

*Candle
Magick
Simplified*

*An Easy to follow, no nonsense
guide to improving your life,
through the age-old method of
candle magick*

*Anita Burns
& Friend*

Revised and Exanded!

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Chapter One - What is Candle Magick



What is
Candle Magick?

As the Christian Bible says, it only takes faith the size of a mustard seed to move a mountain. I don't know if you've ever seen a mustard seed, but it's pretty small. What does this really mean?

The mind is a powerful force and it can work for us or against us. The power of focused thought has been recognized by many religions and philosophies throughout time. Today the power of the mind is being studied and measured with electronic equipment in laboratories with some amazing

results. The more scientists probe into the world of matter the more they discover what mystics have known for centuries—everything, including thought, is united as energy forces.

Thought, which includes emotion, is a tangible force that affects whatever it is directed to. In Candle Magic, the key to success is the power of your own mind.

Color

An important component of Candle Magick that you will learn about is color. You will use different colors of candles for different purposes. Color therapy is widely used in both mainstream mental health fields and in metaphysics. Different colors radiate at different frequencies and have specific effects on our minds and bodies. There are vast numbers of books written about the power of color.

Fragrance

You will also use fragrance in your Candle Magick, usually in the form of oils or incense. Like color, fragrances also carry various vibrational frequencies which affect us. Combinations of fragrances can be used to create specific affects.

Fire

With Candle Magick fire ties all the elements of thought (emotion and intent), color and fragrance together, then releases it into the highest frequencies where time and space behave differently than we are accustomed to experiencing. Fire has been used from ancient times in spiritual and religious practices to change the present and the future.

Catholics still light candles to protect loved ones and to bring good fortune. The Chinese make paper models of something they want, or write petitions on rice paper than burn them to release the power into the higher realms so it can manifest. Candle Magic works much the same way.

Timing

Timing by the planets and astrological signs play a part in Candle Magick. You don't have to be an astrologer to use these forces, but a basic understanding of the nature of the planets and signs will give you more mastery over the craft of Candle Magick. There is a handy chart included in this book. However, you may want to do some independent study on your own.

Religion

The Christian, especially Catholic, trappings so prevalent in Candle Magic books is totally unnecessary, since the process of Candle Magick is not confined to any one religious practice, but is universal in its process and effect. Much of the Christian symbology and ritual added to Candle Magick was done by those afraid that magick was somehow evil without it, or to appeal to the religious beliefs of early Christians who still wanted to practice their old ways.

If using symbols of Jesus, Mary, or the Saints, or using a Bible helps you identify and connect with the magick energies of the ritual, by all means, use them. However, don't make the mistake of believing that they are intrinsically necessary for the ritual, they are not. You only need your mind, candles, fire, fragrance, and color for magick to work. Anything else is just because you want it

there.

Equipment & Supplies

In spite of what many books on Candle Magick seem to indicate, you need very little equipment to work successfully:

Salt

For cleansing body and aura, and often in the ritual itself.

Some practitioners prefer natural sea salt from the health food store but any salt will do. ALL salt is sea salt, whether it comes from living seas or ancient dried sea beds. Commercial table salt is not cleaned or processed any more than its “health food store” table salt counterpart. You can get salt that is not as processed. It’s sometimes pinkish in color or contains flecks of darker colored minerals. I’ve found that how you feel about the salt is more important than the type of salt itself.

Candles

You will and can use a variety of colors, shapes, sizes, and type of candle. Colors will vary according to the purpose of the ritual. Sizes should be appropriate to the task. A small, fast burning candle wouldn’t be appropriate for a seven-day ritual and a large, glass encased candle may be over-kill for a quick one hour ritual. But remember, you can adapt any candle to any purpose. If a need arises and you only have birthday candles, you can successfully use them.

Candles are made of paraffin or beeswax. Paraffin will suffice for most rituals. Beeswax is better for some. Solid beeswax candles are expensive and are rarely required for a successful ritual. The shape of the candle is usually secondary. You can get specially shaped candles for specific purposes in magick specialty shops. They come in all sorts of shapes, like male and female or genitalia, or shaped like people, various animals, or objects. It is not necessary to have shaped candles unless you have difficulty focussing on the task without them.

Candles should be lit with a punk (long stick) or a butane lighter. Something about the sulphur in matches interferes with a clear ritual. In a pinch, light a piece of paper to light the candle or light the match away from the candle and let it burn past the sulphur before lighting the candles.

Don’t use broken candles, or candles that were used for other purposes. Broken candles can be melted down to make new ones. Add colored crayons to color white ones. Never blow out your candles.

