**Dynamics of the Spiritual Mind Treatment**

**Chapter Five**

**CANDLES HAVE NO POWER**

My first choice for a topic for this chapter was **"CANDLE POWER.”** And then I began to imagine how curiosity would cause some eye brows to be raised pretty high, while on the other hand, a number of people would be excited that someone would be writing on this subject.



This topic was motivated by a recent conversation with a person who was very much concerned by his confused state of mind. The question presented to me was, "I am really not doing badly in my life. I mean, things are not really rotten. However, I know I could and should experience more abundance and prosperity in my life. I know that it is God's Will that my life should be better in some ways. What should I do when I have prayed about a matter and after I have done all the right things that I know to do? Should I continue to pray and if so, *“how should I continue to pray?"*

***"What should I do after I pray?"* is** an often asked question. Many times I have shared what works for me. I believe in the power of prayer and that one should pray about everything, without exception. To me, prayer is an intimate and personal experience and for this reason, I believe there are as many ways to pray as there are people who pray.

"What should I do after I pray?" .…***Let Go And Let God. Release!***

 It is not always easy to release or to let go of a situation after you pray. This is because it can be difficult to control the mind and the chatter that continues to visit when you are trying to keep your mind off the problem or the immediate need.

There will always be **two voices in your mind** — “one Voice is the Voice for God or the Holy Spirit and the other one is not.” In the middle of a crisis, trying to keep the mind from wandering will always be a challenge to the untrained mind. A crisis could be as simple as attending to a need, as challenging as trying to change your mind about a situation or as complex as trying to change your consciousness.

***Right here, I am clearly establishing that I do not believe that there is any power in a candle - magical, spiritual or otherwise, but there are occasions where a lighted candle has been helpful to keep my thoughts on God only.***

How long should one pray about a matter?

The answer is: pray until you get an answer.

**"What should I do after I pray?"*Let Go And Let God. Release!***

 ***It is what you do -* after *you pray- that matters.***

 At some point, you must demonstrate total faith and trust in God and to do this you must be able to *take your mind completely off the subject of the prayer and think about God only. Absolutely nothing else.*

What helps me is to place a large candle in the middle of my desk. The lighted candle serves as a symbol of release. Then, in my mind I know that it is simply an outer symbol of an inner state of releasing the situation to the Mind of God. **Having the candle placed where I can see it throughout the day, serves as a reminder that Divine Order is in action in my life.**

Again, there is no power in the candle itself, **so *don't try to replace prayer with the candle*.** I do believe in the effectiveness of the lighted candle after you pray. This act helps you to practice what is written**, *"Thou wilt keep him in perfect peace, whose mind is stayed on thee, because he trusteth in thee."Isaiah 26:3.***

The color of the candle is important only because of the symbolism in colors. That is to say, different colors have varying suggestive influences on the mind. White is said to represent purity or the Christ. Red is for love. Pink is for success. Yellow is for spirituality. Orange is for attraction. Blue is for health. Brown is for abundance. Green is for money. Purple is for personal power. Gold is for unlimited blessings.

We can use these colored candles to help focus the mind (concentrate) and thus enable us to meet each condition or situation that may arise in our lives.

 Never make the mistake of setting up idols before yourself or God. We pray not to candles, but to God only.

The candle is an outer symbol of the eternal light that burns in your soul. As you glance at the lighted candle, the refocusing rekindles the light in your so soul (so to speak) as it casts out the shadows of fear, worry, doubt, unbelief, discouragement, depression, etc.

Safety should always be a special consideration when using candles. Using large candles in thick glass (vase) placed in a safe place is a good idea.

You are encouraged to light a white candle as you join other prayer partners in early morning or late evening prayer circles. Place this candle in a place in your home so that whenever your see it. it will be a reminder that someone is praying with you and for you. Whenever the thought of the problem enters your mind, focus on the candle.

The flickering flame reminds you of the eternal Christ Light. It is the *Presence* in you. It reminds you that Christ in you**- *is the Answer*-**to your every need. This ***Lighted Presence*,** in Its own unexplainable way**, is now revealing Itself**- **as your needs met**.

From the book:
**Dynamics of Spiritual Mind Treatment** – by Ahman)

(Available at the workshop or order from the web site)