

Namaste Healing Arts.com

Candle Flame Affirmation Meditation:

This week's meditation is simple, it engages and distracts the mind (which is great for those new to meditation), and best of all it is very powerful. If you like this meditation, challenge yourself to do it 5-10 minutes every day this week. The more you engage in this brief, yet powerful activity, the more you will experience subtle shifts in your intuition, consciousness, and sense of peace.

Set a timer so you are not distracted by looking at a clock during the meditation. Start with as little as 5 or 10 minutes. If you are new to meditation, 5 minutes can feel like an eternity. Do your best.

Find a place where you can sit safely with a burning candle. For example, if you are sitting cross legged on the floor, set the candle on a low table, or sit at your kitchen table with the candle in front of you.

Choose a short "I am..." affirmation, such as, I am divine, or I am peace, or I am love, etc. Choose one statement only, or make your own, but keep it simple. In this example, we will use **I am pure Light**. But you are not confined to that as your affirmation.

Rest your gaze gently on the flame with eyes softened, ideally as though you are looking at it from your third eye (just above your eyebrow line centered above your nose). **Slowly inhale into your heartspace and internally say or think I am pure Light.** This should be very calming and intentional.

On the exhale, close your eyes and "see" the flame in your mind's eye and repeat I am pure Light.. Make your exhale as slow and lengthy as your Inhale.

Inhale even slower, open your eyes, gaze on the flame, and say **I am pure Light**. Close your eyes, exhale slower, see the flame in your mind's eye, internally say **I am pure Light**.

Repeat this process for 5-10 minutes, slowing down the breath, the mind, and focussing on your heart and your affirmation. You may even want to record any insights from your experience into your Inspiration Journal.