Always snuff them with a candle snuffer or fingers. The reason for this is that the breath carries power. And you will use your breath when charging candles. An abrupt “Proof” of breath can disrupt the delicate energy balance of the ritual you carefully wove.

Oils

Essential oils are best but can be pricey. I know many practitioners would disagree with me but I have found that good quality perfume or fragrance oils work just as well. Again, your belief about essential vs fragrance oils carries a lot of power.

Although some rituals require unique or special oils and blends, there are a few that you will use again and again. These should be kept on hand.

Blends: Mixed in a base of olive, sunflower, safflower or unscented massage oil. A ratio of about 2 parts essential oils to 1 part base oil. (See “Oils for Dressing Your Candles”)

Come To Me - equal parts of Rose, Patchouli, Cinnamon

Inscribing Equipment

You'll need something to inscribe the candle wax, or to write on the glass with. An ice pick or steel knitting needle works well for inscribing on wax or paraffin. Use a Sharpie pen or nail polish, or even acrylic paints—anything that will stick to glass and not smear— to write on glass encased candles. You can use glitter pens or decals, or removable tattoos. Use anything that gets your message onto the glass or candle.

Other Useful Tools and Items

Use crystals, Tarot, divination, or inspirational cards, statues of gods and/or goddesses, pictures of masters, angels or whatever and whomever you feel is/are helpful and uplifting. Pictures of ancestors or present people in your life can also add power to your ritual.

Incense is good to use to purify the atmosphere. Sage, Sandalwood or Patchouli are common scents. Use whatever you need to make your space or altar as powerful, pure, and “holy” as possible.

A candle lighting calendar is a handy tool. It lists the best time and days for certain rituals and gives a wealth of miscellaneous useful information about candle magic.

Choose an environment for your practice that is private, peaceful and where you feel safe.

Attitude & Cleansing

The attitude you go into this work with is the gauge of what you will get out of it. If you are skeptical, fearful, or uncaring, your results will be tainted by these emotions. No matter what the auspicious time or day for doing the work, if you are not in a “good place” emotionally, wait until you are. Enter into the work with respect, determination, positive attitude, and focus. You should feel steady and strong.

Know that you are doing this work for the highest good of all involved. Magick done in anger or for revenge will backfire on you and you will suffer for it in some way. It must be done positively. Guilt over asking for something to come to you will also taint the work. Know that you are deserving of what you ask for and accept it with grace and thankfulness.

It is MOST IMPORTANT to cleanse your body, mind, and aura before starting a ritual. Depending on the outcome you are going for a cleansing can be a duration of one minute to 6 months or more before starting your ritual. You can't bring in what you want until you clear your aura of clutter. Auric clutter consists of any emotional garbage connected in any way to the outcome you

want. It also consists of other emotional garbage that might block clear energies in your ritual work.

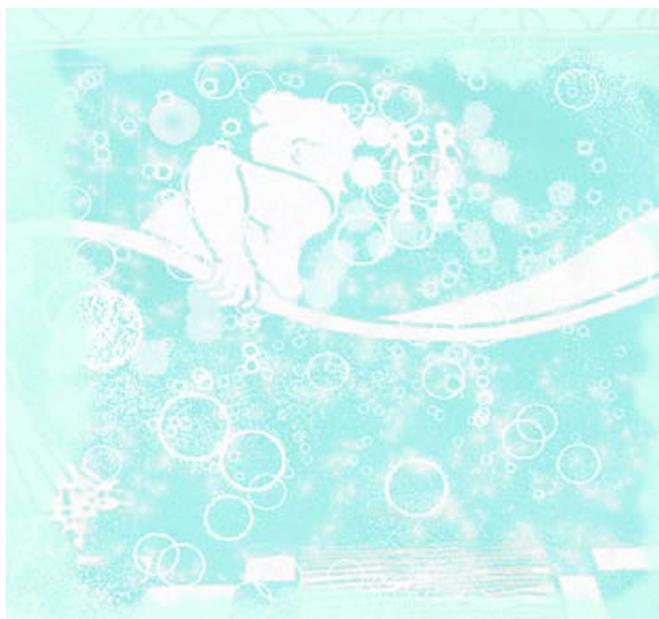
Anger, resentment, jealousy, confusion, self-deprecation, guilt, and such are emotions which keep the aura in turbulence and prevent clear energy work from being done. Your results will be disappointing if you don't clear first. Other aura clutter comes from other people.

