

THE POWER OF

manifestation

oils & incense



MYSTICAL MINDS X

Oils/Incense

As with the stones, I intentionally did not arrange the oils and incense alphabetically because I want you to choose intuitively rather than searching for a specific one.

Manifestation is a deeply personal process, and connecting with the energy of an oil or incense that "calls out" to you can enhance its effectiveness. Trust your instincts and pick just one oil or incense per manifestation to focus your intention and energy.

This approach ensures a deeper bond with the oil or incense and amplifies its power to support your goals. Over time, you can work with a total of three oils or incense, each aligned with a unique manifestation you're striving to bring into reality.

Essential Oils

Frankincense	Enhances spiritual connection and clarity, grounding intentions in the present.	
Lavender	Promotes calm and relaxation, helping to align with your intentions.	
Cedarwood	Grounds energy, creating stability for manifesting long-term goals.	
Bergamot	Boosts confidence and optimism, attracting positive outcomes..	

Essential Oils

Patchouli	Encourages abundance and prosperity, aligning you with material goals.	
Rose Absolute	Opens the heart to love and emotional fulfillment, aiding in manifesting relationships.	
Clary Sage	Inspires clarity and creativity, helping you focus on your visions.	
Sandalwood	Deepens meditation and spiritual alignment, fostering higher guidance.	

Essential Oils

Lemon	Invigorates energy and clears mental blocks, promoting clarity in manifesting.	
Peppermint	Enhances focus and stimulates action toward your goals.	
Jasmine	Attracts love and sensuality, empowering intimate and emotional manifestations.	
Eucalyptus	Clears negativity and creates space for new opportunities. energy.	

Essential Oils

Orange	Inspires joy and enthusiasm, raising your vibration for successful manifestation.	 A glass dropper is dispensing orange essential oil into a small glass bottle. The bottle is surrounded by fresh orange slices and whole oranges.
Ylang Ylang	Balances emotions and promotes self-love, aligning with personal growth..	 A small glass bottle of Ylang Ylang essential oil is placed in a woven basket filled with yellow Ylang Ylang flowers.
Vetiver	Grounds scattered energy, creating focus and stability for manifesting.	 A small glass bottle of Vetiver essential oil is shown next to a bundle of Vetiver roots.
Cinnamon	Stimulates passion and drive, fueling motivation for your desires..	 A small glass bottle of Cinnamon essential oil is shown next to several cinnamon sticks and a sprig of cinnamon leaves.

Essential Oils

Ginger	Encourages action and courage, helping to overcome procrastination.	
Myrrh	Supports deep spiritual work and healing, aiding in transformative manifestations.	
Geranium	Restores balance and harmony, helping to manifest peace and well-being.	
Tea Tree	Clears negative energy and strengthens personal boundaries for manifestation.	

Essential Oils

Rosemary	Enhances memory and focus, supporting mental clarity for your intentions.
Neroli	Promotes confidence and emotional stability, aiding in manifesting personal power.



Ways to Use the Oils



Diffusion

How to Use:

- Add 3–5 drops of each selected oil to your diffuser.
- Place the diffuser in a quiet space where you can focus on your goal.
- Close your eyes, breathe deeply, and visualize your intention as the scent fills the air. Example: For abundance, diffuse Patchouli and visualize wealth flowing into your life.

Ways to Use the Oils



Anointing

How to Use:

- Mix 5–10 drops of essential oil with 1 tablespoon of carrier oil (e.g., coconut, jojoba, or almond oil).
- Apply to pulse points (wrists, neck, behind ears) or chakras (e.g., heart for love, root for grounding).
- While applying, state your intention or affirmation aloud. Example: For love, anoint your heart chakra with Rose Absolute: “I attract love and connection effortlessly.”

Ways to Use the Oils



Manifestation Jar

How to Use:

- Fill a small glass jar with symbolic items like crystals, dried herbs, or written intentions.
- Add 5–7 drops of your chosen essential oil(s) to the jar.
- Seal the jar and place it in a sacred space as a focal point for your manifestation.
Example: Use Sandalwood for spiritual growth and place the jar on your meditation altar.

Ways to Use the Oils



Scent Memory Visualization

How to Use:

- Hold the essential oil bottle or inhale its scent from your palms (after dilution).
- Close your eyes and visualize your intention vividly while focusing on the aroma.
- Associate the scent with the feeling of achieving your goal. Example: For success, use Peppermint and imagine yourself completing a major achievement.

