

FIRE THERAPY



Altar Candle
Series

The
Maverick
Shoppe

Vulnerable

Vulnerable



Intention:

To embrace vulnerability as your greatest strength, releasing the need to hide behind walls or fears, and step into your truest, most authentic self

Why Candle Magic?

For centuries, candles have been used in spiritual rituals and sacred practices, offering us a powerful way to connect with the unseen. Candle magic harnesses the energy of the flame, the element of fire, and combines it with your intention to create a bridge between the physical and the spiritual realms. The moment you light a candle, you are not just igniting wax and wick — you are sparking a divine connection.

Ancient civilizations, from the Egyptians to the Celts, used candles in rites of passage, ceremonies, and prayers. The flickering flame has always symbolized transformation, guidance, and protection. Just as the fire changes the wax, candle magic transforms your intentions into energy that ripples out into the Universe. It's an ancient practice grounded in the mystical belief that everything you desire already exists, and with the right focus, you can draw it into your life.

How Does It Work?

Candle magic is a form of focused intention. Think of the candle as a tool that magnifies your energy, like a mirror reflecting your deepest desires into the Universe. As you light the candle, the flame activates the power of your thoughts, emotions, and spiritual alignment, sending them out like a prayer carried by the wind.

What makes candle magic so potent is the way it allows you to channel your energy into a tangible form. The flame burns away blocks, releasing what no longer serves you, while the smoke rises, carrying your wishes to the Divine. But remember, the magic lies not just in the candle, but in you — the co-creator. The more aligned your intentions are with your spirit, the more powerful the results will be.

Co-Creating with Divine YOU

Candle magic works through the divine partnership between your personal energy and the Universe. You're not just lighting a candle; you're stepping into a sacred co-creation with forces beyond the physical. When your intentions are clear and your heart is open, you create a direct line to the Divine — and magic happens.

The effects may be subtle, or they may come as a bold sign or shift, but they will always be in perfect timing. Within three days of lighting your candle, you may begin to notice shifts, depending on the energy you're holding and the alignment of your desires with the Divine's plan. Trust the process and know that the results will come as your spirit and the Universe harmonize.

Reading and Interpreting The Candle Flame

The way your candle burns when you are near it can provide insight into the energy surrounding your intention. Candles are powerful communicators and messengers, and the flame itself is a visual symbol of the energy at work. Here are some common ways a flame may behave, along with their interpretations:

1. Steady, Strong Flame

A strong, steady flame indicates that your intention is being heard loud and clear. The energy is aligned, and there are no obstacles in your way. It's a good sign that everything is progressing smoothly, and the divine forces are working on your behalf.

2. Flickering Flame

A flickering flame often symbolizes active energy and movement. If your flame flickers, it could mean that spiritual beings or ancestors are actively engaging with your prayer or intention. It might also signify that changes or shifts are on the way, requiring you to remain open and flexible.

3. High, Large Flame

A large, high flame signifies an abundance of energy surrounding your intention. Things may move quickly, and there could be powerful forces aiding you in manifesting your desires. Be ready to take action or make decisions as opportunities arise.

4. Low or Weak Flame

A weak or low flame may indicate blockages or resistance. This could mean that there is something in your energy or situation that is preventing full manifestation. It's a sign to reflect on what might need healing or adjustment in your approach. It could also point to the need for more focus or a clearer intention.

5. Popping or Crackling Flame

If you hear your candle making popping or crackling sounds, it's believed that spiritual beings or messages are trying to get your attention. This is an indicator of spiritual communication. It's an invitation to listen closely to what your guides or ancestors may be trying to convey, whether it's through meditation, dreams, or signs around you.

6. Candle Burns Out Quickly

If your candle burns out unusually fast, it can suggest that the intention has been set into motion very quickly, but it could also indicate that more candles or energy may be needed to fully complete the work. Reflect on whether your intention was clear or if more focus is required.

7. Uneven Burning or Wax Tunneling

Uneven burning or tunneling (where only part of the candle melts) can indicate that there are parts of the intention that need more energy or clarity. It's a reminder to stay patient, refine your focus, and check if there are areas in your life where more attention is needed.



