

Mining For Soul

AFFIRMATION CANDLE GUIDE

How to work with your new candle for maximum results

by Brooke Goedecke of www.miningforsoul.com



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INTRO

Hello there!

I'm Brooke, the woman behind Mining for Soul, creator of your affirmation candle and author of this guide.

I wrote this guide with the intention of helping you connect with the magic that is candle work.

No matter your reason for purchasing your candle I wanted to shower you with ideas, writing prompts, and inspiration!

So you can dive deep into your healing however feels best for you.



This guide is created solely for customers or gift recipients of Mining for Soul affirmation candles. Please do not share or distribute this information without the express permission of Mining for Soul.

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Set Your Intention



Before you light your candle take a moment to set an intention for yourself. What does the affirmation mean to you and what does it dredge up that you wish to release?

Do you wish to create a more positive mindset? Maybe feel more confident in your abilities to do what you crave most in this world? To feel empowered daily in your life?

Feel into what you most want to get out of the work with your new candle. Your intention can be about anything you wish it to be, but be sure to phrase it in the positive and present moment as if it's already come true.

//02

WAYS TO WORK WITH YOUR CANDLE



There are many different ways to work with these candles. The simplest being just lighting it, sitting with your emotions in the moment and repeating the affirmation in front of you.

You can use these next to your laptop for support as you create that project that's been calling your name for years. Or you can simply place it next to your nightstand so you see its message as you fall to sleep and when you wake up.

On the following pages there are specific methods outlined that may appeal to you to try as well. Try one or them all or none at all. Feel free to do whatever appeals to you in the moment.



//03

While bathing in the tub.

For me there's nothing like a good bath lit by candlelight. Most of my best ideas come to me in the tub as I relax into my body and let my mind wander.

I suggest the bath as a great place to do the affirmation candle work because we tend to be less resistant in our mind when in the bath. Our egos take a break and we can allow ourselves to dream big and work on that positive mindset without.

Allow yourself to gaze at the candle burning and dream big for yourself.



//04

MEDITATE / YOGA

Another great method in working with your candle is by lighting it when you decide to meditate or practice yoga.

Light the candle with your intention in mind and hold that intention throughout your practice.

JOURNALING



When we do affirmation work a lot of negative thoughts can surface for us. Journaling is the perfect safe space to expel these thoughts from our minds and onto the paper.

Similar to a detox when pimples attack on our faces, working with the affirmations will surface underlying limiting beliefs that we have about ourselves. The beliefs that hold us back from where we wish our life to go.

By giving voice to these thoughts via journaling we can help release them from our bodies. Many of these beliefs have been in us for a lifetime so don't despair if it takes multiple rounds, but soon enough you'll begin feeling lighter in your body and mind.

Candle Care Tips

These tips can help increase the life of your favorite container candle and keep it looking (and feeling!) new.

From correct burn methods to cleaning, these tips will ensure a great looking candle down to the last bit of wax.

And let's not forget about some basic safety tips to ensure the flame of the candle stays contained where it should.

1

TRIM WICK BEFORE EACH USE

Trim the wick before each use to about 1/4-inch tall. A wick too tall will burn hotter with a larger flame which means your candle life will be compromised and it can be a safety risk.

2

ALLOW THE TOP TO MELT COMPLETELY IN EACH BURN

This is the most important tip of all to get the best life out of your candle. By allowing the entire top to melt before you extinguish the flame you can ensure no wax is wasted. A candle that doesn't burn evenly results in a build up of wax on the sides cutting the life of the candle drastically.

3

BURN NO MORE THAN 2 -3 HOURS LONG

While we don't want too short a burn, we also don't want to let the candle burn for too long. The longer container candles burn the more the entire candle will turn to melted wax. This can raise the heat of the container. It's best to light the candle for specific amounts of time (like when you're doing your self care work) and blow out once finished.

