





Sensing the Spirit


A Whole Body Experience of Pilgrimage with the Senses





Let my prayer be as incense: Praying with your nose!

 Want to read more about the science of smell? Read [this article](#) from the Harvard Gazette.

 Check out [this contemplative prayer experience](#) using the sense of smell.

 Try using incense or essential oils!

 Holy Cross Monastery in New York [makes their own incense](#). Their sample pack is a great way to try it out and see how you can use incense to make any space sacred.

 [Thistle Farms](#) makes essential oils and candles. Their mission is to help women leave systems of addiction and sexual exploitation through jobs and other services.