Candle Flame Meditation

A candle flame meditation promotes calm focus and mental stillness by gently anchoring your attention to the soft, flickering light of a flame. Best practiced in a dark or dim room before bed.

**Steps**

1. Set the Environment

* Dim the lights in your room.
* Light a candle or use a night light and place it at eye level.
* Sit in a comfortable position with your spine relaxed but upright.

1. Soften Your Gaze

* Look gently at the light without staring or straining your eyes.
* Allow your gaze to rest on the glow of the light.
* Let your eyes blink naturally — there’s no need to force stillness.

1. Anchor Your Attention
   * If your mind wanders, gently bring your focus back to the light.
   * Allow yourself to be absorbed by its calming presence.
2. Close Your Eyes

* After a few minutes, close your eyes and visualize the flame/light in your mind.
* Hold that image softly, allowing it to guide you inward into stillness.

1. Ease Into Sleep

* Gently extinguish the candle when ready.
* Lie down, recalling the warmth and peace of the flame.
* Allow your body to melt into rest, carrying the calm with you into sleep.

**Tips for Candle Flame Meditation**

* Practice for 5–7 minutes, or longer if comfortable.
* Avoid straining your eyes — take breaks by closing them briefly if needed.