Light a Candle

An Introduction to Candle Burning

Mystique Boutique
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Candle Burning is an ancient practice in the conventional religious sense, in everyday life and in metaphysical spiritual practices. When you go into a church there are candles burning on the altar. How about the candles on your birthday cake that you blow out while making a wish? It is our intention that this brochure will give you some basic information about the ancient metaphysical practice of Candle Burning.

We seem to inherently know that candles have a special energy and power. The idea is that the flame represents our connection with the unseen realms of the spirit and so carries our prayers out into the universe. The practice of Candle Burning combines the power of prayer with the vibratory energy of color to help you consciously manifest events in your life. It is one of the simplest and most powerful rituals that has been practiced since ancient times.

The steps are fairly simple: Find a safe area; formulate your prayer; select a candle by size and color; say your prayer; light the candle; allow the candle to burn out. However, there are a few ideas that are important to consider as you begin your practice.

Make sure that you place your candle in an area that is clear of any flammable materials. Place the candle securely into an appropriate candle holder and allot enough time for the candle to burn.

The prime directive is "Do No Harm" when formulating your prayer. Use the practice of Candle Burning to bring in the blessings that are yours by divine right - not to try to gain power over or to manipulate anyone else. The wording of your prayer is extremely important. So take time to make sure that you are creating an intention for a positive outcome for all involved.

Start with one candle to begin your journey into candle burning and progress from there. Candles come in a variety of materials such as soy, paraffin and beeswax. You will also find a myriad of colors with each one emitting a different vibration and attracting a different energy. As you delve more deeply into the practice, you can burn multiple candles arranged in various formations, burn different color candles at the same time and add essential oils and crystals as part of the ritual. You can find a multitude of books and websites to help you include these steps.

Focus is the most important part of saying your prayer. Clear your mind of all thoughts other than the desire that you are trying to manifest. Take a moment to imagine that your wish has been fulfilled. How does it feel? Linger for a moment in that feeling and then say your prayer of thanksgiving that your prayer has been answered. As you light the candle, focus on the flame and hold that thought clearly. See it becoming one with the flame. Release that energy to the universe as you light your candle.

Allow the candle to burn out naturally on its own if at all possible. The idea here is that burning a candle is a prayer and you should not interrupt your prayer in midstream. Taper or votive candles prove to be the best option because of their relatively short burn time. If you do have to extinguish it because of safety reasons, then pinch or snuff it out gently.

We use different color candles to help us focus our energy. The foundation for color symbolism has been built upon many centuries of history, religion, tradition and superstition. Practically every race and culture has assigned a variety of qualities and even specific objects to certain colors. The actual color of the candle has a lot to do with the energy it will attract into your experience. The following is a short list of the basic colors and their metaphysical connotations. Keep in mind that meanings and uses will vary depending on the shade of the color that you use. Be sure to use the shade of the color
that corresponds to your intentions.

**White:** This has the highest consciousness to protect, purify, and heal. Represents truth, unity, protection, peace, purification, happiness, and spirituality. Some say it can be used to replace any color candle in rituals. Used for concentration rituals and meditation work. Lunar energy.

**Red:** Represents physical pleasures. It can stimulate lust, courage, or strength against enemies. Can confer passion, love, and/or respect. Stimulates energy, health, fertility and will power. Draws Aries and Scorpio energy. Increases magnetism in rituals. Infers sex, vibrancy, and survival.

**Orange:** Used as a balancing element. Promotes mental agility, energy, success and stamina. It’s used to affect legal matters, success, action and promotion. Gives encouragement, adaptability and stimulation. Cleanses negative attitudes, situations and places.

**Yellow:** Exemplifies brainpower and intellect. Embodies creativity, inspiration, concentration, logic, learning and action. The light of a yellow candle brings one closer to attaining cheerfulness, endurance, stability, security and control over one's own mental powers.

**Green:** Promotes prosperity, fertility, and success. Stimulates good luck, can increase money, harmony, and rejuvenation. Also represents healing, health, and growth. Can be an important component in rituals involving Venus; attracts love, and social delights.

**Blue:** The primary spiritual color, it’s used to obtain wisdom, harmony, inner light, or peace; confers truth and guidance. Other uses include healing, sleep, creativity, perception, calming wisdom, truth, loyalty, dreams, and the examination of emotions. Some say it represents the divine mother.

**Purple:** Is used to obtain desires, power and success. Can stimulate idealism and psychic manifestations and help make contact with the spiritual world. Increases enthusiasm, desire and power. Is also powerful for healing, and spiritual development.

**Gold:** Fosters understanding and is said to bring about fast luck or money. Represents solar energy. It is used to heal all inner wounds, also to confer money smarts. Prosperity, wealth, money, attraction. Some also say it represents enlightenment, protection and the Divine Mother.

**Black:** Used to protect and/or to ward off negativity. Can be used to banish evil or negativity. Attracts Saturn energy. Burning black with any other color is said to dissolves all negative energies.

*Light A Candle* covers only some of the basics involved in the practice of Candle Burning. We encourage you to explore and develop your own rituals and as a part of your personal development journey. *Be careful what you ask for, though, you just may get it!!!*