

EAR CANDLING TALES AND ADVENTURES

A PRACTICAL GUIDE TO EAR CANDLING

HOW TO DO IT, WHAT IT HAS DONE AND HOW IT WORKS!

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Table of Contents

TOPIC	PAGE NUMBER
Introduction	
A. What is Ear Candling?	3
B. Can it be done by yourself?.....	4
C. What will you feel?.....	4
D. How many candles per treatment?	5
E. Testimonials	9-14
F. How it works, logic and speculation!	14
G. What is found inside the Ear Candle?	14
H. Supplies required	16
I. Ear Candling instructions	17-20
J. Other info	20-22
K. Summary	23

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CANDLING

WHAT IS IT? WHAT CAN IT DO? HOW IS IT DONE?

Ear Candling is a process which has been around for thousands of years, using fire and smoke to cleanse and/or create the movement of energy for healing. In recent existence, it has primarily been forgotten or replaced by the ‘wonders’ of modern medical science. Ear candles (or cleansing cones as they were referred to in ancient times) are a universal form of herbal therapy, used by nations around the globe. According to some sources, the Egyptians used reeds, packing a bit of mud around the ears to form a seal. This process was also used in India, Tibet, China, and American Indian cultures. Mayan and Aztec cultures used cone shaped pottery devices with double helix spiral shapes inside, similar to a drill bit. Herbs specific to the needs of the person would be placed in one side of the chamber. As the herbs burn, the warm air, smoke and vibrational energy of the herbs burning cycle down into the ear canal creating a healing effect.

Some examples of other techniques I have personally heard of over the years are: using newspaper rolled up tightly in a cone inserted into the ear and then burned; ripping old sheets into strips, ladling them with wax and wrapping them around a whittled stick to make something that looks like an ear candle; many stories of grandma and grandpa blowing pipe smoke into the ears of the children when they had ear aches. One fellow even mentioned that his family, who did not smoke, kept a pack of cigarettes in the medicine cabinet specifically for that purpose.

Fortunately, with the tremendous resurgence in popularity of alternative medicine modalities such as herbology, iridology, naturopathy and massage, Ear Candling has also experienced a rediscovery as a very helpful treatment technique for many health problems related to the ear and sinus area of the body. Having been involved in the ear candling industry since 1992 I have been first hand witness to hundreds of positive outcomes from applying this simple yet humble ancient healing tool known as an Ear Candle.

Some examples of this would be:

~ Enhanced lymphatic clearing which is very easy to see the results of as a persons face is INSTANTLY less puffy.

~ Improved sinus drainage, many people comment they can feel their sinuses begin to drain down the back of their throat during and after treatment. When you consider how many people experience significant levels of sinus discomfort, this is very good news. An overall immune system enhancement as witnessed by people starting to feel better right away when feeling sick

with colds, infections, the flu and a great variety of other illnesses where improving the strength in ones immune system helps you recover faster.

~ Improved hearing, better balance, these changes are often immediately noticed for those who are experiencing difficulty. It is an enhancement of fluid circulation in the inner ear which is mostly responsible for this.

~ Elimination of Candida, this is something which I often see in other people's literature regarding ear candling benefits. The treatment does not rally eliminate Candida or suck it out of the ear canal. Rather, by enhancing the over all strength and vigor of our immune system and lymphatic circulation it makes our body better able to find and destroy yeast and often therefore reducing symptoms of discomfort associated with Candida overgrowth.

Seasonal allergies, colds, flu, sore throats, laryngitis, tonsillitis, ear infections, atmospheric pressure-related headaches (flying, scuba diving or Chinook winds). "Swimmer's Ear", a skin condition of the ear canal is caused by water trapped behind or under wax accumulations in the ear canal. Success with this and other skin conditions of the ear canal are common with Ear Candling.

