

Candle Treatment



“In this state, you are a witness of everything. You are absolutely peaceful. You are in the center, where you know the absolute truth.”

– Shri Mataji

Our left energy channel influences our emotions, feelings and desires. It is also connected to our memories and past experiences. When we feel symptoms of blockages in our left channel, such as self-doubt, lack of motivation, low energy or heaviness, we can use a candle to clear our left side.

Points to remember

- Only use a candle for clearing the LEFT side. We use ice to clear the right side.
- Don't do this treatment if you are wearing loose clothing or there is any chance of something catching fire.

Clearing the left side

- Sit in meditation with the left hand open in the lap, palm up.
- Hold a lit candle in a candle holder in the right hand. Starting at the level of the left hip, move the candle up the left side of your body.

Clearing the left aspect of energy centers

- Sit in meditation with the left hand open in the lap, palm up.
 - See what you are feeling in your hands. If you feel a particular finger on the left hand, you can clear the left aspect of the corresponding chakra using a candle.
- Position the lit candle in front of the left side of the chakra that needs to be cleared. Rotate the candle, forming a circle in the air, so that at the top of the circle, your hand moves to the left and at the bottom of the circle your hand moves to the right.
 - Rotate the candle until you feel the chakra clear.

