

A Christmas Candle Meditation

Find a comfortable place to sit and close your eyes. *(pause)*

Place your hands on your belly and take a deep breath in *(pause)* and let it out *(pause)*.

Take another deep breath in *(pause)* and let it out *(pause)*.

Continue to breathe slowly in and out, noticing how your belly pulls your hands inward and then pushes them outward with each breath. *(pause)*

Imagine an unlit candle sitting in front of you. *(pause)*

Pretend that your finger is a lighter and touch the wick of the candle. *(pause)*

Watch the candle flame begin to flicker *(short pause)* and then grow stronger. *(pause)*

Keep watching the candle flame as you breathe slowly in and out. *(pause)*

Imagine that the light from the candle surrounds you. *(pause)*

Feel its warmth encircling your body. *(pause)*

Feel the light moving into your body. *(pause)*

Imagine yourself glowing like a candle. *(pause)*

Continue to breathe slowly in and out. *(pause)*

When you are ready, open your eyes and return to your holiday activities.