A. What is Ear Candling?

The basis of the technique involves the use of a candle which looks very much like a large hollow straw about 10" long and 1/2" in diameter. It has a hollow cotton structure which is tapered on one end and coated in wax leaving the top and bottom open. The person lies on his or her side with the tapered end resting gently, but snugly in the ear canal. The top end of the candle is lit by a second person. As it slowly burns down, the heat created by the candle burning (since hot air rises) creates a very slight, warm swirling current of air and a slight, relative vacuum. Most of the changes that occur with Ear Candling are a result of heat and energetic stimulation of reflexes. The healing energy delivered from this process is consciously utilized by the body with absolute purpose and divided up proportionately to the systems most in need.

One of the wonderful things about Ear Candling is that with a bit of basic training and instruction, it can be done at home. Obviously, you should still consult your physician with matters of medical importance. However, in this age where so many of us are taking an active role in maintaining our own health, Ear Candling provides a marvelous tool to have at our fingertips.

B. Is the Ear Candling procedure one that you can perform on yourself?

NO! I highly advise against it. You are using an open flame, and to do this on yourself would only be inviting accidents. As well, an important part of the process is to ensure that the candle is properly seated in the ear canal. The ear candle also needs to be trimmed several times during the burning period. Attempting to do this on your own would be difficult and dangerous. Don't do it by yourself!!!

Besides, one of the many nice things about Ear Candling is that it is wonderfully relaxing and nurturing to receive. I have had numerous people comment to me that Ear Candling is a really nice way to connect with family, friends and loved ones. If you were to attempt it alone, you would miss out on an opportunity to *RECEIVE*, something which many of us have trouble taking time for in the modern climate.

The easiest way to show another person how to treat your ears with Ear Candling is to have three people present. Perform the procedure on the second individual while the person whom you wish to candle your ears watches to understand the basis of the treatment. Then get that person involved in the insertion, lighting, trimming and extraction of the ear candle while you coach. In short order he or she should be feeling more comfortable with treating your ears.

C. What will you notice from having your ears candled?

This is something that varies from person to person depending upon their individual ailment or curiosity with the process. Some common things noticed by clients without any specific problems are: improved mental focus, a much more open feeling in the sinuses, air flowing more freely through the breathing cavities, the central part of their head feels lighter and less congested – a “nice clear feeling” is how many people have described this feeling. It is also quite common for this “clearer” feeling to extend down the sides of the throat where the lymphatic ducts travel from the head into the thoracic cavity.

People who do Ear Candling while experiencing a cold, the flu or other similar condition, will notice that their overall condition improves much more rapidly than it would otherwise. In particular, if they have several Ear Candling treatments within a couple of days they will typically be very pleased with the results.

The heat from the flame creates a very warm, pleasant sensation in the ear area, similar to the sun shining on your face on a nice sunny day – soothing and relaxing. Ear Candling, among many other things, has the ability to bring harmony to the glandular system, which regulates the emotional state, resulting in evenness of mood. A calm, almost meditative state is common during treatment. Sounds very pleasant doesn't it?

D. How many candles are done in a treatment?

The standard treatment I do on most adults is two to three candles in a row per ear and often four if a person is quite congested. The first one gets things loosened up and flowing, the second makes more of a noticeable difference and the third really helps the body to get more correction accomplished from the session. Making the time between the withdrawal of one candle and the insertion of the next as short as possible helps keep the flow process established. I have done as many as seven candles in a row without any negative side effects. (That person was referred to me as he was on a candida reduction program. The Ear Candling treatment assisted his immune system to “step-up” its attack on the candida overgrowth in his body and was quite helpful. I also know of other Ear Candling practitioners who would regularly treat very congested clients with six to eight ear candles per ear with great results.

As of the year 2001, my 9½ years of clinical experience with Ear Candling have left me with a clear understanding of what Ear Candling can help with and how to get fairly predictable results.

