

EAR CANDLING

Observations and attempting to explain

by Patrick Quanten MD

If we are truly engaged in trying to understand the world we live in we need to busy ourselves with observation. Not looking properly, not seeing things are the common reasons why we fail to understand. We tend to be very quick at drawing conclusions without allowing the full experience of watching and observing to collect its information inside our system. And so it is with ear candling too. I have heard many explanations but sadly most of them don't even pass a simple observation test. However, when we observe we also have to guard ourselves, as much as we can, against wanting to see a certain thing and in doing so failing to see what is really important.

Let's put this into some practice. Take any type of ear candle you like and remove whatever device acts as a filter. This may be the little cross we find in the Biosun candles or it may be a tapered end, anything that partially obstructs the free flow of the air inside the candle. When cutting the candles above any sort of filter we have to make sure that afterwards the inside of the candle is made as smooth as it was before. There should not be any threads or pieces of material in the way. You now have a straight hollow ear candle. We are now ready to observe what actually comes down the candle while it burns.

So, light the candle whilst closing the bottom with your finger, hereby mimicking the candle sitting in the ear canal, a dead end street. This way we start off the process in the same way. After 20 or 30 seconds remove your finger and hold the candle high over a table covered with a clean, preferably dark, cloth. First observation, there is white smoke coming out of the bottom of the candle. Almost continuously, this white smoke leaves the bottom end of the candle and bends upwards to disappear into the air of the room you are in. Smoke coming down the so called chimney indicates that there cannot be a "suction", moving air up the same chimney. Sorry. We observe something being blown downwards inside the candle, so the direction of airflow is down, not up.

Now the question has to be: What is it that comes down?

We all know that observing the contents of the candle after the burning process we are finding dry white/yellow powder as well as a fatty substance in the bottom of the candle. Questions such as "What is it?", "Where does it come from?" and "Why does it vary so much from person to person and from session to session?" are not only valid questions, but they now become very interesting as our observation has discarded the possibility this material could have been sucked up into the bottom of the candle. If nothing gets drawn out of the ear, how does this material end up inside the candle, and how does, for instance, my hearing improve if it can't have sucked the wax out of my blocked ear canal?

When our candle has burned down and we inspect the top of the table, on which all material that would have come down the chimney of the candle will have dropped, we search and search and find nothing. There is no material at all on the table top that relates to the ear candle. We have seen white smoke leaving the bottom of the candle, and nothing else has dropped out. No powder. No wax. And yet, that is what we find every time we ear candle someone. Furthermore, that is what we find every time we even burn a free-standing ear candle. It still shows a certain amount of powder and wax in the bottom even if the candle has never been near an ear! But not this one, which we have held high to observe what would fall out of the bottom end. What's happened? Where is the bloody stuff?

Okay. Let's prepare another candle in the way we did the previous one. We cut away the filter; we make sure the inner lining is smooth again; and we light it in the same way. Once again we see the white smoke leave the bottom of the candle. But this time we are firmly going to press the candle on the table top. At first, there will still be smoke visible from the candle bottom end, but soon that stops and no more smoke escapes.

When the candle has burned down, we slowly remove the remaining end from the table top only to reveal white/yellow powder. A quick look inside the candle bottom end reveals that it is completely blocked with powder and wax! Same room, same candle, same circumstances. When we watched what was actually coming down the chimney, we observed nothing but smoke. When we blocked the bottom end, we find, at the end of the process, the usual powder and wax. So, did the contents of the candle come from the white smoke? All that was different in the two cases was the fact that we compressed the white smoke in the last candle we burned. Is it possible that the compression of the smoke itself is responsible for the material we see?

Simply put: most certainly!

Science has brought us to the point that we now know that everything there is in the universe is energy. No matter exists without its energy field. All matter arises from energy and no matter exist without it. Only a very small amount of the energy available in the Universe materializes out into solid matter, the physical matter we observe in our earthly world. All matter sits at the centre of its energy field as it is the most compressed part of that energy. Similarly, we are energy. Consider yourself not as a body with an energetic field, but rather as an energy that has partly materialized into a body. You are indeed much more than your body and we all have some indication of that in our daily lives. Your thoughts are not matter. Your emotions are not matter. There is no protein anywhere in your body that represents a single thought you might have.

