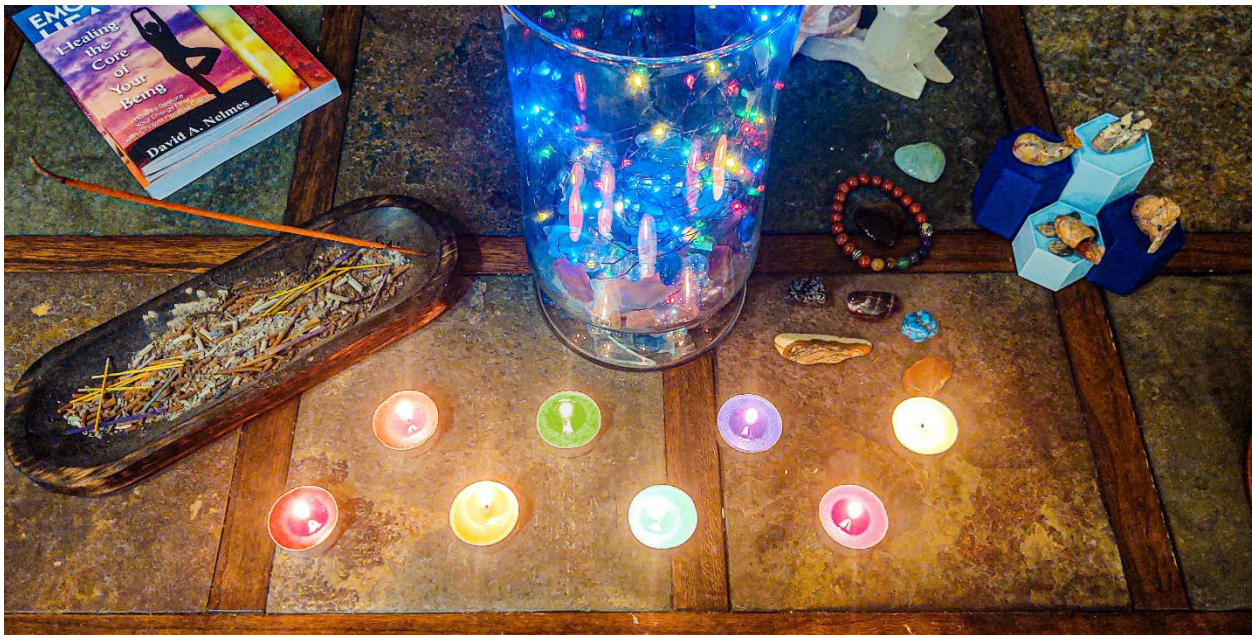




Meditation Practices Using Chakra Healing Tealight Candles

Meditation is a powerful tool for achieving inner peace and self-improvement. One technique that can enhance your meditation experience is using [Chakra Healing Tealight Candles](#). These small, scented, flickering flames can create a serene and focused atmosphere, helping you dive deeper into your practice. In this article, we'll explore meditation practices incorporating tealight candles.



1. Candle Gazing Meditation

A popular meditation technique that includes candle gazing is known as "**Trataka**." This Sanskrit word means "to look" or "to gaze" and is an ancient practice of meditation used in Ayurvedic medicine that involves focusing the eyes on an external object.

To start, find a quiet space and place a scented chakra healing tealight candle at eye level in front of you. Light the candle and sit comfortably. Gently gaze at the flame without blinking for as long as you can. When your eyes become tired or watery, close them and visualize the flame in your mind's eye. This practice enhances concentration and can lead to profound insights.

2. Chakra Meditation

Chakra Healing Tealight Candles can be used to align and balance your chakras. You can place a colored tealight candle corresponding to each chakra in front of you. Start from the Root Chakra and work your way up to the crown Chakra:

Root Chakra (red candle)

Sacral Chakra (orange candle)

Solar Plexus Chakra (yellow candle)

Heart Chakra (green candle)

Throat Chakra (blue candle)

Third Eye Chakra (purple candle)

Crown Chakra (violet candle)

For each chakra, focus on each candle's color and energy as you meditate. This practice helps harmonize your energy centers.

To add impact to this process, it would help to have other chakra-specific items to aid in the chakra clearing, such as [crystals](#), [essential oils](#), and [meditation cards](#).

3. Intention Setting

Chakra Healing Tealight Candles can be used as a symbolic tool for setting intentions. Before your meditation, write down your intention on a piece of paper.

Determine which chakra this intention may involve by seeing which chakra characteristic it includes. See potential associations below.

- **Root Chakra: Red** - Directly associated with the body and your sense of survival. Includes subjects related to safety, abilities, needs, flexibility, anger, desire, greed, and jealousy.
- **Sacral Chakra: Orange** - Directly associated with intimacy and emotional needs. Includes subjects related to feelings, boundaries, sexuality, creativity, pleasure, attachments, addictions, and letting go.
- **Solar Plexus Chakra: Yellow** - Directly associated with personal power and control. Includes subjects related to trust, beliefs, self-esteem, emotions, risks, aggression, and decisions.