4

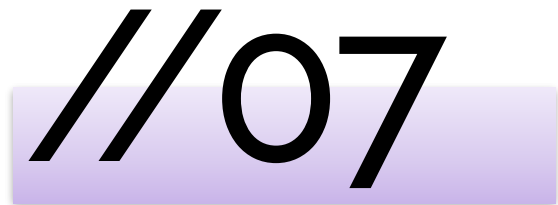
LOCATION LOCATION LOCATION

Not just critical in real estate! Be sure to place your lit candle in a safe place away from plant leaves, paper, books, and out of touch of babies, kids, and pets. Always be in the room with your candle as it's burning and never leave them unattended.

5

CLEAN BETWEEN USE

Some of the containers are prone to a bit of soot build up, some not so much. To keep your candle looking shiny and bright dampen a cloth with water and gently wipe along the inside edges between use.



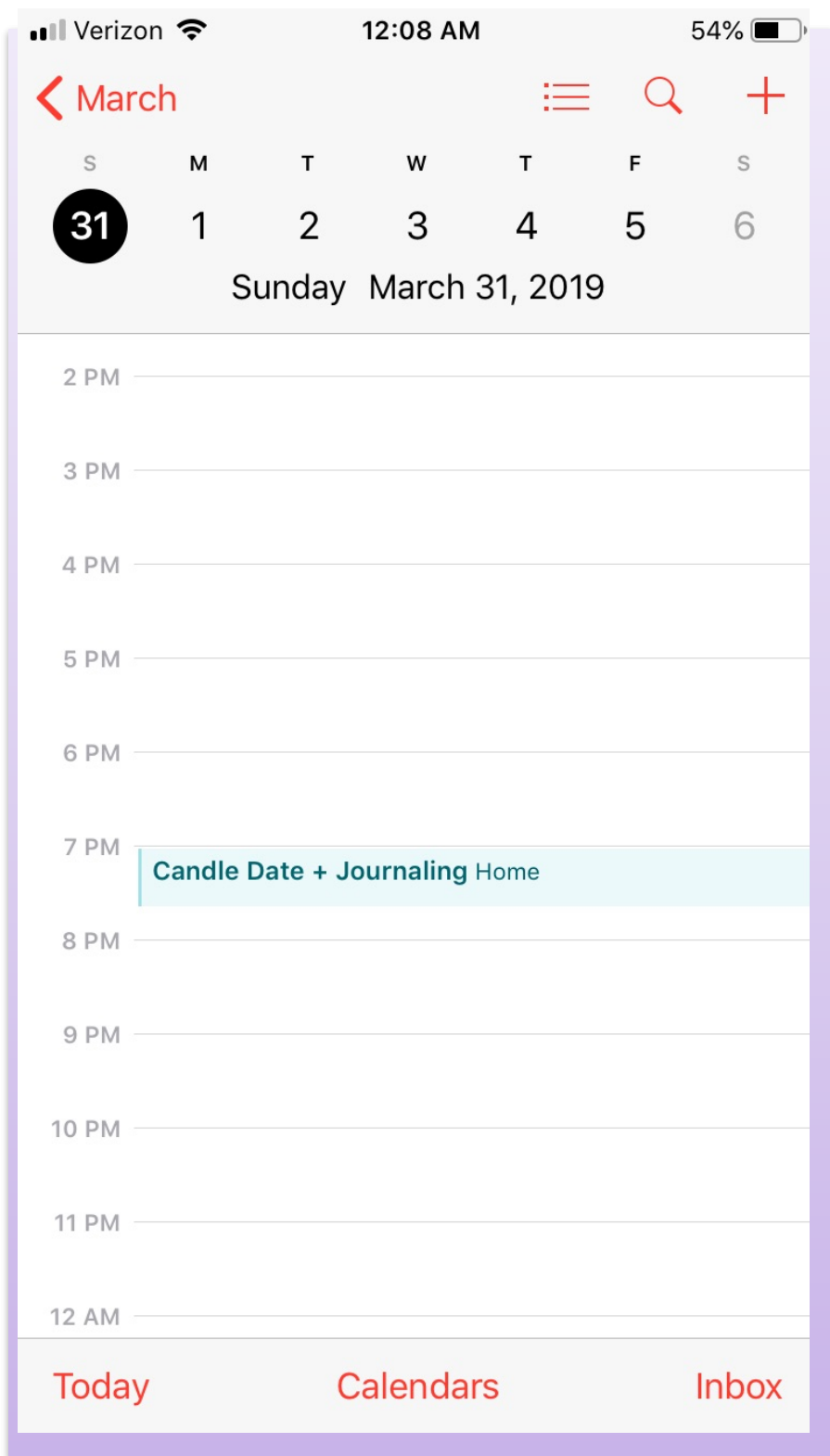
SET A DATE

Set a date and time that you'll devote to your candle practice.

