**Candlelight Meditation**

Need a few minutes to relax?

Get comfortable in your chair. Loosen any tight, uncomfortable clothing. Let your arms rest loosely at your side. Allow yourself a few moments to relax.

If your thoughts wander, just let them while gently moving your attention back to the relaxation. If you become anxious or uncomfortable, stop the relaxation by clicking on the pause button.

To begin, focus your eyes on the candle flame. Notice its simplicity and its beauty.

Take time to notice your breathing, gradually slowing down the rate of inhaling and exhaling as you become more comfortable.

Now relax and enjoy the feeling.

Close your mouth and relax your shoulders, releasing any tension that's built up.

Inhale slowly and deeply through your nose. Let the air you breathe in push your stomach out.

Hold your breath in as you slowly count to four.

Breathe out slowly through your mouth as you continue counting up to six.

Breathe in (three, four, five, six).

Hold (two, three, four).

Breathe out (three, four, five, six).

Breathe in (three, four, five, six).

Hold (two, three and four).

Breathe out (three, four, five, six).

Breathe in (three, four, five, six).

Hold (two, three, four).

Breathe out (three, four, five, six).

Breathe in (three, four, five, six).

Hold (two, three, four).

Breathe out (three, four, five, six).

Breathe in (three, four, five, six).

Hold (two, three, four).

Breathe out (three, four, five, six).

Continue breathing in (four, five, six).

Hold (two, three, four).

And out (three, four, five, six).

Remember, if stray thoughts enter your mind, gently return your attention to the relaxation.

Now, as you breathe out, silently and calmly repeat to yourself:

My breathing is smooth and rhythmic.

My breathing is smooth and rhythmic.

My breathing is easy and calm.

My breathing is easy and calm.

It feels very pleasant.

If you'd like, you may close your eyes now and focus on the music, or continue to look at the flame.

Continue to repeat to yourself:

My breathing is smooth and rhythmic.

My breathing is smooth and rhythmic.

I am peaceful and calm.

I am peaceful and calm.

Continue to take deep, rhythmic breaths. Let the tension fade away each time you breathe out. Let the music soothe you.

If you've closed your eyes, gently open them and gaze at the candle flame.

Return to your day peaceful, more focused and relaxed.