



MEDITATION OF SMOKE AND FLAME

WHAT IS THIS

This Meditation of Smoke and Flame is a semi-active mediation where we can ask for insights or guidance and journey to the otherworld. This is a meditative state that brings in elements of Scrying.

We use Flame and Smoke. Both these elements have meditative effects and are also considered the in-between places. The thin veil between this world and the otherworld.

In this meditation we connect with the Flame we see... to the Flame within us... our sacred flame... our spiritual fire... our source of inspiration.

We also connect to the Smoke and let it guide us with its flow and shapes, it's journey and it's access to insights.

SET UP

For this meditation you will need a candle... if you can find sustainably made pure beeswax candles... then these are best... as the burning of pure beeswax stimulates the pituitary gland in humans which in turn triggers the intuitive parts of the brain.

You will need some form of incense... stick incense or cone incense... or I prefer using charcoal blocks to drop resin or dried herbs or leaf on... my favourite is pine resin... juniper and cedar... also sage.

This meditation is best done in a dark room or space so that the light of the flame illuminates the smoke as it rises.

Find somewhere comfortable to sit where you can have the candle and burning items in front of you... if you have a sacred space where you meditate or perform your rituals and ceremonies... then this space is ideal. Otherwise your couch and coffee table are fine.

The set up... we want the incense or burning charcoal placed in front of the candle... play around a little bit with the exact location... sometimes directly in front is good... sometimes just to the left or right of the front of the candle gets better visual results for the smoke.

If you are using a charcoal burner then you will want to light this a few minutes before you begin so that its ready when you want to put your resin or leaf onto it.

Light your incense and begin playing the guided meditation... light the wick... connecting to the flame... soon after this the meditation will guide you to connect with the smoke.

If you are using charcoal with resin or leaf you will need to keep topping it up as it burns away. Try to make this an automatic movement without breaking your meditative state too much. This will become easier and non noticeable with practice. It'll be just part of it.

SOUND

The sound instrument used in this meditation is the Porotiti.

The Porotiti is a carved spinning oval disc or humming disc with two holes through which a string is threaded and used to make the disc spin.

Musical instruments in Maori traditions are members of the families of the Gods. Tunes are named Rangī... after Ranginui the sky father to whom the tunes ascend after being sounded. Rhythms come from the heartbeats of Papatūānuku... the Earth Mother.

Porotiti are wind voices and come from Tāwhirimātea... the Atua or spiritual entity of the winds. The sounds of the winds are often acknowledged as messages from the spirit world.

The sound vibration of this instrument has many healing properties. The humming sound we audibly hear is calming... relaxing... meditative... synchronising... it is balancing and cleansing. But this instrument produces sounds we can't hear with our ears... ultrasounds... which have a myriad of healing effects.

Karakia... blessings and prayers are sometimes whispered into the spinning hum of the disc to send to the Atua... or into the spirit world. Sometimes the Porotiti produce unexpected sounds which are considered special as they are perceived as spirit voices joining in with the song.

PURPOSE

The purpose of this meditation is really whatever you want it to be. Set an intention beforehand. If you have a question or are searching for some insight on anything... then set this as the intention for the meditation.

The reason I find this style of meditation useful is that I'm not spending the moments clearing my mind of thoughts. I let the smoke of the incense and the flame of the candle take me on the journey. For periods through the meditation I can find myself blissfully drifting... clear of thoughts and concerns. As I watch and observe the swirling smoke and the illumination I feel I am entering another realm. In fact I am.

Here is where we receive our insights... our answers... our guidance... here is where our Intuition is most powerful. Rather than concentrating on clearing my mind... I let what comes come. What messages am I receiving... what epiphanies am I awakening. What am I hearing... what am I seeing... what am I feeling.

This journey will be experienced in whatever way yours takes you. Everyone's experience is different. It may be very visual... it may be more of a feeling journey.

If you feel like closing your eyes through this meditation... please do... sometimes closing the eyes can help with the vision work of this journey... and you only need to open them to engage with the smoke and flame again.

Remember... in the Otherworld we may receive our information very differently than this realm. Learn to take notice of how you receive. You may have visions... you may have internal audible... you may just have feeling. But take notice of other aspects of receiving... in the otherworld the rules of this world don't always apply.

Really observe how you may be receiving... you could be hearing a thought... or are you feeling a vision... maybe you are seeing a feeling or thinking a sound. Take note of how this Otherworld communicates to you.

I have found that this meditation can differ from one to another. Sometimes I am receiving insights and information directly from me... my higher consciousness. Sometimes I am receiving messages and insights from ancestors or guides... sometimes spirit animals.

If you feel like connecting with a guide or ancestor to assist in your journey you can set this as an intention at the beginning. Please always ensure you're asking for a "Well Ancestor" or guide. If you already have a guide... ancestor or spirit animal you connect to then call them in sometimes.

I also encourage you to journal. Write down in a journal your experiences and insights... your messages and visions. This is useful to refer back to later... and I recommend doing this on regular occasions. I found it really insightful to read back on my meditation experiences every few weeks as patterns and stories begin to evolve. Sometimes the information we receive in a meditation may only be part of a bigger picture... or it could be fragments... so reading back regularly you will find many things piecing together. A bigger picture presents itself. A deeper understanding.

HAVE FUN

Use these guidelines to begin learning this form of meditation for as long as you like. But remember we don't have to remain constrained within these guidelines. As you become more familiar with how this works you can adjust and add your own nuances to your meditation. What feels more comfortable for you and works better for you is your own journey in meditation as well. You are the creator of your own methods.

Most importantly... go with the flow... let go... have fun... and enjoy awakening your inner wisdom through your journeys with Smoke and Flame.

