

THE SPARK

Candle Gazing Meditation



Andi Kulse

Introduction

Hey there,

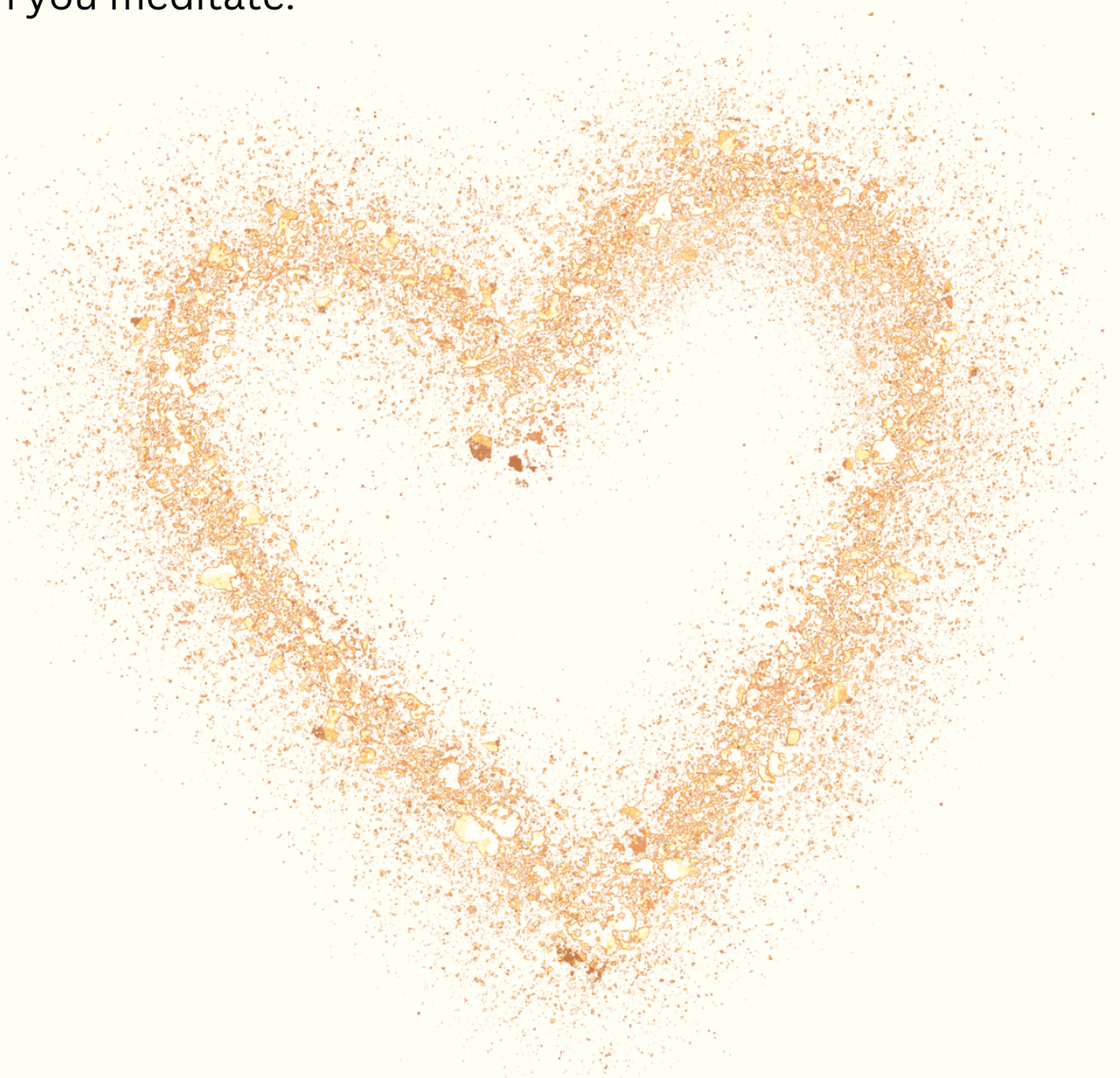
I'm so happy to share this relaxing mindfulness meditation with you as a special gift to go with your gorgeous candle.