In our daily lives, we interact with lots of people whose minds and emotions are in turmoil, dark, clouded, and convoluted. Sometimes, or I think, often, we take on some of this aura garbage from others without even knowing it. Astrologically, the water signs of Cancer, Scorpio, and Pisces most easily absorb other people's aura garbage. If you don't have your Sun in any of these signs, find out if your Moon or rising is in a water sign, the result is the same. Eventually the aura garbage will affect how we feel and think, but immediately they affect your ritual work. What is in your aura can and will go into the candle.

How to Cleanse

Affirmations

Affirmations are a good start to cleansing. A common one is "Nothing but good can come to me. Nothing but good can go from me." Any affirmation you feel comfortable with will do. Repeat it when you wake up in the morning and before you go to bed at night. Put as much belief and emotional energy into it as possible. Examine whether or not you are negating it with opposing beliefs or emotions.



Baths - Incense - Oils - Visualization

A ritual bath is necessary for optimal magick. Bathe just before your ritual. Center your thoughts on the subject of the ritual. Imagine a light of protection surrounding your body. You can also say a prayer, or repeat an affirmation or mantra.

Prepare a bath with sea salt (Epsom salts or baking soda can also be used), oils, and herbs.

These things cleanse not only your physical body, but your auric body as well, and they “charge” the water. Cleaning your body and clearing your aura prevents interference with the magick from any chaotic or dark energies.

Salt is best, but you can also use beer. Salt is a ritual element for many ancient spiritual practices. In a Catholic ritual, salt is put on the baby’s tongue for purification. Salt is put on baptism trays. In Shamanism, purification is often done with salt and water. Use non-iodized salt. As we said before it doesn’t matter whether you use table salt or sea salt. If you don’t have a bathtub, use salt and a shower. Rub your body down with salt, then sponge off.

Light pleasant incense in the bathroom, put on some soft music if you like, have the lights low or use candlelight. A handful of salt will do for a normal sized bathtub. Also put in fragrant oils if you like. They should be compatible with your astrological element—earthy scents for earth signs; perhaps spring flowers for air signs; deep scents for water signs. Use your own judgment. The important thing is that the fragrances be pleasant for you, regardless of your astrological sign.

Make the water temperature pleasant. Unplug the phone, lock your door and remain undisturbed by others and the outside world. Submerge yourself as much as possible into the water. Relax. Take deep breaths and imagine all the negative garbage in your aura flowing out of you and into the water. Once off your aura and into the water, it is neutralized and cannot cling to you again. The salt and the fragrances render the energy neutral so that when the water is drained it can replenish the earth’s energy. Imagine your aura being filled with brilliant light, clean and pure. When you feel it is done, drain the tub and pat yourself dry. Don’t rub or scrub.

If a bath is not possible, you can use a sage or rosemary smudge to cleanse your aura. This works well for astrological air signs—Gemini, Libra, Aquarius. It can be used instead of or in addition to the salt bath. For earth signs—Taurus, Virgo, Capricorn, add earth herbs to the bath or smudge, like Betony wood, Fir, or Broom. This applies to your sun, moon or rising sign.

You can also design a bath to fit the ritual work you are going to be doing. Always use sea salt first, then pour in the bath oils or salts.

See the “Bath Recipes” Table for recipes.

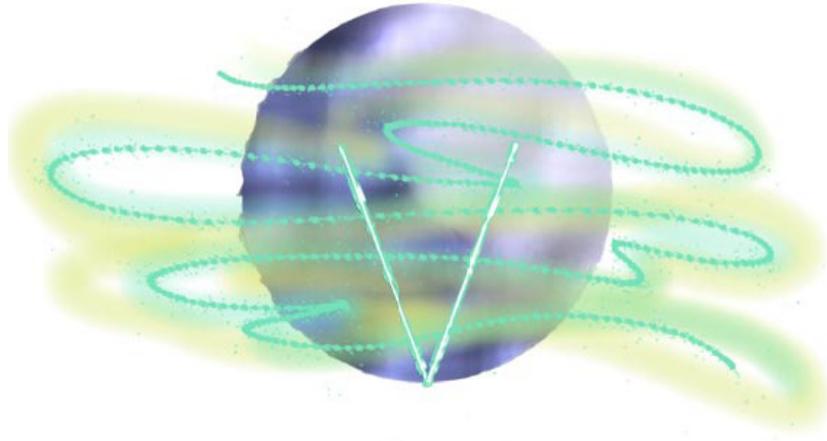
Do this every day until you are ready to begin the work. Usually, one bath per ritual will do. However, if you are working on a complicated ritual with lots of complex emotions involved, you may need to do it more. You’ll know because you will feel calm, steady, focussed and centered about the subject of your ritual. If you begin your ritual too soon, no harm done, it simple won’t work as well as you want it to. Cleanse some more and begin again.

