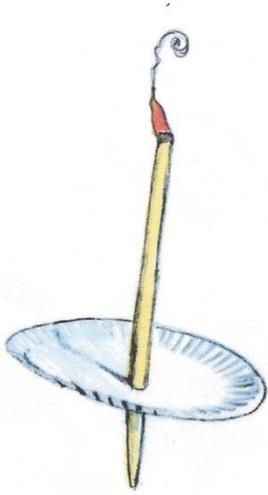


Ear Candling



Materials:

Ear Candles (at least one per ear, but as many as three or four)
Scissors
Paper Plate
Damp Towel (optional)
Spray bottle and/or a small dish of water
Cotton swabs
Herbal Ear Oil

Have the person being candled lie on their side with a pillow under their head to make the ear as level as possible. If desired, cover the hair and shoulder with a damp towel for protection.

Trim the tapered end of the candle to fit the ear canal (roll the candle between the fingers or use a toothpick if candle becomes flattened). Cut an X in the center of the paper plate, large enough to insert the candle through snugly. Insert the small end of the candle through the paper plate face guard and light the large end of the candle.

Prime the smoke through the tube by placing your finger on the tapered end for about 10 seconds. When you remove your finger, if smoke comes out the bottom of the tube you are ready to go. Gently but firmly place the tapered end of the candle into the ear opening. Gently twist or turn the ear candle to make sure it is well seated. If smoke is seen coming from the ear hole, adjust the candle until a good seal is established.

Allow the candle to burn, trimming the ash as the candle burns down. The flame may burn 2 to 6 inches high, depending on the amount of wax or debris being pulled. The person being candled will hear hissing or crackling sounds, but should feel no discomfort. When the candle has burned to 3-4 inches above the plate guard, remove the candle from the ear and douse in the bowl of water. Do not snuff the candle out while it is in the person's ear, and do not blow it out to extinguish. The candle can be cut open to examine the wax/debris that was removed.

Repeat this process on the other ear. If multiple candles are being used, alternate back and forth between the left and right ears. When candling is complete, use a cotton swab to apply a bit of ear oil (mullein and/or garlic oils are a great choice) to the inside of the ear.