In the Candle Care Tips section we learn that the candles will burn the longest when you light them for a minimum of 40 minutes so that the entire surface can melt and burn evenly.

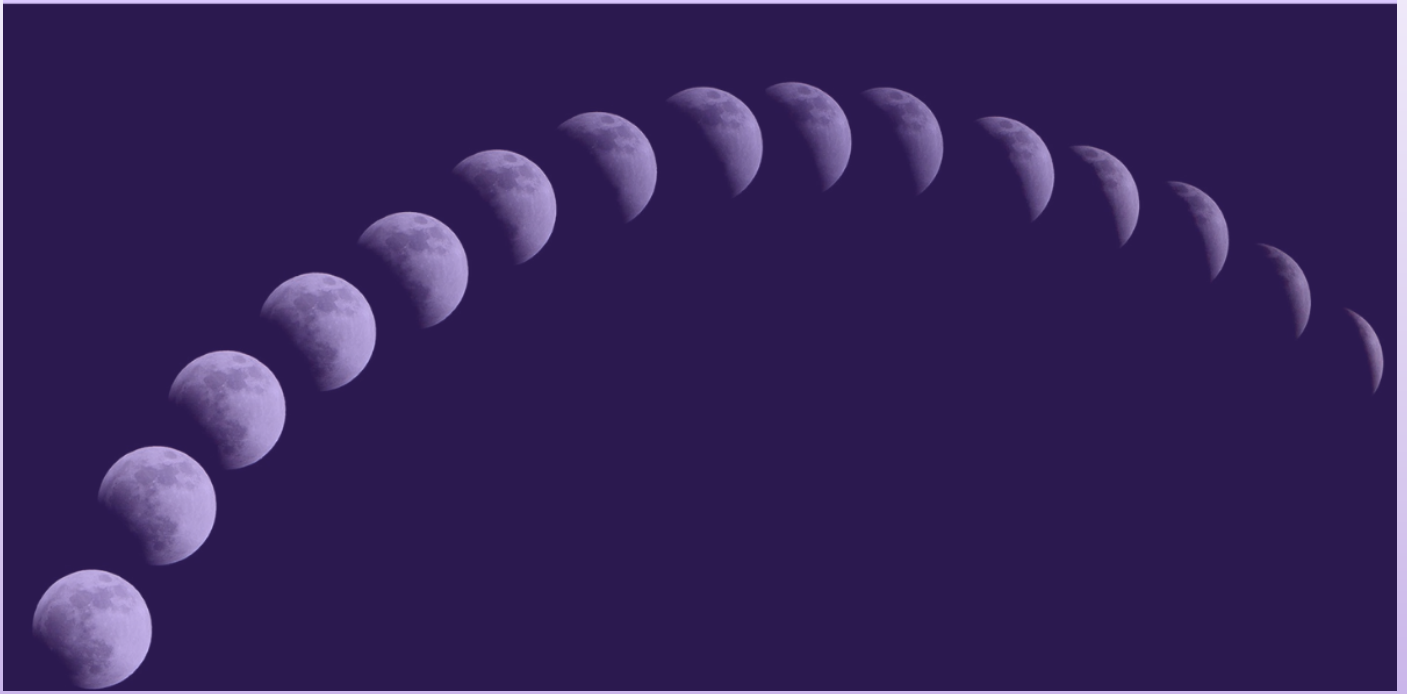
This is the perfect amount of time to dedicate to self care, be it daily, weekly or monthly. It's basically a timer in itself.

Make the date official by putting it into your phone's calendar.



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WORKING WITH THE MOON



There are times throughout the month that can be extra powerful for working on letting your limiting beliefs go and placing new intentions in their place. The various moon phases are excellent for this work, plus candles were made to be worked with when the moon is out and all is dark and quiet in the world.

