

## Mabundole Ointment - Sacred Spiritual Massage Paste (250 ml Total)

A rich, fragrant anointing balm inspired by Kikongo spirituality, blended to invoke the breath, soul, and mystery of the living cosmos.

### Adjusted Recipe for a Thick Paste:

#### Carrier Oil Mix:

- Deodorized coconut oil: 150 ml
- Almond oil: 80.5 ml

#### Aromatic Phase:

- Jasminum sambac absolute: 16 ml
- Cis-3-hexenol: 3 ml
- Sandalwood oil: 0.5 ml
- Indole: 200 mg (pre-dissolved in warm oil or alcohol)
- Ethylvanillin: 2 g (pre-dissolved in warm almond oil or ethanol)

#### Instructions:

1. Gently melt coconut oil and combine with almond oil.
2. Add aromatic ingredients to the warm blend.
3. Stir well to ensure even distribution.
4. Cool while stirring occasionally to achieve a smooth paste.
5. Store in an airtight jar, preferably dark glass.

#### Storage & Shelf Life:

- Room temperature (20-25 degreesC): 6-12 months
- Refrigerator (4 degreesC): 12-24 months
- Freezer (-20 degreesC): 3-5 years
- Ultra-cold freezer (-80 degreesC): 5+ years

Tip: Add 0.1% Vitamin E (tocopherol) to extend shelf life.

Kikongo Spiritual Associations:

"Mabundole" is a spiritual neologism derived from:

- "Ma-bundu" = sacred circles, ancestral bonds
- "Ndole" = breath, sorrow, deep yearning

Together, Mabundole means "circles of breath" or "sacred anointing to reunite the soul with the One."

Used in spiritual massage to:

- Invoke divine breath (mvula ya moyo)
- Reconnect the body with cosmic cycles
- Heal inner sorrow
- Celebrate love and unity (kintwadi)

This balm is part of the Omnicyclion teachings.