



The Professional Woman's Mentor

Candle Meditation

4-Step Process

Candle Meditation

Would you like to feel more connected to your goals and dreams?

Well, of course you would! That's what we all want!

And, incorporating meditation into your day will do exactly that!

If you're sitting on the "that's interesting" side of the fence when it comes to meditation, read on...

INCORPORATING A REGULAR MEDITATION PRACTICE WILL IMPROVE YOUR LIFE IN THESE SPECIFIC WAYS:

- Increased Focus
- Reduced Stress
- Greater Creativity
- Being more Present
- Improved Conflict Management Skills
- Higher Levels of Happiness
- Increased Confidence
- Better Health

And all of these benefits can be yours for an investment of 5 - 15 minutes a day!!

That's an ROI that's hard to ignore! So....

Let's get Started!  

Step 1: Gather up these things before starting your Candle Meditation

- ☐ Candle (you knew that was coming!)
- ☐ A way to light the candle
- ☐ Piece of paper
- ☐ Something to write with
- ☐ A timer (your cell phone will work great)

Step 2: Find a quiet place to sit with the candle directly in front of you

Things to remember when you are finding the ideal spot to do your 5-minute meditation:

- Choose someplace quiet... turn off the TV and other distractions
- Select a place where you won't be interrupted
- Your meditation place should be a comfortable place to sit

Step 3: During Meditation

Now that you have your meditation kit ready to go and you've picked the perfect spot... Here are the steps for your 5 - minute meditation!

1. Place your paper and pen / pencil in front of you
2. Light the candle
3. Set your timer for 5 minutes
4. During your candle meditation... quiet your mind. The goal is to sit quietly without a thought on your mind. As thoughts come in, think of them as soft clouds and let the breeze push them away.
5. Put a mark on the paper every time a thought comes into your mind.
6. When your timer goes off, count up how many times a thought drifted in during your meditation.
7. Add your meditation thought count to your calendar

Step 4: Make Meditation a Practice

If you are like me.... It is sooooo hard to quiet your mind!! And learning how to do this takes practice.

Commit to doing the candle exercise every morning for 30 days and you will be amazed at the difference you will see!!!

- It will get easier to quiet your mind! (I promise!)
- You'll find fewer and fewer thoughts sneak in during your 5 minutes of quiet time.
- You will be more present and calm during the day.
- That pesky Inner Critic will start to get quieter... and you'll be more confident taking bold action.

And that is just for starters!!!

I can't wait to hear how incorporating meditation into your routine helps you to connect to your goals & dreams!!

Let me know by emailing me at [Hello@SparkleandRiseCommunity.com](mailto>Hello@SparkleandRiseCommunity.com)!

Website: <https://www.sparkleandrisecommunity.com>