For most any condition you can think of regarding the ear nose throat and sinus area, Ear Candling can be and has been helpful. The only real secret behind it, to borrow a phrase from Nike Corp. is, “JUST DO IT”! The more often you are able to receive Ear Candling and the closer together the treatments, the more improvement you will typically see.

So now that I have generalized a bit, let me get a touch more specific.

ACUTE CONDITIONS: These would be symptoms that come on quite quickly, such as: colds, the flu, ear aches/infections, sinusitis, sore throats, laryngitis, tonsillitis, mumps, measles and things of this nature. Ear Candling helps these conditions by mainly: a) providing an immediate boost to the effectiveness and voraciousness of the overall immune response. This can be witnessed by an improvement either in how your client is feeling or, if you happen to have a Live Blood Analysis microscope at your disposal, the before and after difference in the enthusiasm of the white blood cells and macrophages which is dramatic and very apparent; b) the lymphatic system is also greatly improved in its drainage ability. This enables your body to drain areas of toxicity and allow fresh armies of disease fighting cells into the area – likened to sending fresh troops into battle. The improved lymphatic drainage is evidenced by a reduction in swelling and tenderness in the lymph node cluster by the corner of the jaw, reduced puffiness in the cheeks and around the eyes. This improvement in lymphatic drainage extends further and

further out into the body with each additional treatment. This too can be observed through a Live Blood Analysis microscope.

The recommendations I am going to give you have nothing to do with the amount of time you have at your disposal, or the amount of money your client has to pay for treatment. These recommendations come from treating thousands of clients using kinesiology muscle testing whereby the client's own body determines how many candles and how often the treatments should be applied. These will be adult size person recommendations.

Treatment Protocol:

Day 1: (24 hr. period) Two sessions of 3-4 ear candles per ear

Day 2: One or two sessions of 2-3 candles per ear depending on speed of recovery

Day 3: One Session of 2-3 candles per ear. A 2nd treatment is fine, if the client wishes.

Day 4: One session of 2-3 candles per ear

Day 5: Rest

Day 6: One session of 2-3 candles per ear

Day 7: Whatever was left of the initial complaint should either be completely gone or significantly reduced by now. Your best bet next is to gradually space the treatments further apart according to how well the person is feeling. Working towards weekly, bi-weekly, monthly or for maintenance every 2-4 months, does a great job of keeping the whole body healthier.

CHRONIC CONDITIONS: Things of this nature would be: allergies (seasonal or otherwise), hearing difficulties, balance and equilibrium, chronic sinus problems, congested lymphatic system, weakened immune system. The difference here is that most of these conditions are fairly well ingrained into a person's out-of-balance health state, not just something that popped up recently. With chronic-type illnesses, you will need to express to the person the importance of longevity (i.e. frequent) in their treatment protocol. I have personally been able to help with the above states in a high percentage of cases, although not in every instance.

An important thing to realize is that Ear Candling imparts healing energy to the body which then determines where and how soon that healing energy is allocated. With chronic illnesses, there is a lot of corrective energy required by the human body to restore normalized function. So it is really not that complicated – if you have a big mess, it is going to take concentrated work energy to clean it up.

Treatment protocol:

*The best overall recommendation for this and many other instances is: **three treatments in the first ten days, and afterwards, three more treatments about one week apart.*** At this time, re-evaluate your client's progress to determine if it would be best to follow a weekly or bi-weekly treatment protocol or a less frequent pace. It uniquely varies from person to person. What I have found is that the number of Ear Candling treatments required is directly proportional to the overall health of the person.

Even if at the end of the treatment protocol the initial complaint is not corrected, you can rest assured that whether or not the change is apparent, there are many bodily systems functioning at a much higher state of health. How's that for a positive side effect!?!?

For clients with no particular problems, candling appointments can be monthly for three to four months or until the majority of their symptoms have been alleviated. At this point, the process may be repeated quarterly. This keeps the systems related to the ear, nose, throat, sinus, immune and lymph glands clear and functioning at an optimal level.