Now then, how does matter come into being? Science tells us that all matter can be created out of energy by changing temperature and/or pressure. This is, in general terms, how all energy becomes heavier, denser, and consequently more solid. It is this way that we "compress" water vapour into water, and "cool" water into ice. This is how our bodies come into being; this is how the world as we perceive it comes into existence. And now we have seen it with the candle. When we compress the white smoke, it materializes out, mostly into dry powder and a fatty substance that looks and feels like ear wax. And that is how the left-over material gets into the bottom of the candle.

Now we know where the residue comes from, we still are left with questions. How come it varies so much from candle to candle? What is it that actually produces

the health benefits of ear candling? Is there a link between the candle residue and the seen health benefits of ear candling in the individual?

Well one thing I can tell you straight off: candling does not produce any noticeable effects whatsoever if you don't light the candle. Am I stating the obvious? Yes, but that means that whatever we observe has to, in some way, relate back to the fire itself. Bare that in mind.

So, let's observe fire. Have a good look at wood or coal burning. What exactly is it that is burning? Where exactly is the flame? In the air above the material! There is no fire inside the solid material, it burns on the outside. It burns the air of the material. Now we can rephrase that: the fire, the burning, actually happens in the energy field of the matter. You can see it even better with petrol; very often you can see a clear space between the petrol level and the bottom of the flame. A can of petrol only burns on the top, never inside the can itself, and we say that the "fumes" are burning. You may produce so much heat that the whole thing explodes, but you will never see petrol burning in the centre of the can.

It's the same with our beloved ear candle: the flame burns in the air. What air? All matter is energy and sits at the centre of its own energy field, so the burning is going on inside the energy field of the candle. But the candle is also surrounded by the energy field of its environment, and when we stick the candle in someone's ear, it is then burning in that person's energy field too. The fire will therefore change its surroundings. This means that the candle itself will change; the wick burns down and becomes very light, almost dust, the wax burns away into smoke in much the same way all candle wax disappears. These changes, we can presume, are pretty much the same from candle to candle as, even with hand-made candles, there is very little significant difference between the candles themselves. The other changes occur in the human field the candle is occupying.

The candle burns in the air around the person who is being candled. The air around a person is called the aura; we "own" the air we move through. We change it. We influence it. Modern technology allows us to photograph the aura in its various colours and densities. We can also measure the electromagnetic field that relates to the aura. The human energy field not only exists but has for the last twenty years been the subject of the main advances made in human research. So burning a candle in someone's ear will change the auric field of that person. How?

What exactly is it that happens?

We have already established that it is the actual flame, the fire, that makes the difference. What kind of difference does fire make? Fire warms things, dries things and makes things lighter. When we make a fire, we can warm ourselves and dry our clothes. But we also know that it evaporates water; it makes it lighter. Equally, it turns the heavy wood or coal into very light dust.

Fire produces heat, dryness and lightness. Heat means that things are less cold. Heat is also energy; that means that extra heat makes things more energetic, run smoother and better. Dryness means that things are less wet. Less water. Water evaporates when adding heat to it. Lightness means that things are less heavy. This happens when water evaporates but all else will also become lighter.

What are some of the health beneficial effects that we have observed from ear candling? We get less congested, less mucus, even less lymphatic oedema. We have more

energy, more immune resistance, a better circulation. We feel better, lighter, less depressed. These changes are brought about in the "air" within which the candle burns. These changes occur in the aura, in the energy field of the person, and from there the changed energy field is expressed in the material world. Hence, the body changes too! All bodily functions are an immediate expression of the interaction within its energy field. No changes in the physical can happen without the changes having occurred in the energy field first. Why? Because no matter exists without the appropriate energy field. It can only materially express what is already there energetically.

Great, but where does all that mucus in my sinuses go to? Well, when you come home and the room is very cold you might light a fire and soon the room will become warm. Question: Where did the cold air go to? Answer: Nowhere, it simply changed. Indeed, and it is no different for the expression in your body. The heaviness and dampness of the mucus you carry, simply changes into lightness and dryness and therefore the physical expression of those characteristics change as well. That way your body responds immediately to changes made in the field that creates it. It just makes your body differently moment by moment, relating all the time to the energetic "you".

