

# Holy energy of a burning flame

Celebrate Diwali by lighting *diyas* and candles, with their flames dispelling negativity and enhancing positive energy in our life



PALLAVI YAWALKAR

Diwali is one of the biggest and most popular festivals in India. According to Hindu calendar, Diwali is celebrated in the month of *Ashwin* on the new moon day after Dussehra. Goddess Kali is also worshipped on this day when people symbolically celebrate Lord Rama's return to Ayodhya. Since ancient time, lighted candle or *diya* is a symbol of god. It generates empowerment in our life path, enhances our thoughts and energy levels of our mind, body and soul. Thus, fire has a very special divine place in our religion as well as in our life.

On the occasion of Diwali, one can light a candle or *diya* with an intention of prosperous new beginning of business or goals which one wants to manifest in life.

Significance of lighting a candle is that it actually brings



BUTTER LAMPS AND TAMARA DIYA FROM GOODEARTH



LAMP FROM SATGURU



HALLMARKED SILVER FROM EPISODE



LANTERN FROM DELHI DESIGN STORE



DIYA FROM EXHIBIT D BY GAUTAM DHAWAN



MINIATURE FLOWER STONE URLI FROM ISHANA



SILVER ENAMEL GREEN POOJA SET FROM RAVISSANT



FESTIVE URLI HAMPER FROM TRANSMEDIA ARTS



CORNERS AND SPACES:

Besides having their cultural and religious significance, candles and *diyas* are perfect décor items

divine light to our wishes. These wishes may be about healing someone, passing more healthy healing energy to someone, for cleansing of home or office energy, for goal manifestation, or for passing holy energy to some noble cause. Candle lighting is a very powerful medium to send our prayers across and shows our love and

compassion towards god.

Energy of our surroundings is very important as it affects our work, our being and most importantly our thoughts and feelings. We make all possible efforts to make our thoughts more positive and meaningful to our life. It is a chain of our thoughts which impacts our being, our feelings which further impact our work and our work directly results in our progress in life.

Burning candle can help to transform negative energy into positive and invoke divine soothing energy into the house or office. This positive energy empowers us with positive attitude and feelings towards life.

## WHILE LIGHTING A CANDLE OR DIYA:

▶ Clean the candle you are using by rubbing it with cotton

while keeping positive thoughts in mind.

▶ Sit with a completely relaxed and calm mind, close your eyes and take three deep breaths, let go of all the thoughts and centre yourself.

▶ Hold the candle or *diya* in left hand and cover it with right hand (near heart *chakra*) invoking guardian angels, ascended masters or simply invoke god, your higher self or the divine source from whom you draw spiritual guidance. Pray or affirm sentence in positive words for the specific reason, situation to which you want to send healing and then light the candle or *diya*.

▶ While lighting the candle or *diya*, just visualise the surroundings with divine white light.

▶ Put the candle at a peaceful place.

▶ Most importantly after lighting the candle, send gratitude to the universe.

