

Meditation for Beginners

A Focus Meditation



“Candle gazing” meditation – In this meditation, the candle acts as the focal point rather than the breath, which can help to create a relaxing, contemplative experience. This meditation is particularly helpful when you need to relax at the end of a busy day.

Make sure the candle is safe and sturdy, keep your eyes open and stay present with the candle at all times.

Begin the meditation by lighting your candle and sit opposite at a safe distance, facing it at eye level. I have found that sitting on the floor with the candle on a table works well, but find whatever works best for you and your space. Ensure the lighting is dimmed so that the candlelight is the focus in the room, and let all other distractions fall away.

“Direct your gaze to the flame of the candle and simply take a moment to watch it flicker and dance. Notice how the flame changes shape, and how the light in the room has softened thanks to the candles glow.

As you move deeper into the meditation, allow yourself to integrate your breath with the meditation by focusing on the rise and fall of your chest. As you inhale, imagine breathing in the warmth of the candlelight, and as you exhale, imagine the word “calm”. You can say the word out loud if you prefer, and you may want to substitute the word calm for your mantra word or phrase, something that resonates with you at this moment in time.

Continue to allow the candle to act as your focal point, and if your mind wanders, as minds do, bring your attention back to the flame. Continue for as long as you wish.

When you have come to the end of your meditation, carefully blow out the candle.”

Try the 10-minute Guided meditation