



Herbal Incense Bundles

☰ Season

RENEW Winter

Intro

Honor the changing season by crafting herbal incense bundles to cleanse with aromatic smoke.

Materials

- Dried and fresh herbs or any aromatic woody shrubs such as cedar, mugwort, goldenrod, rosemary, thyme, or lavender
- String
- Scissors

Instructions

1. Decide on what herbs and plants you would like for your incense bundles. To ensure that your ritual of cleansing with the home is culturally-relevant to you, you may want to get curious and find herbs and plants that connect with your home landscape and that of your ancestors. Be mindful of herbs selected that may hold sacred meaning for cultures other than your own so not to appropriate sacred ritual.
2. Gather your herbs and plant material into a bundle.
3. Tie a secure knot at the base of the bundle using cotton string.
4. For a tidy bundle of herbs, wrap the string toward the top of the bunch in a crisscross pattern and then wrap back down to the base. Be sure to cross tightly, but not so tight that you crush your herbs.

Usage/Background Info

When ready to burn your bundle, set an intention. Your intention may be to release, cleanse, or otherwise let go of. Think of how your herbal bundles can reset a space and clear away unwanted energy.