△ AQUARIAN ALCHEMY · THE FIRE ELEMENT

Watch One Flame: A Two-Minute Candle Meditation



All you need is a candle, a safe surface and two quiet minutes. No candle? The no-flame option below works just as well. It is about noticing, not staring.

1. **Set up safely.** Place a candle on a stable, heat-safe surface about an arm's length away, slightly below eye level, away from anything that can burn.
2. **Settle.** Sit comfortably and dim the other lights if you can.
3. **Look softly.** Rest your eyes on the flame. Blink whenever you need to; there is no need to hold your gaze.
4. **Notice.** Watch the colors, the movement, the small changes in shape. When your mind wanders, gently come back to the flame.
5. **Close your eyes.** After a minute or so, close your eyes. You may see an afterimage of the flame. Let it fade on its own.
6. **Return.** Open your eyes, take in the room, and blow out the candle.

No-flame option: Watch a sunrise or sunset, a lamp's glow, or a video of a fireplace. The practice is the same: look softly, notice, return.

> Safety note: Never leave a candle unattended, and keep it away from curtains, paper and pets. Blink normally; don't stare until your eyes water. If you have epilepsy or are sensitive to flickering light, or if an eye condition makes this uncomfortable, use the no-flame option. Stop if you feel uncomfortable at any point.