This practice can be added to your inner resource kit for managing stress and anxiety, helping you become more empowered to live your potential.

You can jump straight to the meditation, or read a little bit about the background, some benefits and different approaches you can take when you meditate.

Enjoy!

Andi





Choosing your approach

Mindfulness:

Bring yourself into the moment as you gaze at the candle, becoming fully aware of what you see, watching the flame flicker and noticing all your physical sensations, then acknowledging your thoughts and feelings flickering past, just like your candle flame flickers. Take in the scent too if yours has one and savour it.

Curiosity:

This is a great one to try if you haven't used candle gazing for meditation before. You could just go into a relaxed state of mindful awareness and gently gaze at the candle, noticing what the candle flame is doing. Let your mind wander and be curious about where it goes...

Visualisation and Symbolism:

You can incorporate visualisation or symbolic interpretations into your candle gazing. Focusing on the flame and associating it with positive imagery or intentions can enhance the psychological benefits of your practice.

Connecting with Breath:

As you watch the flame, allow your breathing to become steady and rhythmic. Notice the flame and as you place your attention on it and see if it dances with your breath!

Letting Go:

Imagine all your negative energy and thoughts being released into the flame of the candle to be transmuted into positive energy.

Be creative:

Don't be limited to these ideas, get creative and come up with your own!

About the Meditation

In this exercise, you'll light your gorgeous candle and focus on the flame for a period of time that feels comfortable for you. The beautiful thing about this meditation is that it is designed for overwhelmed women (or anyone who resonates with feeling stressed). I've made it short and simple but with the intention of being effective and impactful.

I recommend you set aside 5 minutes but give yourself as much time as feels right for you. When you have a regular daily practice even if it's for a few minutes each time, you will start to experience longer term benefits that over time will increase.

Your life is going to get better!

Your practice may vary day to day and you can set yourself a goal of increasing the time from a minute if that's your starting point and gradually build it up over time to a duration of your choice. You can even just meditate intuitively until you feel you're done!

Recent brain research has shown that even short meditations (e.g. 5 minutes) can have the same neurological and physiological benefits as longer meditations.

So, you don't need to set aside 20 minutes twice a day - that in itself may even feel too stressful!

Decide what will work for you and commit to doing that for a week and beyond!



The History of Candle Gazing

Candle gazing finds its origins in ancient yogic practices that date back thousands of years and is believed to have been developed as a means to enhance concentration, focus, and inner awareness.

The earliest mentions of Trataka (candle gazing) can be traced to ancient yogic texts, where it is described as a method to purify the mind and stimulate the ajna chakra. We know this more as the third eye, the energy centre of intuition, self-realisation, inspiration and imagination. It is believed, the energy of this chakra allows us to cultivate our intuition and perception of our inner and outer worlds.

Candle gazing was considered a spiritual practice to refine mental focus and prepare the mind for deeper states of meditation.

The ritualistic use of a candle flame symbolises the inner light of consciousness, with practitioners aiming to cultivate a heightened state of mindfulness and clarity.



Some potential benefits associated with candle gazing:

Relaxation:

Engaging in candle gazing can activate the relaxation response, leading to a reduction in stress. This response involves various physiological changes that counteract the stress response, such as decreased heart rate and muscle tension.

Calming Effect:

The gentle, rhythmic flicker of a candle flame can have a calming effect on the mind. It may induce a sense of tranquility and stillness, providing a mental break from the stress and anxiety you've been experiencing.

