

Light a Candle: from *Pray Up Your Life Self-Exploration Companion Workbook*, Charline E. Manuel

I rely on the symbol of a lit candle to remind me of my inner light, and to invite spiritual understanding and wisdom into my heightened consciousness.

Visualization

In your prayer time, light a white candle with an intention to let your inner light of wisdom and spiritual understanding express. With your eyes open, gaze into the light, and center yourself in a conscious awareness of the Divine within. Let your mind relax while continuing to focus on the outer light. When you feel sufficiently relaxed, close your eyes and continue to see the outer candlelight as a center of brilliance within you. Affirm, “I rest in the awareness of light, wisdom and divine understanding.” Sit in the silence and continue to watch your inner light glow within. Open your eyes and close your visualization with a few moments enjoying the glow of the candlelight.

Describe your experience.

Luke 11:35-36 (MSG): Your eye is a lamp, lighting up your whole body. If you live wide-eyed in wonder and belief, your body fills up with light. If you live squinty-eyed in greed and distrust, your body is a musty cellar. Keep your eyes open, your lamp burning, so you don't get musty and murky. Keep your life as well-lighted as your best-lighted room.

Write your own positive statement, incorporating the idea of "Light a Candle."
See how many of the words from the Word Search (below) you can include.

Word Search:

Find and circle the hidden words within the lettering below:

CANDLE

CELEBRATE

DIVINITY

ENHANCE

INNER

INTENTION

LIGHT

OUTER

REFLECTED

SPARK

C	C	D	I	N	T	E	N	T	I	O	N
A	E	I	J	V	I	N	N	E	R	R	V
N	L	V	L	C	T	H	S	Z	C	E	Y
D	E	I	I	T	K	A	V	C	V	F	B
L	B	N	G	T	I	N	K	F	K	L	G
E	R	I	H	L	T	C	R	W	R	E	T
C	A	T	T	L	W	E	A	M	S	C	V
P	T	Y	B	D	T	N	P	W	O	T	W
P	E	S	R	U	W	T	S	L	S	E	Q
R	B	E	O	O	Q	Y	Q	R	F	D	M
C	F	P	U	P	T	A	F	M	Z	F	J
X	V	K	F	X	V	B	W	P	Z	H	V