



# The Reflective Flame

# ■ Mercury Flame Ritual Card

\*For Centering, Clarity, and Trust in Timing\*

## ■ The Reflective Flame

To stay centered in truth and clarity when communication or creative flow slows down. A pause is purification, not punishment.

## ■ Practice

1■■ **Ground the Breath** — Hand on heart and solar plexus. Breathe golden warmth in, release tension out.

2■■ **Visualize the Flame** — See your gold heart-light. Mercury's silver spirals

around it, refining and balancing.

### **3■■■ Mantra**

*I slow to align, not to shrink.  
My words are fire refined through love.  
What pauses now will move with purpose.  
I trust the rhythm beneath the delay.  
My truth knows its timing.*

### **4■■■ Seal — Hands over heart.**

*“I am grounded in truth. My voice moves when it’s meant to.”*

### **■ Guidance**

Use during Mercury retrograde, before communication, or anytime impatience arises. The silver light of reflection and the gold flame of expression will always find balance in you.