Concentration:

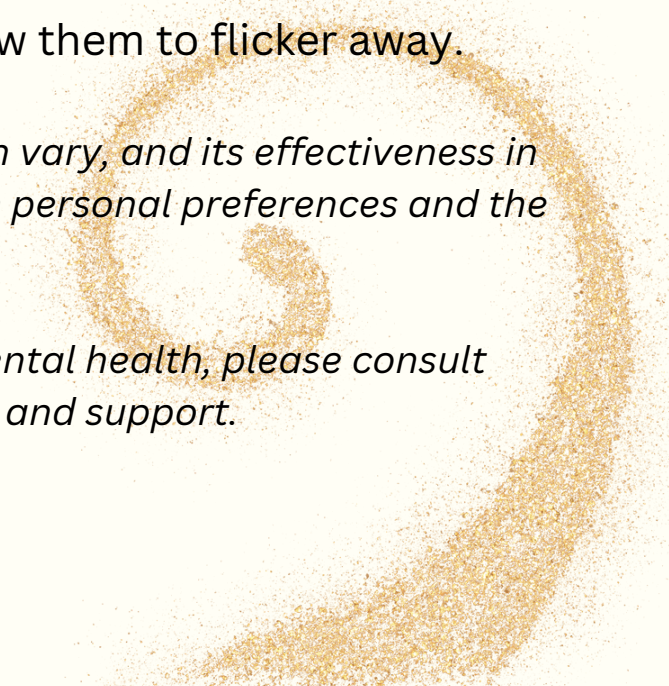
Candle gazing requires sustained attention on the flame, promoting concentration and mindfulness. This practice can help divert attention from anxious thoughts, fostering a more focused and present state of mind. Concentration is like a muscle so the more you use it the better it will be in all areas of your life.

Reduced Mental Clutter:

As you concentrate on the candle flame, you may experience a reduction in mental clutter and chatter. This stillness can contribute to a sense of inner peace and relief from anxious thoughts. Notice the thoughts and allow them to flicker away.

Individual experiences with this practice can vary, and its effectiveness in managing stress and anxiety can depend on personal preferences and the overall mindfulness approach.

If you have specific concerns about your mental health, please consult with a healthcare professional for guidance and support.



Before you begin your meditation:

Thanks so much for taking time out for you. I'm so grateful you have, and I want you to take a moment of appreciation that you've put yourself first. You've just committed to some uninterrupted "you" time. Savour that moment! You deserve this.

Once you've decided where you will do this practice, if you want, choose your favorite calming music and put it on quietly so it's the background to the recording you're about to listen to. You are welcome to just follow my voice alone as you notice other natural sounds around you.

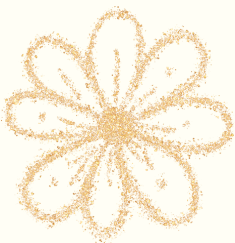
Make sure you are uninterrupted and won't have any potential distractions like loud noises or phone notifications.

Set up your candle in front of you, ideally at eye level or within an easy gaze of about three feet in front of you. If you can, have the room dimly lit to enhance the focus on the candle flame.

It's best to be seated with this meditation so you might want to sit at a table, or have the candle on the coffee table and sit on the couch - either way, make sure you feel comfortable and the candle isn't too far away.

If you prefer, you could also sit comfortably on the floor with the candle 3-4 feet away. Placing the candle on a low table in front of you would be great!

I recommend you read through the guided meditation script first so that you can get into the flow with ease and enjoyment.



The Guided Meditation Script:

Sit with a straight back and feel your feet firmly on the ground. Sink deeper into your seat. Breathe and relax. Imagine yourself grounding gently into mother earth through your feet or tailbone, allowing that sensation to settle in and radiate through your body.

Take a few slow and mindful stretches and yawn if you feel like doing so. This helps relax you even more before you go further into the meditation.

Now close your eyes and begin by taking a slow deep breath in through your nose, allowing your lungs and belly to fill with air, and then exhale slowly through your mouth, as if you are gently blowing through a straw.

With each breath, let go of any tension or distractions from the day. Slowly Inhale serenity, exhale tension. Inhale calmness, exhale stress, inhale confidence, exhale anxiety.

Now open your eyes and move slowly and mindfully to light the candle and as you light it, express gratitude to yourself for making this time for you.

Settle back into your seat and shift your gaze towards the candle flame. Allow your eyes to soften as you focus on the flickering light. Notice the dance of the flame, the colors, and the patterns it creates.

As you continue to gaze at the flame, let your mind relax. If thoughts arise, acknowledge them without judgment and gently bring your focus back to the candle. Imagine that each breath is drawing you deeper into a state of calmness.

