

CANDLE



GAZZING

MEDITATION

The art of mindful candle gazing improves focus and concentration. It increases your confidence, determination & sense of purpose. It provides you with a deeper sense of clarity. It calms your thoughts & emotions and builds more patience, tolerance & willpower. It strengthens eye muscles & can improve vision. It also strengthens your spirit from within & helps you overcome barriers in life.



- STEP 1** Find a comfortable seat, dim the lights & position your candle at eye level.
- STEP 2** Light the candle & take a deep breath.
- STEP 3** Allow the image of the flame to occupy your mind so you have no visual awareness of anything but the flame.
- STEP 4** As distractions & thoughts arise, bring your attention back to the flame & allow your natural breathing to fill your awareness.
- STEP 5** Imagine the light of the candle flowing in & out of you as you breathe.
- STEP 6** You are one with this energy. Find your own light within & allow it to shine just as brightly.

