



Creative Visualization in Conjunction with Candle Burning

Candle Burning Rituals may be used in conjunction with creative visualization as a physical reinforcement to the mental process. As with any ritual, it is necessary to follow guidelines; the guidelines reinforce the ideas that you are trying to transmit to the subconscious part of the brain. It is my belief that it is not so much the ritual at work as the brain at work transforming your thought energy into reality. Therefore, it is important to remember that for a ritual to be effective it requires a set routine a specific place and time.

1. Always begin a ritual on the new moon.
2. Always cleanse and purify your candle by washing it in cold water upside down while calling on the positive forces around you for help and guidance; next cleanse the candle in vegetable oil from bottom to top.
3. Below you will find a general list of candle colors which relate to your visualization and the day to begin.
4. All rituals should be at least a week in length.
5. On the last day burn the candle to it's socket and burn your affirmation.
6. Your affirmation should be a four line poem or verse which pertains to the subject matter. Recite the chant at least three times while lighting the candle try to visualize the situation improving or progressing to your satisfaction. Try to remain in the meditative state for about 15 minutes,

Day	Color	What you wish
Sunday	Red/Gold	Career, Fame, Authority, Success
Monday	Orange/Silver	Home, Employees, Emotions
Tuesday	Yellow	Passion, Rivals, Self Improvement
Wednesday	Green	Communication, Money, Education
Thursday	Blue	Legal, Health, Spiritual Matters
Friday	Indigo	Love, Family, Friends
Saturday	Violet	Real Estate, Delays

* White Candles can be substituted