



When working with Energy in Focus, we are simply 'connecting to mind mapping that has focused ideas to do with energy'. How we perceive the *word* energy, thus impacts the energy philosophy that we use.

Not all people work with energy the same way.

We have Energy Practitioners that adopt certain methods and bring that Methodology to topics, currents and activities.

One of those activities is working with **Candles, Lanterns and Settings for Ceremonial Light.**

The dipa, diya and floating lantern stem from specific practices and are associated with specific dates, deities and festivals. These are Correspondences, with a tradition.

There are also Candle correspondences that have ceremonial *impressions* energetically and connect to common ritual: Novena candles, white pillars and black taper candles.

It is important to recognise how **personal gravitations** reflect our *inner mapping and innate tendency for reflection*. Personal spirituality is context-conscious, always.

As in aligned codes, we are *naturally consuming* that which is present, available and energetically strong. We attract vibrations and yield from those relationships in time correspondences.

Consider your own patterns and consolidations in your energy appreciations over time.

Exercise - Reflection

Both these Candles are interesting exploration and involve Light Appreciation.

1. **Black Frankincense Candles** are powerful cognitions in that they reflect *Protection*, aided by the Less-Is-More principle. Black Candles are “intelligent responders” when set in a quiet message and profoundly work on Light instinct reiteration with circle mirrors. Frankincense is also a conscious fragrance. The process of working with Candles, is not limited by anger or taboos of dark-connotation. Formidable energies tend to come with quiet mind intention and acceptance of Black as a power colour.

Black is not reserved for negative connotation – It can be grey-soft black, green black or serenity black. Revisiting *colour agency and associative builds* is a key relationship to all learners working with Energy. As in Red candles that are gifted to newlyweds to invigorate the energy, custom energy is cultured repetition and *reinforcement mapping*.

Yellow Taper Candles are powerful cognitions that imbue the energy with *Optimism*. They work on the *Invigoration Principle*. (I.E. *That which glows also permeates, with circumference boundary understood.*) Candles are in *essence, light operative, light conscious, circle conscious and time-aware*.

Examine the physical nature of a taper candle, its tip to base – cylindrical, ephemeral.

At Sienna Art Space we like to appreciate the 'profound experience' through at times *simple things*, and to also recognise their *cultural value*. Expressive Soul Art & Meditation is an Adults and Young Adults class that incorporates ranging appreciations for meditation incorporated into the art process and studio practice.

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