

Aroma Therapy and Incense Meditation

(brief excerpts)

There is a very large business being made out of aroma therapy....

For this type of meditation I would suggest that you find yourself a strong incense that you enjoy smelling....

... make sure it is one that puts you in a meditative mood....

For this first meditation you will get into your meditative position. Have the incense close by so that you will have a strong smell of the odor, rather than just having it be in the background. Light the incense, close your eyes and let your nose and lungs fill with the smell. Concentrate on the smell. Do not allow your mind to wander. If it does, gently bring it back to the smell. If you find the smell bringing up other memories, quickly dissolve them and return to the smelling. Keep your mind as clear as possible.

Concentrate on the smell, but don't allow yourself to form an opinion about it. When you start to formulate an opinion in words, stop yourself and go back to the clear state.