

## Carla Blazek

### *The Inspirational Woman Behind Zena Moon Candles*

By Susanna Hargreaves



*"She would rather light candles than curse the darkness  
and her glow has warmed the world."*

**Adlai E. Stevenson**



Through the art of candle making, Carla Blazek helps people honor their soul's journey and celebrate the many stages of life. By having fun, Carla Blazek became the founder, candle-maker and soul proprietor of Zena Moon located in the Pacific Northwest.

According to Carla Blazek, she founded Zena Moon in 1999 by abandoning her high-tech career "in order to better live my soul's purpose, which is to help others (and myself) honor exactly who we are, where we are, on our journey through life."

Blazek explained the meaning behind the company name is Zena means women in Czech, and Moon honors the power, cycles and light reflected throughout our lives. Each special themed candle holds an inspirational message and positive intention. "Every Zena Moon candle is created, poured and finished by hand, using a unique blend of colors, essential oil derivatives and gemstones. Each element lends its unique energy to the overall intention of the candle."

#### *Finding Your Soul's Purpose by Having Fun*

Are you having fun? Carla Blazek said she started making candles for fun at a candle shop on weekends; while working at Microsoft during the week. "Just for fun, I took a weekend candle-making class and I loved it. I loved the process, the smells, the creativity, the element of surprise and of course the beautiful results!"

From this enjoyable experience she realized a different way of life. "I noticed two entirely different environments-One was supportive, spiritual and creative -- the other competitive, collaborative and controlling. One day at the candle store while watching the employees interact with

each other -- truly listening to each other, laughing and communicating - - I knew I needed this type of daily calm and enjoyment! I thought if they can do this for a living, maybe I can too. That little voice was the beginning," Blazek shared.

When asked how she knew her soul's purpose and found the courage to honor it, Blazek confessed, "I'm still discovering my soul's purpose. I believe discovering and tending the soul is a lifelong practice and I thank God for that! Still, it got to the point that the whisperings of my heart could not be ignored. I was dying at Microsoft, and I don't just mean at a soul level. I'd worked at large companies for 17 years, and the terrifying truth was that I was DONE. Emotionally, physically and mentally I had hit bottom and I had to get out of the very culture I had enjoyed and succeeded in my entire adult life. It was an incredibly scary time, but I surrounded myself with people who encouraged me to find my own way."

#### *Finding Your Courage*

According to Blazek, courage shows itself in many ways. She shared a saying she loves, "Courage is fear that has said its prayers." She continued, "Looking back, I see now that my path out of corporate into Zena Moon was a series of lurches and baby steps- Just one foot in front of the other, resting in between. I also see that Spirit was by my side every step of the way."

From her experience, Blazek is now evolving her business by offering spiritual coaching and facilitating rest retreats for women. She said it is more helpful to pace yourself and pay attention. "One step. Rest.

Another step. Rest. Every day I pray, listen and most of all I pay attention. What is calling me? Where am I being led? What is opening up to me," Blazek further explained.

### *Keep Your Spirit Alive*

Blazek shared that in order to keep your spirit alive you must go back to tending to your soul. "I keep my spirit alive by listening to the voices within and learning to discern what my spirit needs. Quoted on my Comfort candle is the question by Jennifer Louden: What do I need to better care for myself right now? That's how I keep my spirit alive, by listening to my own answers, which are incredibly varied: Everything from getting out of my own head and being of service to others to spontaneously playing hopscotch during a morning run. I allow my spirit lots of room to breathe and time to play by living a simple life," she conveyed. "My best days are ones that I allow to unfold vs. ones I maniacally overscheduled. I've learned I don't thrive under false pressure or in chaos. I need lots of downtime, lots of rest. I surround myself with people who believe in me, who show me on a daily basis how to open my heart and show up for life. I laugh a lot and I play! I'm re-learning to be creative like I was as a kid -- simply for the pure joy of it, not caring a bit about results."

Blazek said she has learned a great deal about herself from the process of following her passion and dreams. The most important thing she learned was "my value as a woman and a human being is not tied to what I accomplish. I'm sacred and worthy because I am. You are sacred and worthy because you are."

### *Achieve Your Dreams*

When asked if she has advice for women who have dreams, Blazek enthusiastically shared:

"Go for it! We're here on this planet for such a brief blink of time. Our dreams are God's way of beckoning us, "This way, this way!" In practical terms, I have four pieces of advice:

1. Find other women successfully doing something similar (or the same) as your dream. Contact them. Ask the questions your heart needs to ask. You won't hear back from all of them. Don't be discouraged.
2. Do not, under any circumstances, think for one single minute you're meant to go this alone! You're not. Ever. Ask for help and let yourself receive help. One of my favorite resources is your local Women's Small Business Center through the Small Business Administration.
3. Surround yourself with a supportive entourage you trust. This is easy to do nowadays via blogging. We all stumble (sometimes again and again) and it's important to have people who will help you get back on your feet.
4. Listen to your heart, but keep an open mind. Your idea of your dream may actually work better in an unexpected way. Also, dreams change over time. Change is OK! Just keep listening to the deep wisdom that's in every single one of us."

For more information on Carla Blazek's Zena Moon candles and journey visit [www.zenamoon.com](http://www.zenamoon.com) or call (509) 534 1534.



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