

Flame Meditation for Dissolving Anger

Be aware of your breath as it comes in and out of your body. Let your awareness move to your heart as each in breath expands the chest, opening the lungs.

Then breathe in, follow your breath down to your solar plexus immediately below your ribs at the front of your abdomen. Allow a beautiful golden flame to rest in your solar plexus - radiant, golden, shining quietly. Simply watch this tiny golden flame.

Now breathe in and allow this flame to move upwards through your body, to the heart. Let that still small radiant flame rest within the centre of your heart, peaceful, quiet.

Then take this flame up through the neck and up into the forehead behind your eyebrows. Let it shine softly golden, in deep stillness.

Then let the flame separate travelling down into each of your eyes. Let your eyes become warmed and softened by the radiance from the two tiny soft flames that allow you to see all the goodness around you more clearly.

Now, let these two flames travel into each of your ears and let them rest there, silent and golden. Pause in complete stillness and discover that your ears are capable of hearing great solutions.

Next let these two flames travel inside your nostrils, soothing and bringing calmness and ease to your breath.

Then let the two flames join together and move to your mouth. Allow the flames warmth to bring it peacefulness and inner smile. Make a resolution that your words will uplift and empower.

Let the flame travel down your neck and again separate into two flames that travel slowly through your shoulders and down each of your arms. The soft golden radiance of the flames ease away any tension in your shoulders and neck.

Bring the flames back up your arms to join together in your heart, glowing in stillness and warmth that radiates to your lungs.

Moving downwards again, let the flame rest in the middle of your abdomen - silent and still. All the muscles and digestive organs here relax. The glowing flame moves to your pelvic girdle, healing and softening all the organs and tissues here, safe and secure.

Let your flame separate and travel out through each leg, softening the thighs, pausing at the knees to shine their golden radiance, and fill the feet with the strength of the radiant flame.

Then return with your flames back to your heart. Let a single flame glow quietly here, still. Focus only on the still glow of silence that surrounds your flame... and for a few suspended moments feel like you too are a radiant flame.

And then, be aware of your body sitting here and open your eyes as if from within a centre of golden radiance.

This is an abridged version of this meditation. For the full version please consider subscribing to the [Dru Meditation Online Course](#).