

Candle Lighting Mindfulness Meditation

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<https://youtu.be/2ikpEigyK0Y> | <https://www.chuckhartman.com>

Sit quietly and take in a deep breath through your nose, and release the breath through your mouth. Make sure you are taking deep breaths from your diaphragm. Your diaphragm is a muscle that rests at the base of the chest and separates the abdomen from the chest. So, when you breathe from your diaphragm, your stomach should push out when you breathe in and relax when you breathe out. If your shoulders rise and fall as you breathe in and out, then you are not breathing from your diaphragm. Make sure your stomach is pushing out when you breathe in and relaxes when you breathe out--this is how you know your breathing from your diaphragm.

Sit quietly and take in a deep breath through your nose, and release the breath through your mouth. You may even close your eyes if you wish. Take in a deep breath through your nose, and release the breath through your mouth. Once more, take in a deep breath through your nose, and release the breath through your mouth.

Now imagine a candlestick with a brand-new candle. What color candle do you wish to be? Imagine any color candle that you would like to be. You can even be a multi-color candle if you'd like. You are the candle. Continue to take in a deep breath through your nose and release the breath through your mouth. Again, take in a deep breath through your nose, and release the breath through your mouth. Once more, take in a deep breath through your nose, and release the breath through your mouth.

Now, imagine that a loving, caring flame lights your candle. Continue to breathe. Can you feel the warmth and the light that you give to the room around you? Can you sense the joy and happiness you give to others who are in the dark? You have brought light to them. Continue to take deep breaths.

As you take in all the cheerful warmth and light you are giving, begin to imagine that your light is burning more brightly than before. As you breathe in through your nose, imagine that you are breathing in the warmth. As you breathe out, imagine that you are sharing your warmth and light with others.

As you continue to take deep breaths, imagine something magical begin to happen. Imagine that your light begins to shine so brightly that you start to impact everyone with which your light comes in contact.

mindfulness



Continue to take in a deep breath through your nose and release the breath through your mouth. Again, take in a deep breath through your nose, and release the breath through your mouth. Once more, take in a deep breath through your nose, and release the breath through your mouth.

As you become more aware of all the people you are helping, imagine that your light gets brighter and brighter and brighter. Continue to take in a deep breath through your nose and release the breath through your mouth.

Now that you are giving light, joy, and warmth to everyone. Continue to take in a deep breath through your nose and release the breath through your mouth. Again, take in a deep breath through your nose, and release the breath through your mouth. Once more, take in a deep breath through your nose, and release the breath through your mouth.

You are now a bright light. You are in control of your feelings. You are growing well. You should now feel relaxed and focused. You may open your eyes if they are closed. Anytime you need to feel clarity and focus, merely repeat this exercise.

You know, you can always choose to be a light. Sure, when you choose to act kindly, even towards other children who might not treat you kindly, you are letting your light shine. Sometimes other children are unkind because they are scared of the darkness around them. Sometimes we cannot see the darkness around another person, but we can let our light shine brightly if we choose to be kind. Allowing our light to shine brilliantly does not mean that we literally shine like a lightbulb or a candle; however, it does mean we are choosing to be kind regardless of how other children treat us. Starting each day with a mindfulness exercise to remind us to be kind is always a good beginning.

I'll see you again soon for more mindfulness exercises.

Explanation & Focus

Today's mindfulness exercise will help children learn to share their 'light' by being kind, even to children who might not be kind in return. The activity can be replicated at home, and the 'light, sharing, kindness' theme can be replaced with what is most meaningful to you or your child. The focus of this meditation is to help children learn that they can choose to act in kindness. This exercise will help children understand their feelings and become more aware of themselves.