



HYPNOTHERAPY
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Candle Flame & Music Meditation

A gentle practice for focus, presence, and inner stillness

Purpose

This meditation combines the calming effect of music with the visual focus of a candle flame. Watching the flame, then its afterimage, helps quiet the mind and deepen awareness.

What You Need

- A candle
 - A lighter or matches
 - A comfortable chair or cushion
 - A dark room or space
 - Music that feels peaceful and uplifting (instrumental works well)
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How to Practice

1. **Prepare the Space**
 - Turn off all lights.
 - Place the candle where it is safe and stable, at eye level if possible.
 - Start your chosen music at a gentle volume.
 2. **Focus on the Flame**
 - Sit comfortably with your back straight.
 - Gaze softly at the center of the flame. Allow your eyes to rest there without straining.
 3. **Close Your Eyes & Watch the Afterimage**
 - After 20–40 seconds, gently close your eyes.
 - You will see the outline or “imprint” of the flame in your vision.
 - Keep your focus on this afterimage as long as it lasts.
 4. **Repeat**
 - When the afterimage fades, open your eyes and return to the flame.
 - Repeat this cycle several times, letting yourself sink deeper into stillness with each time.
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Tips

- Breathe slowly and evenly throughout the practice.
 - If your mind wanders, simply return to the flame or its afterimage.
 - Try for 5–10 minutes at first, gradually increasing over time.
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Benefits

- Enhances focus and mental clarity
 - Promotes deep relaxation
 - Encourages mindfulness and presence
 - Can help train your awareness for other meditative practices
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