Ways to Use the Oils



Manifestation Bath

How to Use:

- Add 10–15 drops of your chosen essential oils (mixed with a tablespoon of carrier oil) to a warm bath.
- Light candles, relax, and focus on your goal.
- Repeat affirmations or meditate while soaking. Example: For emotional healing, use Lavender and focus on releasing past hurts.

Ways to Use the Oils



Journal and Reflection

How to Use:

- Dab a small amount of diluted oil on the edges of your journal pages or inhale the scent before writing.
- Reflect on your goals and write down affirmations. Example: Use Frankincense for spiritual growth journaling.

Ways to Use the Oils



Meditation Aid

How to Use:

- Add oils to a diffuser or inhale directly from your palms.
- Focus on the scent as a tool to deepen your meditation and intention setting.

Example: Use Cedarwood to enhance meditation and connect with higher realms.

Ways to Use the Oils



Candle Dressing

How to Use:

- Add a few drops of essential oil to a candle and rub it along the candle (from base to half-way 9 times and half-way to wick 9 times).
- Light the candle, focus on your goal, and let it burn safely. Example: For protection, use Frankincense while saying: “I am surrounded by light and shielded from negativity.”

Incense

Sage	Clears negative energy and creates a clean slate for manifesting intentions.	
Frankincense Resin	Elevates spiritual vibrations, fostering clarity and divine connection.	
Cinnamon	Boosts passion and energy, stimulating motivation for manifesting desires.	
Bay Leaf	Known for wish-making, it enhances focus and the power of intention.	

Incense

Rosemary	Improves mental clarity and focus, helping you visualize your goals clearly.	
Patchouli	Attracts prosperity and abundance, aligning you with material manifestations.	
Lavender	Promotes peace and relaxation, creating an environment for positive intentions to flourish.	
Mugwort	Opens intuition and enhances dreams, supporting visionary manifestations.	

Incense

Cedar	Grounds energy and provides stability, making it easier to manifest long-term goals.	
Sandalwood	Deepens meditation and aligns spiritual energies, aiding in soulful manifestations.	
Dragon's Blood	Amplifies energy and protection, ensuring your intentions remain untainted.	

Ways to Use Incense



Preparation and Tools

1. Gather Materials:

- Your chosen herbs (whole or ground).
- A heat-safe dish or incense burner.
- Charcoal discs (for burning loose herbs).
- A lighter or matches.
- Optional: Mortar and pestle (for grinding herbs), feather or fan (to guide smoke).

2. Cleanse the Herbs:

- Before use, cleanse the herbs energetically by passing them through smoke (e.g., sage or palo santo) or holding them with the intention of clearing any stagnant energy.

3. Set Your Intention:

- Take a moment to focus on your manifestation goal.
- Hold the herbs and visualize your intention, infusing them with your energy.

Ways to Use Incense



Methods to Burn Herbs

1. Loose Incense on Charcoal:

- Place a heat-safe dish or burner on a stable surface.
- Light a charcoal disc until it begins to glow and smoke.
- Sprinkle a pinch of the herb(s) onto the hot charcoal.
- Allow the smoke to rise and focus on your intention.

2. Herb Bundles (Smudge Sticks):

- Bind dried herbs with natural twine into a small bundle. Or - you can buy the herb already in a cone.
- Light the tip of the bundle and let it smolder.
- Fan the smoke around yourself or the space to infuse it with your intention.

3. Herbal Incense Cones:

- Grind herbs into a fine powder using a mortar and pestle.
- Mix with a natural binder (e.g., water and gum arabic).
- Mold into small cones and let them dry completely before burning.
- Or - you can buy the herb already in a cone.

4. Fireproof Dish Method:

- Place dried herbs directly into a fireproof dish.
- Light the herbs with a match and let them smolder (use caution, as this method burns quickly).

Ways to Use Incense



Using the Incense for Manifestation

1. Prepare the Space:

- Ensure your space is clean and free of distractions.
- Open a window slightly to allow energy to flow and smoke to escape.

2. Activate the Energy:

- Light the herbs and let the smoke rise.
- Walk around your space (if safe) or sit still, directing the smoke to areas you want to energize.

3. Focus Your Intention:

- Speak your manifestation out loud or in your mind.
- Use affirmations like: “This smoke carries my intention for abundance and success to the universe.”

4. Meditate or Visualize:

- While the incense burns, close your eyes and visualize your goal as if it has already manifested.
- Feel the emotions of gratitude, joy, and success.