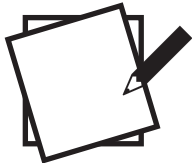




It would not be a far stretch to suggest that lighting candles for spiritual fire plays a role in every religion and philosophical tradition practiced around the world. Although early linkages between candle-lighting and spirituality are imprecise, evidence appears in ancient Egyptian, Roman, Greek, Chinese, Japanese, and indigenous practices. Some people suggest fire connects us to ancestors through a spiritual doorway. Others advise it corresponds to wills and desires or helps us focus our attention and intention. **Fire purifies. It transforms. It generates the sacred.**

## WRITE



Using a piece of gold foil ritual paper, write a letter including all the words you wish you had said.

## BURN



Roll the paper into a tube. Set the tube onto a large piece of aluminum foil placed on a fire-proof surface. Bring a match to the top.

## COLLECT



After the flame has finished burning, use the bamboo tongs to collect what remains into the glass bottle with the cork top.

## HONOR



Create an altar for the bottle, soapstone icon, and meaningful mementos. Repeat as needed if more "unsaid words" arise.