



7 Day Candle Spell

This is one of my tried-and-true spell techniques. A seven-day candle burns for, you guessed it, seven days. It is perfectly safe to keep one of these candles burning for seven days as long as it is in a safe space and you keep an eye on it. Burning for seven days completes an energetic cycle that adds great strength to any manifesting workings.

The candles are large white ones in glass used in rituals. They can be found at discount stores for less than \$10 or at religious stores. If they don't have the plain ones, I suggest using the one with Mary on it. She won't hurt any ritual work you do! You can remove the label easily. The dollar store ones burn too fast. You can use other types of candles, too. If using a scented one, make sure that the fragrance corresponds to the intention of the spell. Also match the color to the energy of your working.

Intention Setting and Making the Label

A strong intention needs to be very specific and use as few words as possible, this is particularly important for a Seven Day Candle because you make the intention into the label. An intention is a way of summarizing our desired outcome. By going through the process of thinking about what we hope to achieve, we can narrow our focus to exactly what we want. The more precise an intention, the more effective the spell. Broad spells that ask for generic things are likely to fail because there is too much ambiguity.

Whether we are manipulating natural energy or petitioning deities for assistance, the clearer we are with our intention, the more likely we are to use energy to our advantage or to receive help. The best example of how an imprecise spell can lead to undesirable results comes from a student of mine. She desperately wanted a position as a veterinary assistant, so she did a spell to manifest a job working with cats. She got a job alright – working at a discount store with a giant tiger for its logo! Her desire did not match her magical intention. Don't let this happen to you.

In addition to their magical proficiency, specific intentions help to activate our behaviors, thoughts, and emotions towards manifesting our desired outcome. We'll be motivated to do all we can to manifest our goal. Thus, a great intention brings into alignment our magic, actions, feelings, and thoughts. With this powerful combination, how can our spells fail?

Steps for Developing a Great Intention

- Write down all your initial ideas using a word web.
- Once you've got them all down, study them for common themes. Connect the themes using lines or circles. Whatever makes sense to you.
- Next, use these common themes to identify the main intention. Be as precise as possible. Be very specific and use as few words as possible. Write your intention on the work sheet.
- Copy your intention on a separate piece of paper. If you're so inclined, you can use decorative paper or decorate a plain sheet using symbols important to you, especially related to the intention. While I'm making the symbols, I concentrate on my intention and develop the words for the spell incantation and make an action plan.

You can create your own label, either by simply writing your intention on paper and taping it to the glass or you can purchase large self-adhesive labels.

Writing the Incantation

The intention is the heart of the spell, while the incantation is the body of it. I usually record my finished intention on a new page in my Book of Shadows with the date noting the commencement of spell development. Starting with your intention in the center, construct a new word web that includes the things you need to accomplish to manifest your intention. Ask yourself what you are going to do and how you need help to achieve your goals. I use my journal to write the incantation until it is polished and then write in the Book of Shadows. When you record it in here, you can select inks that correspond to your spell. This is one flourish that I always do when recording an incantation. A great added boost comes from adding a bit of magical water to your inks.

You can write a script that includes the various things you'll be doing during the spell and other directions beside your incantation. I usually have the incantation and then the

instructions underneath of it. For an incantation to be effective, you must include your own plans for manifestation. Be specific in what you're going to do.

Tips for writing an incantation:

- Connect the words with correspondences.
- Use active language.
- Choose words that directly relate to the type of spell.
- Be consistent in the energy of the words.
- The structure of the incantation contains energy, too. Using rhyming techniques will enhance the energy of the spell.
- You can build an acronym reflecting your intention into the incantation to make it even more potent.

Once the incantation and label are ready, then it's time to prepare the candle.

Preparing the Candle

You will need to cleanse, bless and charge your candles prior to use.

Cleanse: if possible, leave the candle outside for 24 hours. The optimal procedure is to put it out for 24 hours prior to the full moon. This does add some extra power to the candle, but it will work well without it. If you can't leave it outside at all, open a window and keep it there for a day. Finally, you can place it in a window if you can't open one. Smudging a candle with a sage wand or a flame (previously cleansed) is the final step in cleansing. I suggest passing the candle either in a clockwise direction or point to the four directions.

Bless: As you "smoke" (either with mugwort, sage, a flame or an incense corresponding to your spell) the candle for the final part of cleansing, begin to bless the candle. Say something like, "I bless this candle for use to my highest good." Repeat this at least 3 times. I usually make the blessing specific to the spell.

Charge: After the candle is blessed, switch your intention to charging the candle. Continue to pass the candle through the smoke using whatever method you chose. Now call upon whatever energies you'll be evoking to strengthen your spell.

Correspondences

The appropriate moon phase can be used to enhance the power of the candle. You can further enhance the strength of the Seven Day Candle by placing a ring of appropriate

herbs around its base or in a nearby dish. This can also be the incense you burn while blessing the candle and while you recite the incantation over it. The same can be done with stones and crystals. A simple candle ring can be made with chips of a corresponding stone, or something more all-purpose like clear quartz or moonstone.

Method

Create a calm environment where you will be able to meditate. Do whatever your usual preparation for doing a spell, including purification and creating sacred space. Clear your mind for a few minutes. Now light the candle. As you watch the flame, concentrate on the intention of the candle. If you are evoking deities such as Hekate or other energetics like the moon or elements, call upon them now. Ask them to lend their energy to your spell and envision the energy pouring into the candle. Project strong images in your mind about the result of this intention. Think about how exactly the intention will be manifested in your life. It is important that the images you project within your mind are clear, specific and strong. When you feel ready, recite your incantation and then light the candle.

Focus on the images, feelings and actions associated with manifesting your spell while staring at the flame. As you stare into the flame place your hands gently on either side of the candle so that your palms are flat against the glass container. Begin to transfer your energies through your body, into your hands, and then into the candle itself. This transfer of energy will ensure that candle is activated. While it burns it will release that contained energy that you have transferred into the candle. After several minutes of transferring your energy remove your hands and once again close your eyes.

Finish the spell by releasing the energies, opening the circle, etc. however you usually do.

The candle is releasing the energy you placed into the candle slowly over the seven days. Repeat the energy infusion process every day. The candle should be freshly lit and stay that way for as long as possible after the daily practice if you need to extinguish it.

After the seven days, the candle should be put out for good. You can bury the candle or wrap it in a black cloth. Don't use it again. If you feel like the spell isn't fully activated after the seven days, continue to process for as long as necessary.

Things worth knowing:

If the candle goes out on its own, relight it while placing your intention energy back into it.

If the candle burns quickly then energy you placed into the candle is being released faster and the spell will work quickly.

If the candle burns slowly the energy is being released slowly and evenly and will come back around to you gently and over time.

If the jar of the candle cracks while it is lit you need to put it out and get rid of the candle as quickly as possible.