

## **Dream Bowlz**

Manifest Your Intentions with Joy's Hand Poured Vegan Soy Scented Intention Candles. Handmade w/Organic Soy Wax, Oils, Herbs, Crystals and Crafted w/Love.

## **Candle Instructions:**

Create a sacred space for meditation and setting the intentions you wish to manifest, cleanse the space by burning sage, palo santos or incense.

Set your intention for the outcome of your desire by writing it down. Take your time with this, what do you wish to manifest? Be very specific and detailed, finish the intention by signing with your name. You may place the intention underneath the candle or burn with the light of the candle flame and visualize what you want through meditation. (If you burn, be sure you do this in the bathroom sink or area that won't catch fire!)

Leave the candle burning until it goes out on its own (approximately 18-24 hours). For safety, you can put in a bowl of water or in your bathroom sink or tub. If leaving the candle burning is not an option, do not BLOW it out, snuff the candle out and light it and keep burning at the same time of the day.

Meditate and repeat your intention over the candle several times over during the day and each day it burns, again visualizing the outcome you desire.

When the candle is done, you'll find stones inside that will be supercharged with your intention. Keep them on your sacred space or carry them with you.

Remember to stay positive and be ready to welcome the new manifestations into your life!

Manifestation is almost 100% <u>belief</u>! Believe what you are wishing for and visualize what this looks like to you and it will be. While the candle is burning, practice **Positive Affirmations**: I am safe in

NO NOT MOVE A BURNING CANDLE

this moment. Things are always working out for me. I will not worry about things I cannot control. I choose to be happy and to love and believe in myself today. Please do not hesitate to reach out to us if you have additional questions, dreambowlz@gmail.com.

Thanks again for your support!

The Colquitt Family Dream Bowlz

The Colquitt's