

**Besides using the candle for your own affirmations, there are many other uses for this unique product!**

**Birthday or Special Wishes from a Group:** Let each person in your circle of friends write a word or two on the candle and give it to someone special. Try having each person write an adjective that describes the person for a special touch.

**A Great Get Well Gift:** Either write your own wishes on it or let your recipient come up with his or her own healing affirmations. If you're giving it to someone in the hospital, consider including a battery-operated tea light candle.

**Group Intentions:** Here's a great idea for a special workshop or meeting. Have each person in the group write a word or short phrase on the candle, then light it to set your collective intentions. I use this in my creativity classes, and people love it!

**I Love You Candle:** Write a message to your significant other and surprise him or her with the candle. How about using a red one for this—it makes a creative valentine!

**Holiday Family Candle:** Have each member of the family write a wish on the candle for or the coming year. This works for New Years' resolutions too. Be sure to date the candles and save them for next year.

**Gratitude Candle:** Pick your favorite color candle and write all the things you are grateful for on it. Light it in a special ritual each day as a reminder to be grateful for what you have. You may need more than one candle for this one!

**The uses of the Art of Affirmation Intention Candle are only limited by your imagination. Please write and let me know about the creative ways you're using it.**

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**Create—and enjoy!**

*Judith Balian*