Environment and Altar

Create a space where you feel comfortable, safe, and can focus on the job at hand. Noises from outside can be muffled with earplugs. If you have others in the house make it known that you are NOT to be disturbed. Better yet, wait until you are alone, or find a space outside your home where you can work your magic without interference from others.

Your workspace doesn’t need to be fancy or large. A small table or space in the corner of a room will do. However, make it a special place, a permanent place if possible. If this is difficult, consecrate whatever space you are going to use before beginning your work.

Timing and the Moon



What you put on your altar is up to you. Pictures of holy persons, symbols of magic, crystals, or whatever makes you feel empowered are OK. You can use the energies of the East, West, North, South directions if you like. Native Americans, Wiccans, and the Chinese give special significance to each direction. I use the Chinese Feng Shui (pronounced FENG SHWAY) directional energies to determine what I put where on my altar. See the DIRECTIONAL TABLE.

Put things in the Feng Shui places that enhance the energies of that place. For example, in the wealth section, you might place a gold coin, or something that indicates wealth. In the love and marriage section, a pink quartz crystal in the shape of a heart could do. Or, you could place appropriate candles in those places. Pink for love, Green for wealth, and so forth.

See **CANDLE COLORS** for color meanings

Timing your candle ceremonies for optimum power is important, but not absolutely necessary for success. If you use the correct time you are making your job easier. If you use a time that is not optimum, you have to work harder and longer to get results.

Moons

There are two times in a month when candle magic is very potent:



New Moon—from the beginning of the phase through the 16th hour after:

To bring something into your life, increase, add, or strengthen something, use the New Moon.



Full Moon—from four hours before through twelve hours after:

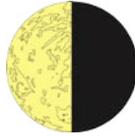
To make something go away, decrease, eliminate, or weaken something, use the Full Moon.

With the correct phrasing you can use either Moon for the same thing. To decrease pain, use the Full Moon. To increase pleasure use the New Moon. The results will be the same. The New

Moon begins things. The Full Moon ends things. Everything, every action, every activity has both a beginning and an end. The beginning of something new always comes on the tail of the end of something old.

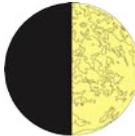
But what about the time in between?

The Quarter Moons are for reinforcing



First Quarter—Waxing

For reinforcing what you want to bring in, increase, manifest, or strengthen.



Third Quarter—Waning:

For reinforcing what you want to release, push away, banish, eliminate, decrease, or weaken.

Use the quarter moons with ceremonies to reinforce what you did on the New or Full Moons. These phase stabilize your work.



Moon phases are important for

timing your ritual.

Waxing is for building.

Waning is for decreasing.



Remember, that in spite of the Moon or any planet, when the need arises, do the ritual anyway, phrasing it according to whether the Moon is waxing or waning.

The Moon and Astrology

Astrologically, you are most powerful if you do your candle work during a Moon sign that is compatible with your Sun sign. You can do the work even if the Moon isn't in one of your Moon sign compatibles, but it will take longer and you must work with more focus.

Astrology and Moon

If your Sun sign is:

Aries your compatible Moons are Aries, Gemini, Leo Moon

Taurus your compatible Moons are Taurus, Cancer, Virgo Moon

Gemini your compatible Moons are Gemini, Leo, Libra Moon

Cancer your compatible Moons are Cancer, Virgo, Scorpio Moon

Leo your compatible Moons are Leo, Libra, Sagittarius Moon

Virgo your compatible Moons are Virgo, Scorpio, Capricorn

Libra your compatible Moons are Libra, Sagittarius, Aquarius

Scorpio your compatible Moons are Scorpio, Capricorn, Cancer

Sagittarius your compatible Moons are Sagittarius, Aquarius, Gemini

Capricorn your compatible Moons are Capricorn, Pisces, Taurus

Aquarius your compatible Moons are Aquarius, Aries, Gemini

Pisces your compatible Moons are Pisces, Taurus, Cancer

Astrology Sign Energetics

To know when the Moon is in a particular sign consult an ephemeris, an astrological calendar, or the Tina Ketch's Candle lighting Calendar

Guide. That information is also readily available on the Internet. In addition to the suggestions above, use a Moon sign book like Llewellyn's or Maynard's, or use a Farmer's Almanac.

Each sign of the Zodiac has a general purpose and energetic. Using your compatible Moon signs, determine which one would most fit the ritual's purpose.

