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EMBASSY OF JAPAN

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## Culture Talk at JICC | The Way of Incense

Presented by JICC, Embassy of Japan

FRI, FEB 9  
2024

3:00 PM -  
4:30 PM  
JICC

### Join us for a talk and activity on Japanese incense with Hideko Uchiyama!

During the Muromachi period (1336-1573), there emerged Three Classical Arts of Refinement that members of the Japanese aristocracy were expected to learn. Among them are *kadō* (華道 or 花道; lit. "way of flowers"), *sadō* (茶道; lit. "way of tea"), and *kōdō* (香道; lit. "way of incense").

**Kōdō** is practiced by placing a small mica plate over smoldering coals, then gently putting incense or fragrant wood—such as agarwood—on top. Although the wood is not burning, it gives off an aroma that participants are encouraged to "listen" to. In the 15th century, Buddhist monks wrote the "Ten Virtues of Koh" which lists the physical and spiritual benefits of utilizing incense. It is said to sharpen the senses, purify the mind, and even serve as a companion when lonely.

In this kōdō-inspired talk & activity, guest speaker Hideko Uchiyama will offer an abridged kōdō demonstration to give participants a taste of this traditional art form. She will also discuss how to listen to and appreciate fragrance. Following the talk and demonstration, participants will be instructed on how to create *senkō* (線香; incense).

Embodying the spirit of *mottainai* (もったいない), we ask participants to bring ground botanicals to infuse their incense with a custom scent. Instead of purchasing new herbs for this program, please consider using household items that have been forgotten or underutilized. The Japanese concept of *mottainai* encourages us not to be wasteful and emphasizes the repurposing of materials. This idea inspires a new appreciation and awareness of our possessions. We suggest herbs like lavender, lemongrass, or cinnamon. However, we encourage participants to be as creative as they want! \*This event will run approximately 1 to 1.5 hours.

**Due to limited capacity, registration is required.**  
**Please cancel your registration if you cannot attend.**



#### ABOUT THE SPEAKER

**Hideko Uchiyama** (born in Japan, based in Washington, D.C.) is a student of the *Nishiura*-style (which evolved from the two major schools—*Shino* style and *Oie* style—of incense) and *Wabi*-style Incense Ceremony. She studied under **Kihachiro Nishiura**, the *Nishiura*-style founder.

Aside from incense, Uchiyama has a deep knowledge of Japanese culture. She is a professor at Kyoto Hakubi Kimono Gakuin, currently serves as a *kimono* dressing instructor at the Japan America Society of Washington, D.C., and is in charge of the kimono program for the Sakura Princess Program held every April. She also studied tea ceremony at *Urasenke* Washington D.C. and currently holds *Shikaden* permission.



REGISTER FOR TICKETS

[Ticket sales will begin on](#)  
[Tuesday, January 30 @ 12PM ET.](#)

**CLICK TO REGISTER**

This event is free and open to the public. Due to capacity limitations, pre-registration through **Eventbrite** is required. The program begins at 3:00PM. Entry will be permitted during gallery hours (9AM - 5PM).

To modify your registration, please email [jicc@ws.mofa.go.jp](mailto:jicc@ws.mofa.go.jp). Your registration is not transferable.

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