

Three candles Treatment (Plus extra candle)

'Three candles treatment' preferably, sit on the floor cross-legged, if sitting on a chair rest the candles on a **solid** chair/surface next to you so that it cannot move, or place them on the floor. The candles should be big enough to give a good-sized flame as this will work better. 'T' lights are not really suitable, the stronger the light the better. But, use what you have available. Place the candles in a suitable candle holder.

Place the first candle behind your left hip area, second candle at the side of your left hip, third candle just in front of your left hand so that your fingertips are towards the candle flame, please be extra careful making sure all the candle is far enough from your body to avoid setting fire to your clothes or burning your skin.

Place the right hand palm down onto the earth, you are taking 'vibrations in through the left hand, clearing the left side and using the earth element as the 'dissolving element'.



This is the same treatment but adding a fourth, shorter candle, this is held in the right hand. First, move the candle up and down the left side of your body for a few minutes, at a suitable distance so that you do not burn your hair or clothes.

Next work on each chakra of the left side by rotating the candle for a few minutes clockwise, in front of the chakra. Start with the left Swadhisthan (2 on the chart) and finish with the superego on the right side of the head. (7 on the chart) Before finishing, move the candle up and down the left side of the body once again.