These are only suggestions gathered from experience, not prescriptions written in stone. Use your own good judgement when in doubt and trust your instincts.

For pre-teens (children aged five to twelve), the treatments above remain the same with the exception that when you have a smaller person, you not as much work energy is required. Apply 1-2 candles per treatment vs. 2-4 with an adult. Use one or two ear candles per ear depending on the size of the child, the severity of their ailment and the speed of improvement. The basic formula is: the more congestion, the more the child will benefit from additional ear candles. Get feedback as to how it feels and aim for a balanced feel from ear to ear. Ear Candling is a very non-invasive procedure – the likelihood of doing harm is virtually non-existent.

If you are short on time, it is better to do a partial treatment of one ear candle than to not do any at all. It seems that the frequency of application has a profound affect and the body will gladly accept and work with what ever quantity of additional healing energy it receives from the ear candles you are able to perform.

In summary, if you do not have time to perform a longer session consisting of several ear candles, you can make a significant positive change by frequent introduction of short sessions.

Some text added here on Nov 1 2006

Treating Children:

There are two types of children, a) those who lie still and follow instructions and b) those who cannot!

For the cooperative type, not a problem, proceed as usual doing the ear candling treatment in the same manner as you would an adult but perhaps with fewer candles as you have a smaller body mass to clear. For the non-cooperative, there is always brandy or duct tape (just joking folks). The most effective way to treat these little ones is when they are sleeping. So maybe the brandy isn't such a bad idea after all! Har Har.

Treating children while they are sleeping on their side is quite successful. To avoid the possibility of waking the child, roll the bottom tip of the candle closed. This serves to block the flow of smoke out of the bottom tip of the ear candle which happens during the burning of the first couple of inches of the ear candle. Have the tip about a ¼" to ½" above the ear canal opening, and proceed as usual with the ear candle inserted through the hole in the plate. Trimming as required is easily done by moving the candle and plate away from the ear to over top of the water bowl. With the scissors in your other hand trim the burning wick, leaving about 1" of black burned cloth wick. This will help reduce the quantity of smoke from the flame as the wax burns more completely with the extra length of wick left on the candle.

For infants less than four years, start with one-half of a candle per ear (tip open), or a full candle per ear (tip closed). This process has helped relieve the pressure from ear infections for many children, a problem which seems to be very common in some.

From personal experience treating my own and other children, Ear Candling can be very successful at helping babies recover from colds and ear infections. Babies are actually fairly easy to do – you just treat them while they are sleeping. The general process involved is: roll the bottom tip of the ear candle closed, insert the candle in the plate, ignite the candle and with the baby sleeping on its side, hold the bottom tip of the candle ¼" above the opening of the ear canal. Because Ear Candling is largely an energetic procedure, the healing energy is still passed on and the baby's immune, lymphatic and energy systems are all improved in function.

When an ear infection is present, the Eustachian tube is clogged or swollen closed. Ear Candling assists the Eustachian tube to open, clear and drain, releasing the built-up pressure of infectious material in the middle ear area. With the improved strength of the immune system as a result of Ear Candling, the body is now better able to attack the bacterial or viral infection.

My own personal experience with treating my daughter Santana at age 2 years 8 months was when she had a cold and runny nose. Homeopathy and chiropractic were helping, but not getting rid of the cold. In two days we were going to a Grey Cup Party at some friends' home

who also have little ones. Being the good parents that we are not wanting to spread cold germs, I decided that it was time to try Ear Candling. So first, I treated my wife Chris with Santana watching so she could see that it was a pleasant process. I also explained that it helped a lot with runny noses. I asked Santana if she wanted to get her ears candled and she said sure! So I laid her on her side, head on a pillow, put a stack of towels behind her head to rest the plate on and proceeded as normal with one minor exception. Rather than tugging around the ear to insert the ear candle tip snugly into the ear canal, I rolled the bottom tip of the candle closed. The purpose of this was to eliminate the flow of smoke that comes out of the bottom tip of the candle in great abundance during the initial burning phase. I then rested the tip of the ear candle at the opening of Santana's ear and proceeded to burn and trip the candle as per usual. I treated her with one full ear candle per ear and the next day repeated the process. In two days her cold and runny nose were completely gone and we were able to attend the Grey Cup party with glee!! Santana really enjoyed the treatment, liked how it looked in the mirror, enjoyed the stories I read her, and has since asked for it quite often.

