

## **Candle Gazing Meditation Script**

### **1. Preparation (1 minute)**

- Find a quiet, comfortable space where you won't be disturbed.
- Place a candle on a stable surface at eye level, about 1-2 feet away from you.
- Sit comfortably with your back straight and shoulders relaxed.
- Take a few deep breaths to center yourself.

### **2. Starting the Meditation (1 minute)**

- Light the candle and focus on the flame.
- Gently allow your gaze to soften as you look at the flame, not straining your eyes.

### **3. Focus and Relaxation (2 minutes)**

- Notice the different colors and movements within the flame.
- Observe how the flame flickers and dances without judgment.
- Let go of any tension in your body with each exhale.

### **4. Deepening Awareness (2 minutes)**

- As you continue to gaze at the flame, bring your awareness to your breath.
- Inhale deeply through your nose, and exhale slowly through your mouth.
- Synchronize your breath with the rhythm of the flame if it helps.

### **5. Letting Go of Thoughts (2 minutes)**

- If your mind starts to wander, gently bring your focus back to the flame.
- Imagine each thought dissolving into the flame and vanishing.

### **6. Experiencing Stillness (1 minute)**

- Embrace the calm and stillness that arises as you focus on the flame.

- Feel a sense of connection and tranquility growing within you.

#### **7. Closing the Meditation (1 minute)**

- Slowly bring your attention back to your surroundings.
- Take a few deep breaths and gently stretch your body.
- Before opening your eyes fully, express gratitude for the time spent in meditation.

#### **8. Ending Reflection (1 minute)**

- Reflect on any sensations or thoughts that arose during the meditation.
- Carry the sense of calm and mindfulness with you as you go about your day.