Meditation script continued:

Feel a sense of connection with the flame, as if it holds a sacred space for your thoughts and emotions. Embrace the stillness and let the candle become a focal point for your attention.

Continue doing this for a time that feels comfortable for you. You can pause the recording here and come back when you're ready, or continue with me now to finish.

As we come to the end of this practice, take a few moments to recenter yourself.

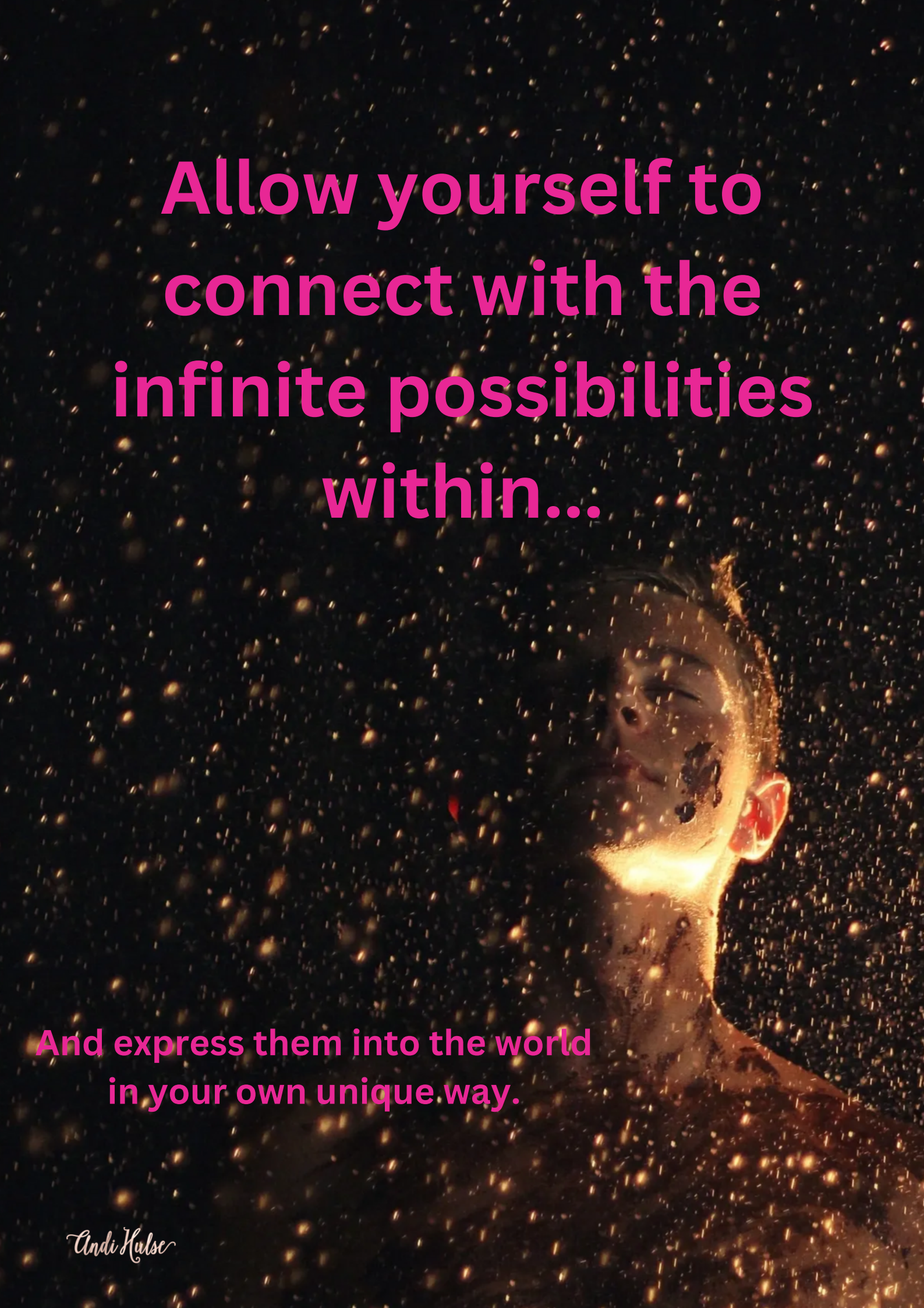
Inhale deeply, breathing in the energy and calmness the candle has provided, and exhale any remaining tension or feelings of anxiety that may be still be present.