- **Heart Chakra: Green** - Directly associated with forgiveness and compassion. Includes subjects related to harmony, love, sharing, giving, receiving, growth, balance, hate, anger, and despair.
- **Throat Chakra: Blue** - Directly associated with openness and self-expression. Includes subjects related to speaking up, ideas, healing, releasing, creativity, life force, and communicating feelings.
- **Third Eye Chakra: Purple** - Directly associated with psychic abilities and intuition. Includes subjects related to truth, spirituality, wisdom, vision, clairvoyance, imagination, and psychic awareness.
- **Crown Chakra: Violet** - Directly associated with wisdom and selflessness. Includes subjects related to loving, compassion, ethics, connection, harmony, devotion, peace, and enlightenment.

Once you determine which chakra your intention is associated with, place your written intention under the candle of that chakra's specific color and light it. As you meditate, visualize your intention manifesting. The candle's color and flame represent the energy you put into your desire.

4. Candle Meditation

- ❖ **Find a quiet space:** To start, find a comfortable and quiet space where you won't be disturbed. Sit down in a relaxed position, with your spine straight and your hands resting comfortably on your lap. It is better to be seated than lying down since you will remain more attentive while sitting and less likely to doze off.
- ❖ **Light the candle:** Place a lit candle in front of you, at eye level, on a stable surface. Ensure that the flame is at a safe distance from any flammable objects and is close enough to you so that you can easily see the intricacies of the flickering flame.
- ❖ **Take a few deep breaths:** Close your eyes and take a few deep breaths through your nose and out through your mouth. Let go of any tension or stress with each exhale. Then, find a comfortable pace with your breathing that is relaxing and natural.
- ❖ **Gaze at the candle:** Slowly open your eyes and focus on the candle's flame. Take in its gentle flickering and warm glow. Allow yourself to absorb its radiance and energy by softening your attention and opening yourself to receive.
- ❖ **Stay present:** Your mind may wander, and that's okay. Whenever you notice your thoughts drifting away, gently bring your focus back to the candle's flame and let your other thoughts pass by.
- ❖ **Visualize:** Imagine becoming one with the candle's energy. Feel the warmth and serenity it radiates towards you, enveloping you in a peaceful cocoon.
- ❖ **Let go of worries:** As you watch the candle, release any fears, doubts, or negative thoughts. Imagine them dissolving into the candle's flame, transforming into positive energy.
- ❖ **Set an intention:** If you wish, set a positive intention for this meditation. It could be something you want to manifest or a feeling you want to cultivate.
- ❖ **Continue for as long as you like:** You can continue this meditation for as long as you feel comfortable, whether a few minutes or longer. Trust your intuition to guide you.

- ❖ **Closing:** When you're ready to conclude, close your eyes and take a few deep breaths again. Express gratitude for this moment of inner peace and clarity.
- ❖ **Blow out the candle:** Finally, blow out the candle, symbolizing the end of your meditation. Carry the sense of peace and stillness with you as you go about your day.

Remember that this guided meditation is a tool you can use at any time to find a moment of tranquility and reconnect with your inner self. The gentle flicker of the candle can be a powerful focal point for your meditation practice, helping you to center your thoughts and find serenity within.

Just For Fun!!

The ultimate purpose of meditation is to help increase your happiness and joy in life overall, so here is a spin on a way to use the candles to bring joy to yourself and your friends as well.

Painting Candles with Friends



An Amazon influencer, [Jessica Jane](https://www.amazon.com/shop/influencer-8ab2c5dd) (<https://www.amazon.com/shop/influencer-8ab2c5dd>), provides a fun way to use our tealight candles to paint larger white pillar candles. She gathered a bunch of friends, and they all had a great time decorating their pillar candles by melting our candles and using the wide range of colors as a palette to create anything that came to their minds. This resourceful and fun idea manifests instant happiness using our Chakra Healing Candles to create a joyful gathering. There is healing in that fun idea, so I just had to mention it here. There are healers within us all. See Jessica's [quick video clip](#).

Where To Go From Here

As you explore these meditation practices with [Chakra Healing Tealight Candles](#), you'll discover a deeper connection to your inner self and a sense of tranquility that can positively impact your life.

Remember that safety is paramount when using tealight candles in your meditation practice. Ensure you place them on a stable surface, away from flammable objects, and never leave them unattended, especially when children or pets are present.



If you would like to **UPGRADE** your candle experience, consider using our [“Chakra Clearing Crystal and Aromatherapy Kit,”](#) which includes the candles as well as seven chakra crystals, stone ID cards, a selenite clearing crystal, a chakra diagram, and a set of seven Chakra Healing Cards.



Hello, my name is [David Nelmes](#), and I am the creator of Deep Healing Light's® chakra healing products and a Certified Spiritual Growth Coach, Reiki Master Practitioner, and Author.

My chakra healing products were designed to guide you along your journey of self-discovery **by helping you uncover the healer hidden within** because that's where your real answers reside.

Still, finding or following a path that leads to consistent healing is difficult. When you add in the frustrations and energy-draining aspects of life, **it's no wonder you struggle** with balancing your physical existence with your energy being. I went through this myself. **I understand what you are going through, and I know there is a path you can take to overcome this.**

So, I Am Offering You an Opportunity To Help You Get Started!

I want to help you find which chakras need your attention right now.

To make this easy for you, I am offering a FREE Remote Chakra Assessment to help you place your focus where it is most needed!

Register for a **FREE** Chakra Clearing and Assessment



Get Your Remote Chakra Clearing and receive a detailed **PDF** report.

This report includes **instructions on how to work on two of your chakras** that would benefit the most from receiving your focused attention right now.

Follow the link
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