary.
- Propolis is easier to blend when cold. Store it in a cold place or in the freezer and take it out at the last moment.
- Fill the blender with a handful of crisp, dried artemisia leaves (around 4 grams of artemisia).
- Add a pinch of propolis.
- Make several short pulses of the blender, until it turns into a velvet-like mix. Don't over blend, to avoid it becoming powder.
- Gather in a bowl and fill up the bags.

## Use

- Take a bit of mixture in your fingers and shape it in the form of a cone on the stone or in the shell.
- Set an intention: for an example 'protection', 'clearing', 'relaxation', 'love'...
- Set the tip of the cone alight until it is smouldering and smoking and enjoy.

