

Scented Candles

***Candles*, set the mood with a candle lit room. You can use scented candles if you like. There are also aroma therapy candles that can be an added benefit to your meditation practice. (The candle flame can be used as a focal point in single focus open eyes meditation.)**

From: <http://www.livingwordsofwisdom.com/meditation-tools.html>

You've had thoughts of yoga, meditation, and soothing spa experiences, but you either don't have the time to do those things, or it is beyond your reach right now. Let me show you a few very simple, simple relaxation techniques that you can use at any time, without any effort or previous knowledge to accomplish – using candles!...

... I will give you a few ideas on which fragrances to use to help you to fully enjoy the benefits of candle relaxation.

Lavender is the fragrance most renowned for its relaxation benefits in aromatherapy. It's a common ingredient in products aimed at relaxation and stress relief, such as pillows, bath oils, soaps and lotions. However it may not be the right fragrance for you. Some people find particular scents relaxing while others do not. For instance, the fragrance of warm cinnamon buns may smell like heaven to me, but may make you want to run to higher ground! Other fragrances may have bad memories attached to them in your own mind. For that reason, I recommend that you take into account your own personal preferences in choosing the scented products that are right for you. Other fragrances that have a strong reputation for relaxation are: chamomile, vanilla, ylang ylang, clary sage, bergamot, frankincense, and sandalwood. Although if you have strong allergies

or are highly sensitive to scented items, we recommend going with an unscented candle for your own relaxation.

From: <http://www.reallifesolutions.net/family/candles.html>

The Triangle: setting candles in the formation of a triangle works as an amplifier. It increases the power of healing especially if the meditation is utilizing color, botanical or scented candles. It makes the meditation more cleansing.

From: <http://www.candlehome.com/Reasons-Uses/>