So, why ear candles? Surely I can warm myself up by using any other heat source and create the same health effects. Sure you can. But not as effective and not as powerful. The main difference between an ear candle and using an ordinary candle or any other heat source is that those are non-directive. Their influence dissipates and drifts away into the open energy field of its environment; a mere drop in an ocean. The ear candle isolates a particular air-part inside the candle which becomes trapped by a ring of fire. This produces an enormous amount of heating energy that partly floats up into the surrounding area as black smoke, but partly gets pushed, and condensed, towards the physical body as white smoke. It is this part that creates the greatest changes, not only because the heat created is greater but also because it directs that extra energy towards the centre of its energy field, the body itself.

The heat of the candle produces the visible effects of black smoke floating straight up into the air from the top of the candle and the white smoke going down inside the candle, which we now know materializes out into the powder and fatty substance we find in the bottom of the candle. We also know that the fire produces heat, dryness and lightness. Is there a possible connection between these?

Well, certainly the powder is very dry. Furthermore, we could say that the black smoke is very light as it floats straight up into the air. That leaves the fat and the heat. Heat is a form of energy. Energy is stored inside the body in the form of fat. Fat is the physical equivalent of trapped, stored energy, heat. This would mean that the more powder you will find as a result of the candling process, the more water, dampness, has been changed into dryness; the more fat, the more energy has been stored by the body for later use; and the more black smoke, the more heaviness has been changed into lightness. This is momentarily still a difficult one as we have not yet "measured" how much smoke comes off the top of the candle. From observation, however, one can already note that the candle does not burn smoothly and evenly. As it passes through the various layers of the aura it changes from being steady and still to dancing and jumping, from producing no smoke to producing massive amounts. Outside factors also influence these observations. A draft is more likely to produce more smoke, as is keeping the wick short. I believe that the latter has something to do with the increased heat at the centre of the ring of fire at the top of the candle in case of a short wick, as the flame burns on the outside

of the wick and, in case of a very long one, is not covering and closing off the top of the candle any more.

Some candles seem to burn more slowly than others. If we consider that the heaviness and dampness we find in the body is a condensation of the same characteristics that are found in the aura, in the energy field, then it would make sense to assume that when the flame hits a heavy area it will burn more slowly compared with a lighter patch. The vigilance of the fire is determined by the "kind of air" it burns in, and this relates in the physical to the material you are burning, which is partly the material of the candle, a constant in these circumstances, and the person in all his/her changing glory.

All of this may sound as if one could simply predict how the candle is going to burn and what residue - the ratio between powder and fat - one is going to find at the end of the ear candling process. The truth is that it remains almost unpredictable, because the system is in charge of what happens, not the candle. You simply add a package of energy to the system and it will use that gladly to add to its ongoing healing process. A person may be congested because of carrying extra water/dampness, or they may be congested because they are too cold, as lower temperatures thicken liquids. In the first instance you will find a lot of powder; in the second, a lot of fat. So, ear candling can help you to understand the processes a person is going through, but don't pretend you can predict, because for that you would need to have a full understanding of life, and we don't have that.

From what one finds in the candle a story can be told that might help the person to understand a bit better what is going on in their life and maybe what they can do to improve their health. Are all those stories true? The likelihood is that they are not. Does it matter? No, as long as they help people to understand. Does it matter whether the earth moves around the sun or the sun around the earth? Not to our everyday lives, it doesn't. As long as the sun comes up every morning we are fine, and how we explain it doesn't change the event itself. However, if you are concerned with educating people, if you are searching to gain more knowledge about the truth, about the realities of life, you would do well to keep an open mind at all times and to be prepared to change the story all the time. The more one understands the more one needs to know. That is why the questions are much more important than the answers!

Just a little diversion. So, if we add heat to the system we shouldn't do that when the system is already producing heat itself, right? Well, not entirely true. Does this mean that we could use it in case of an ear infection or throat infection/inflammation? Certainly. When a child has a throat infection the doctor tells us to use paracetamol to depress the raised temperature. However, in grandma's day, and in every day up to grandma, people would give the child a hot bath and a hot drink, rub the chest with eucalyptus, camphor and cloves, put a warm towel on it, pyjamas and go to bed underneath six blankets. "You go and sweat it out during the night. You'll feel so much better tomorrow morning." And we did! What were they doing? They were raising the temperature, not suppressing it! Why? Because an inflammation or infection raises the body temperature in order to clean up the mess. And that is a good thing, right? Even the medical authorities know that! They tell us that a raised body temperature results in an increased activity of the immune system and a decreased bacterial activity. So why are they telling us we should suppress this process? Because sometimes the system gets overheated; and more so in babies and toddlers as their temperature control system is not as closely regulated as an adult one. This, in the case of overheating, will lead to thermal fits, a neurological shut-down