How to Respond to the Candle's Message

If you notice a particular pattern in the flame's behavior, it's important not to panic but rather to stay curious and open. Consider these behaviors as messages from the divine or your higher self, offering insights about your spiritual path. Sometimes, it may also invite you to dig deeper into your intentions or call upon additional support, whether through meditation, prayer, or other spiritual practices.

By using the flame as a guide, you create a more interactive and communicative ritual experience—one where you and the candle are co-creating the results, with divine assistance.

This guide ensures you're not only engaging with the mystical power of the candle but also interpreting its flames as sacred communication, offering deeper layers of insight into your journey. With this practice, your candle becomes more than a tool—it's a living partner in your spiritual work.

A daily candle ritual offers a profound and sacred way to connect with the energy you're invoking. As you light your candle each day, you're calling upon the divine forces, setting your intention, and opening yourself to transformation. Candles have been used for centuries as a spiritual tool, not just to hold space for your prayers and desires, but also to communicate messages through their flames.

How to Perform Your Daily Candle Ritual



1. Go To Your Sacred Space:

Before lighting the candle, sit undisturbed at your Altar for a few minutes until you find yourself in a peaceful state. This space should feel sacred to you. Bring in any items that support your intentions, such as crystals, oils, or tarot/oracle cards.

2. Light the Candle with Purpose

As you light the candle, clearly state your intention out loud. Visualize believe and speak in the present tense, as if your intention is already fulfilled:

— • • • —
“With this flame, I invite love, healing, and trust to flow into my life. I honor my true self in every moment.... NOW.”
— • • • —

Feel free to add any other prayers or affirmations during this first lighting. **As you light the wick, visualize the flame as a beacon and repeat the chant and intention 3x’s each**, sending your prayers and desires directly to the spiritual realm. Feel the connection between yourself and the energy of the candle.

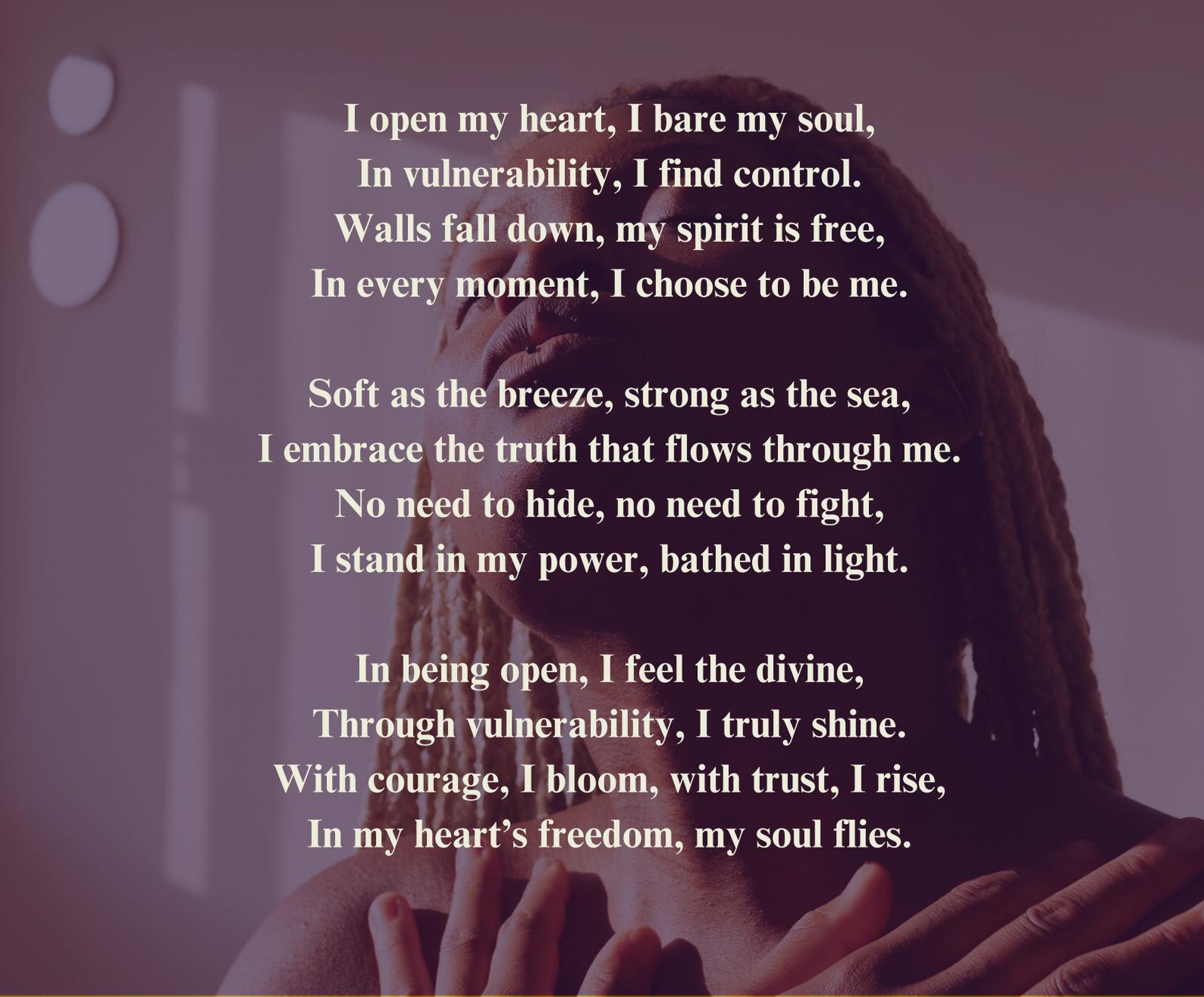
3. Observe the Flame:

