

Candle Magic

The act of creating "magic" is both mystical and practical, other-worldly and firmly grounded in reality. Magic is simply focusing one's will to produce a desired outcome and candles are just one tool with which to weave our magical intention. Since ancient times, the most powerful ways to reach the gods have been through fire and scent. Even today we burn incense and light candles in our special ceremonies, both sacred and secular. With candle magic, we use these mediums and several others to manifest our wishes.

Magic is most evocative when it makes use of all the senses. In creating magical candles, we do this in the following ways:

- 1) Touch -- we hold the candle as we contemplate, then carve into it, the symbols and words to bring positive change to our lives;
- 2) Smell -- we anoint our candles with special aromatic oils to attract success, money, love... whatever we desire. Scent also activates the limbic system (the center of the brain governing emotions and memory) so that each time we burn our candle we are reminded of our intention;
- 3) Sound -- we may speak our intentions out loud or accompany our candle-carving with soothing or lively music to enhance the overall experience;
- 4) Taste -- offerings of food have been presented to the gods for millenium, just as ceremonial food (like bread and wine) are ingested in sacred rituals to this day. In candle magic, we taste a drop of honey as an offering, to promote a feeling of comfort and fulfillment, and to add sweetness to our wishes;
- 5) Sight -- symbols are the language of the unconscious. By carving visual symbols and words into our candles, we trigger the deep unconscious to continually re-focus our intentions and manifest them in the real world. We can also sprinkle colorful glitter on them to enhance the process, choosing colors that reflect our particular wishes -- red for love, gold for wealth, etc..

Once we have created our magical candles, then what? In order to release our wishes into the world (and thereby allow them to manifest), it is important to burn the candle all the way to the end. You may burn it for short periods of time, re-stating your intention with each re-lighting, or you can burn it all at once, taking care to place it in a safe place. When it is finished, dispose of it respectfully -- it has worked hard on your behalf!

(** See below for essential oil blends and color meanings)

For questions and coaching in creating rituals and special ceremonies, contact:

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GLITTER COLORS

RED
GREEN
BLUE
SILVER
GOLD
PURPLE

MEANINGS

passion, courage, strength
growth, independence, fertility
calm, protection, blessings
self respect, inner peace
prosperity, security, goal-setting
spirituality, power, success

MAGICAL OILS

GOOD HEALTH
WISDOM
LOVE
JOY & HAPPINESS
MONEY & ABUNDANCE
PEACE, PROTECTION, BLESSINGS

ESSENTIAL OILS

eucalyptus, lavender, pine
sage, lotus, lily of the valley
rose, freesia, ylang-ylang
clary sage, bergamot, lemon
patchouli, ginger, vetivert
black pepper, chamomile, juniper

Reference: Magical Aromatherapy, by Scott Cunningham, Llewellyn Publications, 1996.

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