

## CANDLE MEDITATION

### HOW TO BRING GOD, THE UNIVERSAL LIFE FORCE, INSIDE HOW TO ACTIVATE THE GOD WITHIN

How can we bring God within us? How is this possible? We do this in many ways. One way to do so is by this wonderful meditation found in the Zohar. The Zoharic Passage from which the Candle Meditation derives is: "We may say that he who desires to penetrate to the mystery of the holy unity should contemplate the flame which rises from a burning coal or candle," from Rabbi Simeon bar Yochai, *Sefer Ha-Zohar*, with Sulam Commentary, translated by Harry Sperling and Maurice Simon, part I, pp. 50b-51a.

To begin, create a place in your home that is sacred for meditation and prayer. Put a candle in a candle holder, light it, and sit facing the candle. Close your eyes, relax your body and uncross your legs so that the Light and Energy flow freely through you. The candle represents the Light of God. God is Light in many religious traditions.

So, now there is the candle and there is you. And as there is a space between the candle and your body, so there is a "space" between God's Light and you. In order to practice the presence of God, you have to eliminate the space—you want to be one with God. So in this meditation, you invite the candle to come within you.

As you visualize the candle coming toward you, recite Proverbs 20:27. "The Light of the Lord is my Soul." You may also say the *mantra* in Hebrew: "*Ner Adonai Nishmat Adam.*" Recite this proverb as a *mantra*, an intensely focused sacred expression. Your mind is focused only on the candle coming inside you. You are using *Kavvanah* which is praying with "...intention, concentration, devotion, purpose, right spirit, pondering, meditation, and mystery. Praying with *Kavvanah* eliminates the space between us and God. God is activated within us." (from This is for Everyone, page 4). As you repeat the *mantra* again and again, notice that the separation between you and the candle diminishes. The candle is the Light of God, the Universal Life Force of the universe. With your "inner eye" visualize your body completely filled with a very bright light. Feel the energy inside of you. Repeat the *mantra* again and again until you feel a qualitative difference and the presence of God is as real as the air you are breathing and the chair in which you sit. At this point feel one with God and enjoy the experience. One can also use this time to have a conversation with God.

Prayer and meditation are an art and a skill and like all skills require practice. If you are regular in your daily practice, you will feel the presence of God. Some require minutes, some days and some weeks. But you will feel this Presence.

Through the day as you work, commute, play, relax, imagine yourself filled with the Light of God. This will give you a connectedness to God that will inspire you all day!