

Peace of Mind



(noun) : *a feeling of being safe or protected.*

Tealight candles carry the warmth of the hearth, the element Fire, a powerful spiritual energy that gives strength and can help you face your fears.

- 9 white tea light candles
- Ambient music
- Matches

1. Play some ambient music.
2. Find a comfortable place to sit on the floor or in a chair where you are able to place candles around you. Carefully place each candle in a circle around you.
3. Take three deep breaths to relax and focus. Release the tension and worry from the day by tensing your muscles and relaxing them. Take a moment to focus on your breath.
4. Light the candles one at a time moving in a clockwise direction.
5. Focus your attention on your breath. Visualize a white light beginning in your abdomen and gently spreading throughout your body. Concentrate on each part: core, shoulders, arms, hands, legs, feet, crown of the head.
6. During your visualization, take time to find peace and serenity within you and let its purity fill your body and soul.
7. When you are done, extinguish the candles or place them on your altar and let them burn all the way. May this spell for inner peace help you glow radiantly.