The full moon is a great time for releasing any thought, habit, cycle that isn't serving you.

The new moon is perfect for setting new intentions into your life.

Now I'll be honest and say that I'm not the ultimate moon expert (yet) so if this is something that you want to learn more about I highly suggest Ezzie Spencer's site [Lunar Abundance](#).

AROMATHERAPY

There are many benefits and reasons why I choose to scent the affirmation candles with essential oils and aromatherapy is a big one.

While different oils produce different aromatherapeutic benefits all the ones I work with help to ground and relax you, even without lighting the candle.

The simple act of holding the candle unburnt and sniffing it will help center you into your inner body a little bit more, making you feel present in this moment.

When we're present in the moment we tend to feel more at ease with our life, not concerned with what will happen tomorrow or what went wrong the day before.

When we're present our minds quiet and our souls start speaking up. If we stay quiet we might be able to listen to what our soul has to say.



//10 INTUITIVE WRITING

Speaking of your soul, do you talk or listen much to yours? I didn't even register that there was a part of me with wisdom that I could tap into until I turned 34 so don't worry if you haven't worked with yours yet, there is always time!

We all have a soul, intuition, inner being, spiritual guide (whatever name resonates with you use that, I prefer soul) that knows us better than we know ourselves. This voice can provide you with comfort, knowing, unconditional love, and the best advice for you. All you need to do is learn to practice talking with it.

A great way is by intuitive writing. Set your intention, light your candle, and get out your notebook or a fresh document on your computer. Now ask your soul any question you have and listen for a reply. Start writing that reply down. Keep going the 40 minutes back and forth until the top of the candle has melted completely.

It may feel weird at first not knowing who is answering the questions, but if you keep at it eventually it'll feel more natural and you'll get some awesome insights into your life and purpose.

I write a bit more about this and the style of voice that soul tends to speak to us with [over here on the blog](#).

TREAT IT LIKE AN ADVENTURE



Treat this inner work and self reflection as an inner adventure. An adventure that sends you to the depths of your soul where you can unearth those inner gems that make you perfectly you. That is what Mining for Soul is all about, mining our inner world for our sparkly crystal self that is hiding among our shadows.

Don't be afraid to do this work because it brings you face to face with those deep nasty thoughts. The only way to clean the cobwebs of our mind and body is by facing them, removing the thoughts and replacing them with positive affirmations.

This is the work of our lifetime so take it slow and day by day. Some days you'll feel resistant to this work. You may avoid this work for months at time and that's okay. When you feel low just remember **You Are Enough, You Are Loved, You Are Worthy just as you are today, shadows light and all.**

You are human in a world that came crashing together via chaos. You're allowed to do things messy and on your own timeline.



NEXT STEPS

This self exploration work is never going to be complete until your last breath is taken.

Don't worry, it's a good thing because it's the case for every single human being.

So long as you keep being curious and uncovering who you truly are inside you can't go wrong with this work so long as you keep learning, growing, evolving.

CONNECT WITH ME

Would you like to continue receiving support and encouragement with your candle?

If that's a "yes" then let's connect via email. You can [sign up to get weekly inspirational letters from me](#) and keep on all the latest candle guidance goodies as they're created (spoiler alert, I plan on creating more methods of support as I'm inspired to).

FIND ME ON SOCIAL

Tag us in your pics on social media and use #mfsglow to be featured.

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★★★★★ 1 REVIEW



Write a review



Fabulous Beyond My Expectations

Deborah on Dec 06, 2018

RATE & REVIEW



Reviews are part of our online world and help immensely for customers researching to buy. I'd be very appreciative if you took a minute to leave a review of your candle for me.

Here are the two methods you can choose from.

A. Head [over here](#) for a quick review page (it's a google survey). It should take no more than a few minutes to fill out (the simplest method).

B. Leave a review directly on the product page by following these steps:

1. [Head to the candle shop](#) and click on the candle you bought
2. Scroll down to "Review" tab and click on it.
3. It will expand and there should be a spot to submit your own review.