

Candle Flame — Form

This is a form of *positive-positive* meditation. The object is a *positive* one and the attention is considered *positive*. With *positive-positive* you ignore all distractions. With *positive-negative* you deal with each distraction as it comes up. Today we are going to practice *positive-positive*.

The beauty of a candle flame is that it is enchanting. It is always moving a little bit which helps keep our attention strong. Simply watch and enjoy the candle. Try not to make a lot of mental commentary. Just enjoy the candle. *Positive-positive*.

How to Practice

Set a candle four to six feet before you. Observe all safeguards so that the flame cannot possibly cause a fire along the walls, the shelves or the floor. You should ask yourself this important question, "If I should fall asleep while meditating, can this candle flame move in any direction by a gust of wind or when the furnace comes on and the blowers hit the candle? Is this candle perfectly safe if the worst thing happens and I fall asleep?"

In this technique, when you notice when your mind has wandered away, and you patiently, lovingly, bring it back to the candle flame, to the positive object, no matter how many times it wanders away. You bring your mind back and you keep it, as steadily as you can, on the object. That's it, a positive object with positive attention.

Benefits

Your mind, your will, and your emotional flow will get stronger and stronger through this practice. Your mind will begin to feel so clean and alert and alive during the day. You'll marvel at your heightened level of awareness and also of well-being.