

# Candle Flame Meditation

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We will start our meditation and mindfulness series by practising a very simple form of meditation based on a candle flame. Look back over the document "Prepare for Meditation". This will remind you of some of the things to consider before you start practising this technique.

There are many different ways of performing a candle flame meditation but for our purposes we are going to use a candle flame as an object to improve concentration.

- Choose a time in the day when you are least likely to be disturbed by mobile phones, family or pets
- Go to your special place if you have created one. Remember that this could be your garage or a particular corner of your bedroom or office.
- Sit down in a comfortable position either on a chair or on a cushion on the floor.
- Place a candle around 1 metre in front of you. The candle should be placed on something which will not burn or heat up.
- Light the candle and dim the room. Be seated on your chair or cushion.
- Take around four deep breaths and as you exhale say to yourself "relax".
- Now as you look at the candle flame, say to yourself "I am aware of the candle flame, I am aware of the candle flame".  
Keep repeating this sentence over and over again. If your mind wanders off to other things just bring it back to the candle flame. If you hear noises and other sounds in the distance, just bring your mind back to the candle flame. Keep saying "I am aware of the candle flame".



These words are nothing more than a vehicle for your mind to travel on. Simply watch the candle flame without evaluation and judgement. For example try not to say, "this is a small candle flame, it should be larger", this is a boring exercise, how long do I have to keep doing this? ETC. Simply watch the candle flame without evaluation and judgement.

Practice this technique for at least five minutes a day. Don't be too hard on yourself if you find that your mind wanders. All that you need to do is to bring your mind back to the candle flame by just saying "I am aware of the candle flame".

You will find in time and with a little practice your mind will be able to remain focused on the candle flame and the amount of times your mind wanders will be less and less.

Remember for any technique to be useful it needs to be practised consistently.