When you're ready, take a few slow and mindful stretches and allow yourself to yawn again if you want to. Savour the feelings of relaxation and reflect on how you feel. If you want, express gratitude again for you taking this time of mindfulness.

Savour the experience and when you're ready, slowly transition back to your usual activities, carrying this sense of peace with you.

May the calmness, clarity and relaxation you've cultivated stay with you in this eternal present moment.





**Allow yourself to
connect with the
infinite possibilities
within...**

**And express them into the world
in your own unique way.**

Andi Hulse

How did you go?

There are so many ideas and inspiration that can change this practice up and it's something you can do a quick version of too - if you only have time for literally 2 minutes!


You can simplify it, or supercharge it!

You can also close your eyes and visualise the candle if you are out and about or at work and want to practice this as a mindfulness activity as a micro break from your tasks or use it as a stress busting visualisation whenever you need to and don't have a candle.

You don't have to follow my guided meditation either, you can do your own or just gaze at the candle, relaxing and letting go of your thoughts.

If you are doing this practice before bedtime, you can also set an intention to settle you into a restful and rejuvenating sleep.

Candle gazing can be a relaxing exercise to help manage your stress and anxiety.



Thank you so much for joining me and I hope this has inspired you to take more time out each day for your self care either by doing this practice or finding something else that you love to do. Any activity done mindfully helps reduce your stress and anxiety.

I'd love to hear your feedback - share your thoughts and experiences as well as what you liked/didn't like, found hard or would change.

You can email me or join our FB page where we're building a community of like minded women who want to deactivate their stress and manage their energy and emotions so they can lead fulfilling lives.

I'll be sharing loads more resources and activities, that are short, simple and powerful and all gifted to you so, you can go and make your difference in the world.

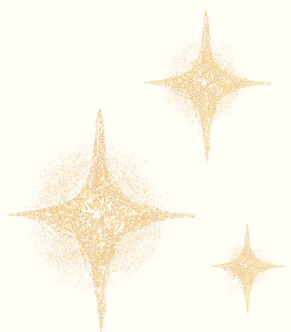
To find out more about my work or book a time with me, you can contact me via my website or email me directly.

With Much love / Arohanui,
Andi

[Visit us at TheSpark.co.nz](https://www.TheSpark.co.nz)

[Join us on Facebook](#)

[or email me here](#)





**Know you are
blessed and
deserving of all
that your heart
desires.**

The Benefits of Mindfulness and Meditation

- **Stress Reduction:**

Mindfulness practices, like Mindfulness-Based Stress Reduction (MBSR), can lower cortisol levels, reducing stress.

- **Anxiety Reduction:**

Regular mindfulness meditation is linked to decreased symptoms of anxiety disorders and improved emotional regulation.

- **Improved Emotional Well-being:**

Mindfulness fosters positive emotions, enhancing overall well-being through non-judgemental awareness.

- **Enhanced Focus and Concentration:**

Meditation improves attention, focus, and cognitive flexibility.

- **Pain Management:**

Mindfulness meditation helps manage chronic pain by altering the perception of physical sensations.

- **Better Sleep:**

Mindfulness practices, including mindfulness-based interventions, contribute to improved sleep quality.

- **Reduced Symptoms of Depression:**

Mindfulness-based therapies, like Mindfulness-Based Cognitive Therapy (MBCT), reduce depression symptoms.

- **Enhanced Self-Awareness:**

Mindfulness encourages self-awareness and deeper understanding of thoughts and emotions.

- **Changes in Brain Structure and Function:**

Neuroscientific studies show meditation leads to brain changes in areas related to attention, memory, and emotion.

- **Immune System Boost:**

Some studies suggest mindfulness practices positively impact the immune system, increasing natural killer cell activity.

Note: Individual experiences may vary. Consistent practice over time will give you the best results!

