



Psychological Health: The Flame Meditation - July 2017

Holistic nutrition includes body, mind and spirit. Articles will address each area.

Hello, Friends!



Relaxation - Flame Meditation

The next time you have a thought or feeling that bothers you, try this simple yet powerful meditation.

Get a candle with a good sized flame and put it down on a table, away from flammable objects such as furniture, papers or curtains, or use the flame from a fireplace or campfire. Sit close to the flame about 300 to 450 mm (12" to 18") from your face. Take a deep breath, quiet and center yourself. Imagine yourself surrounded by the loving light of the flame. Gaze into the flame. Try not to blink. Imagine that the flame is taking any negative thoughts out of your mind and thoughts, into the flame, and up into the atmosphere.

Gaze into the flame for one to three minutes, until you feel a relief and release from the thought or feeling. It only takes a few minutes and the warm, relaxed feeling that comes helps clear the thoughts and feelings from our awareness.

Try the flame meditation for three minutes.

**Be healthy 4 life,
Cathy Ferren RHN**

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