of the system to protect it from totally burning out. We are very very scared of these fits, but the truth is that the instances in which there has been any lasting damage to the child are extremely rare. And even then we should question whether the damage was done by the diseased tissue itself and the toxic fall-out from it or by the temperature rise. It is for these very few instances that the authorities have chosen to do damage to ALL cases of infection/inflammation healing by not allowing the process to finish. In the case of ear candling with an ear infection it is quite safe to do this and to add more heat to a system that is already trying to find enough heat to finish the job it is required to do. Just be aware that that is what you are doing and if, on the odd occasion, the person tells you the ear is getting too hot, you stop. When the heat accumulates in or around the ear, when there is blockage on the energy drainage, you stop the candling process and stop adding heat to a system that is unable to drain it away. Under all other circumstances you can continue candling until the infection has settled completely!

Back to the main road. We are an energy field and ear candling changes it by adding heat to that field. We also know that every piece of matter lies at the centre of its own energy field. The body is the centre of our energy field, but at the same time every piece of our body, every cell, lies at the centre of its energy field. The body's field can be seen as an association of cellular fields. All cellular fields together make up the body's field. So, when the fire changes the human energy field, it essentially does that by having an impact on all the cellular fields at once. But how does a cell know what is going on inside its energy field?

Well, it turns out it does! Biologists, such as Bruce Lipton, have discovered that the intelligence within a cell does not lie inside the nucleus of the cell, as is generally believed. When the nucleus of the cell is removed the cell continues to live and perform in the same way. It has only lost the capacity to learn new things. In other words, it has lost the capacity to "record" new experiences. For that it needs the nucleus. But here already we encounter a great problem. In the nucleus of the cell also lies the DNA, the stuff that we are led to believe contains all the knowledge and is indispensable for all functions. Apparently not! And what is even more annoying is the fact they, the authorities, have known this for many decades. They remove nuclei from cells all the time, as they have done for an awful long time in agricultural research for genetic manipulation, in order to use the still normally functioning cellular metabolism to start producing things they particularly want. It is this method that is also used to have cellular cultures produce a lot of natural proteins they harvest for further research and treatments (pork insulin, growth hormone, interferon, etc.)

How does the membrane keep the cell alive and functioning normally without its "computer" to back it up? The computer is only an information storage place. It is not directing any action at all. That happens in and around the membrane. What then is the membrane?

The cellular membrane is essentially a double layer of phosphates separated by a layer of fat. Phosphates are water soluble and are, both on the inside and the outside of the cell, in contact with water. The fat layer is impenetrable for anything that is water soluble. This simple structure now separates the water inside the cell from the water outside the cell. However, the inside does need to know what is going on on the outside and needs to be able to respond to it, communicate with it. The membrane is therefore penetrated by proteins. Proteins are a chain of amino acids, like a string of beads, but the beauty is that this string twists itself into different positions depending on the electrical charges that the amino acids are carrying. It turns out that for most proteins there are two stable positions. One we call the active position, the other the

inactive. The proteins of the cellular membrane have an end sticking out either in the extracellular environment or in the intracellular environment. In their inactive state the protein's shape does not interfere with the protective function of the membrane to keep in and out separate. However, in the activated state the protein changes shape so that a channel opens up through the membrane that allows certain elements to flow from the inside out, or from the outside in. It turns out that all these protein-ends that are sticking out are very specific and respond to very specific "things" in the environment. They are like little locks onto which only very specific keys fit. So, when certain matter floats by that is specific for that particular protein end it will attach to it, thereby changing the shape of the protein and opening up the channel to allow information to enter the cell (or leave, as the case may be). If, for instance, an insulin molecule has been attracted to the protein end on a cellular membrane, it will change the shape of that protein which will then allow a sugar molecule to enter the cell. They have now found that the cellular membrane, the surface of the cell, is covered with millions of these little antennae, protein ends that stick out. Each one is very specific for certain elements.

And that is not all. It turns out that the great majority of these protein ends, these antennae, are not "listening out" for material elements to drift by, but that the majority are actually responding to vibrations in the environment. They are like radio antennae picking up certain frequencies from the environment, both extra- and intracellular, and translating these into a physical cellular action. So, every cell of the body is hit by the same energy frequencies from the body environment at the same time. Every cell of the body knows what is going on the body's environment at all times. A whole new field of research has sprung from this information and is called signal transduction.