While the candle burns, take a few moments to observe how the flame behaves. Refer to “Reading and Interpreting the Candle flame” to receive any divine messages. Burn the candle at any time 3-4 hours daily for three days straight. This is considered a “session”, (a specific time set apart) to harness the power of the Flame.

Write Your Chant

Use the notecard provided and write out the “Vulnerable” chant and place the card on your altar or under your pillow for three days. After 6:00pm on the 3rd Day, light the notecard with the candle’s flame and let the card burn in a pot or safe dish. Discard the ashes outside on the ground. Continue to light the candle daily until it burns completely.





**I open my heart, I bare my soul,
In vulnerability, I find control.
Walls fall down, my spirit is free,
In every moment, I choose to be me.**

**Soft as the breeze, strong as the sea,
I embrace the truth that flows through me.
No need to hide, no need to fight,
I stand in my power, bathed in light.**

**In being open, I feel the divine,
Through vulnerability, I truly shine.
With courage, I bloom, with trust, I rise,
In my heart's freedom, my soul flies.**

Stones:

Lepidolite – Brings emotional healing and soothes feelings of fear, helping release control and embrace softness.

Rhodonite – Promotes forgiveness, self-love, and emotional balance, allowing for vulnerability without fear.

Oils:

Chamomile – Soothes anxiety and promotes calm, supporting emotional openness.

Cypress – Encourages inner strength and release, helping one open up to their emotions and trust the process.

Frankincense – Elevates spiritual connection, aiding in the release of fear and encouraging openness.

Bergamot – Uplifts and encourages self-acceptance, aiding in emotional vulnerability.

Herbs:

Passionflower – Known to soothe anxiety and open the heart to vulnerability and trust.

Lemon Balm – Promotes emotional release and heart healing, aiding in being open and honest with oneself.

Rose Petals – A symbol of love and beauty, they promote emotional softness and vulnerability.

**AMPLIFY
Vulnerable's
ENERGY**



Journal During or After Each Burning Session:
Use the journal prompts provided for VULNERABLE to reflect on your inner transformation. As you write, listen to your intuition and trust any insights or messages that arise.



DAY ONE SESSION

What are you afraid people will see if you fully open up?

Think about the things you keep hidden, the parts of yourself you don't show. What would it feel like to let someone in on that? How different would your relationships be if you allowed yourself to be seen—really seen?



DAY TWO SESSION

Think back to a moment when you felt completely understood by someone.
Remember how it felt to drop the mask, even for just a second. What did that connection bring you? What if you could bring more of that into your life by showing up as you are, not who you think you should be?



DAY THREE SESSION

Where are you holding back, pretending everything's fine when it's not?
We all do it—smile, nod, say we're okay. But where in your life are you craving honesty, craving the courage to be vulnerable, and what's stopping you from letting that happen? What would shift if you stopped holding back?





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