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## Scents of the Soul: Creating Herbal Incense for Body, Mind and Spirit (Large Print 16pt)

By Ginger Quinlan

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Paperback. 164 pages. Dimensions: 10.0in. x 7.8in. x 0.4in.

An exuberant and enlightening adventure into releasing old obstructed energy the creation of herbal incense is the focus of this complete compilation of energy work and healing techniques. Beginning with the preparation of herbs and essential oils from purchasing or growing to drying and storing each individual recipe offers step - by - step instructions for mixing energetically charging labeling and using. The concoctions are supported by meditations candle work breath work and creative visualization techniques to facilitate the purging of stale energy including guided work for the release and healing of personal issues such as financial burdens relationship issues and grief over departed loved ones. The practical spiritual transformation that can take place is further enhanced by effective journaling exercises for writers of all skill sets including explicit questions posed to promote self - dialogue. Herbs oil chakras and candle colors are all extensively cross - referenced. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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