Cells that have similar jobs organize themselves into communities and work together. These groups are called organs, glands, muscles, etc. Within communities certain cellular tasks are shared and information is distributed through the community network. This allows the individual cell to concentrate even more on its specific task, by having certain tasks shared out. Pretty similar to the way we have organized ourselves in villages and cities where you no longer individually have to provide your own energy (electricity, piped gas), waste disposal (door to door collection), food supply (supermarkets, shops), etc.

It is in this fashion that the storage of information data regarding the complex interactions of all these communities within the body has been shared out too. A system has developed that is specially designed for that purpose and that we call the nervous system. So, the nervous system helps to regulate the function of the body but is not essential to it. Every single cell in the body knows exactly what is going on anyway.

In the 1980's several researchers - Candace Pert being one of them - were trying to find the pathway through which the brain was communicating our feelings and thoughts to the cells of the body. They found that there were very specific proteins, called neuropeptides, that were produced inside the brain, shielded from the rest of the body, that related to the mood we were in. In other words, if you are happy you produce different neuropeptides in the brain then if you are sad, angry, jealous. They were trying to find out how the body was getting the message of which mood I am in to the cells of say the liver, the gut, the muscles, etc. And what they found in the first instance was that the cells of the immune system had receptors (antennae) for these neuropeptides. This was strange in so far that there did not seem to be any need for cells that would never come in contact with those neuropeptides, as they were only being produced inside the brain by the cells of the nervous system, to have receptors for them. Then they discovered that these receptors were also on the membranes of the cells in the gut, in the liver, in

the skin. As a matter of fact, these receptors were found on the membrane of every cell in the body!

Next they found out why. The reason is because every cell in the body produces these neuropeptides. In other words, every cell in the body produces the chemicals that tell the cell what mood you are in. So, at any given moment in time, every cell in the body knows what you are feeling and it reacts to it. Its function is adjusted to your mood. And this is why, when you are happy and contented and the phone rings and a voice says, "Your mother has just died!", you instantly change to feeling extremely sad. Not only that, but your gut stops digesting, your breathing becomes shallow and fast, your blood pressure increases, your pulse rate increases, the tension in your muscles increases, your eyes fill up with water, and so on. All of these changes happen instantaneously. This can only be explained because every singular structure within the body structure is getting the message at the same time and responding accordingly. That is why there is always perfect coordination.

Great. But there is one last little piece in this particular puzzle, and we are going to need it if we want to even begin to understand the seen effects of ear candling and healing in general. And that is, that it has been established that these antennae, which the cells are using to listen to their environment, are not all of them sticking out all of the time. The cell can retract the protein's tail into what looks like a little tube. Why would a cell not want to know absolutely everything that goes on the world around it? Well, the truth is that there is too much. Also, some of it could be very dangerous and is better ignored and shut away then responded too. We should know that that works pretty similar for us as a whole as well. Have you ever listened to a conversation and afterwards someone is talking about it but you seemed not to have heard what they have heard? It was there, but your registration of it was totally different. The cell does something similar by choosing not "to record" some things. It retracts the relevant antenna. Who makes that decision? Well, it turns out you do. The brain plays a significant part in choosing what to ignore and what to register. The brain is the main tool the ego has. This is where you label things with "like it", "hate it", "must avoid", "stupid", and so on. These are some of the choices you make. If you believe something to be stupid, you no longer listen to it. You retreat. You determine what the cells of your body will listen out for and what they won't hear. You determine which antennae are out and which ones are not available. Of course, these decisions change from moment to moment under different circumstances but as they are mainly based on previous experiences, some decisions we stick to for an awful long time. What you believe determines what you are going to listen out for in your environment. Life presents itself to you in the form of what you believe it should look like.

Two little stories to illustrate this. Both stories take us back to the 1960's, a time where a lot of research was going on into mind expansion and the use of drugs to help achieve that.