ARIES: Beginnings, pioneering, bravery, vitality, force, innovation, the energies of the Roman god Mars.

TAURUS: Earthy beauty, music, sensual pleasures, determination, tenacity, money, earthiness, slowness, personal security, the energies of the Roman goddess Venus

GEMINI: Communication of all kinds, mental work, accumulation of knowledge, the energies of the Roman god Mercury

CANCER: Home, nurturing, mother, base of operations, emotions, fullness, the energies of the Moon

LEO: Royalty, creativity, imagination used in a practical way, adoration, children, the energies of the Sun

VIRGO: Exactitude, mathematics, details, orderliness, virginity, practicality, service, food, job, the energies of the Roman god Mercury, the Greek god Chiron, the Christian Virgin Mary

SCORPIO: Sexuality, deep emotions, intensity, shadow self, rituals, compulsions, death & rebirth, revolution, things that are unconscious, the energies of the Roman god Pluto

SAGITTARIUS: Truth, knowledge, large ideas and actions, religion, the way one finds

his/her personal God, physical exercise, competitiveness, frankness, sense of fun, the energies of the Roman god Jupiter

CAPRICORN: Business, organization, limitations, boundaries, rules, underlying sensuality, structure, the energies of the Roman god Saturn.

AQUARIUS: Unexpected, unique, service to humanity and animals, innovative ideas, impersonality, peace, egalitarianism, universal acceptance, the energies of the Roman god Uranus.

PISCES: Emotions, psychic awareness, visions, delusion, illusion, unexplained, hidden, institutions such as prisons and asylums, transformation through emotions, the Roman god Neptune.

There are many, many more attributes for each sign, a good “Sun Sign” astrology book would be of use in your ritual work. We recommend Linda Goodman’s Sun Sign Book.

Candle Preparation and Inscripting

Refer also to the section on Equipment and Supplies

Inscription



Writing on the candle or the glass that encloses the candle helps focus energy and enhance the ritual’s power. You needn’t know a runic or magical alphabet to have powerful inscriptions. Any letters will do, as will drawings and symbols. However, if you want to use a magical alphabet, or

symbols, some are included in this book. Inscribe with a sharp instrument. On glass, write with a marker, nail polish, paint, or whatever will make a clean inscription.

Some practitioners say to write so your inscription reads from wick end to base. I've done successful rituals when in writing just about any possible direction. Use your own judgment for what is right for you and the particular ritual work you are doing.

Write or draw anything you feel is right for the work. It could be names, dates, birthdays, keywords, symbols or drawings of what you want.

For example, if you want to stop someone gossip about you, maybe draw a picture of the person (a stick figure will do), and draw a big "X" across the mouth and a big line across the eyes so he or she will not notice what you do and not talk about you.

You can also press symbolic objects into the candle. Crystals, drawings on paper, coins, whatever represents your goals.

Candle Preparation - Dressing

Refer also to the section on Equipment and Supplies

The most important dressing for your candle is color, although white candles can always a substitute if you can't find a specific color.

Preparing a candle is called "dressing." Many books and practitioners give complicated instructions on how to properly dress a candle. However, time and practice has proven again and again, that the simple way is the best and most effective. After all, you want to keep your energies focused on the outcome of your ritual, not worrying about the nitty details of dressing your candle. It's a bit like spending so much time dressing for a party that the party itself is a disappointment.

Dressing is important to focus the energies of the candle and to dissipate the energies of anyone who has handled it before you. This would include the manufacturers, retail clerks, customers who handled but didn't buy, and anyone else who touched the candle before you did.

The term dressing is usually applied to rubbing the candle with specific oils. However, using breath, wrapping, and inscription are also part of dressing.

Oil Dressing (Anointing)

Use an appropriate oil to dress your candle. You can buy prepared anointing oil, and/or use specific oils to increase the effectiveness of your intentions. See "Dressing Oil Table." You can also use plain olive oil as an all purpose dressing oil. Some practitioners say to use the same color oil as your candle, but we've found that this isn't really true. The color of the oil is usually unimportant.

Some traditions teach that the correct way to dress a candle is to rub the oil from the center of the candle up toward the wick, then from the center down toward the bottom. From experience, it makes no difference which way you rub your oil, just be thorough and focussed on your intention for the ritual when you do it.

Each time you use the candle, it must be anointed anew. For example if you are using a candle for a ritual that requires you to light it for a while, put it out and wait for a number of days, then relight it for the second installment of the work, you must anoint the candle again before lighting it.