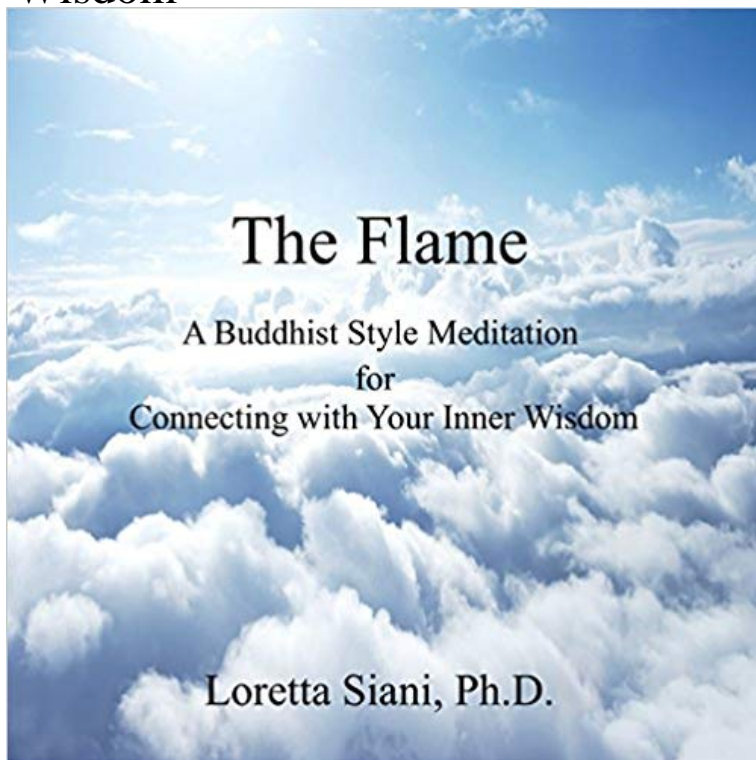


# The Flame: A Buddhist Style Meditation for Connecting with Your Inner Wisdom



The Flame is a Buddhist style meditation on the single flame of a burning candle that is designed to lead you into a deeply relaxed state of mind where you can reconnect with your inner wisdom. It is particularly good for getting underneath all the trivial thoughts that churn and bubble on the surface of your mind to a place of inner peace where you can exchange fear for love, guilt for innocence, and resistance for acceptance.

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