" Subjects were told they were going to participate in a study of the effects of LSD, but they were given a placebo instead. Nonetheless, half an hour after taking the placebo, the subjects began to experience the classic symptoms of the actual drug, loss of control, supposed insight into the meaning of existence, and so on. These "placebo trips" lasted several hours. - Drs. Harriet Linton and Robert Langs (1962)

" Alpert met a wizened little holy man in the foothills of the Himalayas on his quest to gain insight into the LSD experience. Because the man was over sixty, Alpert's first

inclination was to give him a gentle dose of 50 to 75 micrograms. But the man was much more interested in one of the 305 microgram pills Alpert had brought with him, a relatively sizeable dose. Reluctantly, Alpert gave him one of the pills, but still the man was not satisfied. With a twinkle in his eye he requested another and then another and placed all 915 micrograms of LSD on his tongue, a massive dose by any standard, and swallowed them.

Aghast, Alpert watched intently, expecting the man to start waving his arms and whooping like a banshee, but instead he behaved as if nothing had happened. He remained that way for the rest of the day, his demeanour as serene and unperturbed as it always was, save for the twinkling glances he occasionally tossed Alpert. The LSD apparently had little or no effect on him. Alpert was so moved by the experience he gave up LSD, changed his name to Ram Dass, and converted to mysticism. - Harvard psychologist Richard Alpert (1966)

Whatever you believe is, what you are going to experience. I am talking here about whatever belief is anchored in your heart, in the true "you". You see the world as you believe it to be, and so you can alter whatever influence a therapy, for instance, is aiming to have on you. However, and this is the real beauty, an ear candle always does the same thing to you. It warms you up; it dries you out; it lightens you up. If you choose to reverse those changes afterwards and, for instance, put the congestion back, then you certainly can do that. That way you can "prove" the therapy does not work. But that is of course only true for you, and for now! It can easily change, when you decide to change your point of view, your attitude.

And the truth is that you indeed do not have to believe in ear candling before it delivers its beneficial effects on you. You only decide whether or not you want to hold onto them or not, but you are always receiving them. All of the effects. That means that you cannot pick and choose. You can't decide you want the extra heat, energy, but you don't want the drying out effect as you are already to dry, as happens with eczema for instance. Remember you will get all three major effects all the time. If one is not desired, then you must take steps to counter balance that particular effect in order to prevent other health problems from appearing. If you wanted to do ear candling on someone with eczema or psoriasis it stands to reason not to dry the system out even further. This you can avoid by adding a great deal of natural oils to the system by for instance advising them to add more oils and fat to their diet and to have daily oily massages with natural oils. It would be wise to constantly be on the look-out for imbalances in people's lives and to be aware of the impact serious ear candling is going to have on them.

The hollow candle delivers the qualities of heat, dryness and lightness into the physical body through the vortex spiralling down towards the body (process called "implosion"). It does not deliver heat, as in a warmer temperature, to the ear. The actual temperature at the bottom of the candle does not significantly change throughout the whole process. Nevertheless, some people experience warmth as a result of candling, some even heat. That is the experience of. That is not the actual temperature. In the same way when you put your hands on two tables that have been in the same room for several days and one is wood and the other metal, you would experience one as warm and the other as cold, and yet they are the same temperature.

These qualities are being picked up by every single cell in the body at the same time. They influence the working of the body and all cells within it through those qualities. The body has its priority list of repair works and healing, its "to-do"-list, and it will direct the delivered energy to where it is needed the most. There may be things it needs to do first before it

gets rid of the congestion that is plaguing you so much. Therefore it is best to observe what the system is doing as a result of ear candling, rather than wanting to predict what it will be doing.

Concentrating the ear candling on the ear also seems a good idea now. The head is the main energy centre of the body. It is where most energy is exchanged with its environment. In cases of hypothermia we are always told not only to cover up the body in order to reheat, but also to cover up the head. If you forget the head the person will not reheat, because of the amount of heat lost through the head area. Similarly, it is much easier to get a sun stroke when, whilst covering up the body, your head is not protected from prolonged exposure to intense sunlight, then when you have protected the head but not the rest of the body. So, concentrating the input of the qualities that the fire brings to the system towards the head seems like a very good idea. It is here that the most powerful exchange will take place. If you want to do body ear candling, it is wise to start with candling the ears first, directing the nervous system where you want it to go, and then to proceed with the body candling.

Whatever we may find out in the future about the ear candling process, we already know that we have a simple, powerful, energetic tool that helps to achieve human health, little influenced by the ego and the conscious mind. It's the tool that, to a large extent, penetrates the possible blockages put up by the ego.

It works.

It works very well.

It works very well in a very consistent manner.

*Presented at the Ear Candling Conference
Reepham, Norwich, United Kingdom
November 19, 2006*