

START YOUR JOURNEY TOWARDS INNER PEACE

➔ What Kind of Benefits Can I Expect?



Regularly using Faerie Magic intention candles can lead to many positive benefits, such as improved mindfulness and mental clarity. As we all know,

life can get pretty hectic sometimes; using these special candles can help us take a step back from all of the chaos so we can reconnect with our true selves. Additionally, by lighting an intention candle each time we meditate, we are able to keep track of which intentions we have achieved and which ones still need more work. This information allows us to make any necessary adjustments on our journey towards self-improvement!

➔ How Do Intention Candles Work?



Whether you're just beginning your journey into mindfulness or if you've been practicing for years, Faerie Magic intention candles are an excellent tool for

enhancing your meditation sessions. Not only will they help bring clarity and focus into your practice but they also allow us all keep track of our progress along the way! So if you've been having trouble getting settled into a consistent meditation routine lately, give these special tools a try - they could very well be the key unlocking your full potential!

Faerie Magic Collection



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UNLOCKING THE BENEFITS OF MEDITATION WITH INTENTION CANDLES

By Kristine Kreska

Meditation can be difficult, especially if it's your first time trying it. We often get stuck in our heads trying to "figure out" how to meditate rather than just relaxing and letting ourselves go. If this sounds like something you can relate to, then intention candles may be the perfect tool for you! Let's take a look at why these special candles can help you find focus and inner peace.

What are Intention Candles?

Intention candles are more than just ordinary candles - they are designed to help bring about mindful meditation and spiritual healing. They come with an image that corresponds with the candle's particular intention, such as "Open the Way" or "Compassion". Each image has its own energy associated with it, so when you light your candle, you will be able to tap into that energy and use it as a point of focus during your meditation session.

How Do I Use them?

Using intention candles is simple! All you have to do is light the candle and concentrate on the flame while setting a specific intention in mind. You don't necessarily need to know what that intention is right away - sometimes simply allowing yourself to relax and let your mind wander is enough to reveal something meaningful. Alternatively, if you already know what kind of intention you want to set (e.g., knowledge, truth, intuition), then use that as your point of focus while meditating with your candle lit. Keep in mind that there's no right or wrong way to do this - everyone has their own technique when it comes to meditation! Just make sure you feel safe and comfortable before you begin.