

"MAN LOVES  
COMPANY -  
EVEN IF IT IS  
ONLY THAT  
OF A SMALL  
BURNING  
CANDLE."  
- GEORGE C.  
LICHTENBERG



# Candle

## GAZING

Candle Gazing is an ancient yogic technique that is also called steady gazing or *tratak*. This technique helps lessen the feelings of separation and induces feelings of oneness with the universe.

Choose a candle and place it where the flame will be about eye level and arms distance away. Once the candle is lit, you will gaze at the flame for one minute. Use a timer.

After the minute is over, you will close your eyes and imagine the flame right between your eyebrows at your Third-eye Center (Brow Chakra). Using a timer, you can do this for two minutes.

To finish, cup your eyes with your hands for a moment. Then blow the candle out.

You can work up to more minutes or watch the whole candle burn or just do this for as long as it feels right for you that day.

Be sure to be comfortable by sitting in a chair or a comfortable seated meditation position.

It is okay if you blink at first. It takes practice to be able to keep your eyes open the whole time. Also, the ability to do so will fluctuate depending on the situations in your life.

Your eyes will water, and that helps to cleanse them and the tear ducts. This technique helps strengthen your eyes and boosts concentration and memory.

I like using this technique when I have no energy. It is a perfect substitution for traditional meditation.

It is also very calming.

Allow it to be a soothing addition to your self-care routine.





I relax  
and  
allow the  
light to  
heal me.