My little boy Levi (8 months) also had a cold at the time that improved from receiving Ear Candling. It is also interesting to note that the amount of puffiness in the face lessened after the treatment, indicating the effectiveness of improved lymphatic drainage even with the tip of the candle rolled closed.

E. Testimonials from clients and practitioners

Examples of people who have tried Ear Candling "just to see if it would help":

Very clogged achy sinuses had bothered a woman from Calgary in her mid-thirties for a number of years. When she would catch a cold she would be laid up in bed for several days and could count on being under the weather for up to two or three weeks. Her husband, whom I had trained to do Ear Candling about a month prior to her starting to catch her next cold, treated each ear with three candles, two days in a row. This time, she completely recovered from her cold symptoms in three days and her sinuses had cleared and were free of pressure for the first time in years. They continued the Candling on a periodic basis every few weeks or so for maintenance and were quite happy with the results.

One lady who attended a workshop had been bothered with ringing in the ear which had been fitted with a drainage tube. The one candle, which we did in that ear, helped with the ringing.

Many people have found Ear Candling helpful in relieving the pressure from ear infections. An ear-candling practitioner who was interviewed in the “Newsletter of Advanced Natural Therapies” had experience with her own grandchildren in regards to relief of ear infections. Her grandson, when he was about 1½ years old, had one ear drum burst with pressure from infectious fluid in his inner ear. The doctor immediately put him on medication to fight the infection. The next day, his other ear was bothering him. A male nurse, who lived next to the family, brought over his scope and found out that the other ear was just about ready to burst as well. They candled the ear that had already burst and was oozing infectious material and the other ear just about ready to burst. The Candling pulled wax and infectious material from both ears. Three days later, they took the boy back to the doctor who could not believe it. He said “your boy will not have any scar whatsoever on that ear”. The boy was four years old at the time of the interview and there have not been any problems since. Another situation involved a phone call she received from a doctor from Pasadena, California. “He had gone to an orthopedic convention where one doctor had a ten year old girl that they wanted to do ear surgery on. But because of her ear condition, they were afraid to do it. She had fluid in both ears so severe they had no idea how they could help her. This man had ten doctors verify her condition, then they candled this girl’s ears and it pulled the fluid from her inner ears”.

During one of my Ear Candling classes, I was demonstrating the process on a volunteer who had been bothered six months’ previous by a severe ear infection, which she had treated with antibiotics from her doctor. The size of the plug left inside the candle was quite large, with lots of old dark wax and quite a bit of creamier colored material. This creamy colored substance is a common residue when infection of any sort has been drawn out (cold, flu, sore throat, ear infection, etc.). After Candling I proceeded to clean the ear canal with a Q-Tip dipped in hydrogen peroxide. As soon as the Q-Tip entered the ear canal it began to bubble indicating the presence of infectious material. It took several Q-Tips before they were coming out clean. The interesting part about this is that the Ear Candling process was able to pull remnants of infections six months’ prior from behind the eardrum. Apparently the antibiotics had stabilized but not eliminated the infection. Perhaps this is why children are bothered by recurrent ear infections – the infectious material is not totally eliminated from the body via antibiotics alone.

Recently I had my own ears candled to help out with a sore throat which was trying to make my life miserable. The lymph nodes by my jaw were very swollen and tender with a sore throat. I had three candles done in each ear and the relief was instantaneous. The lymph nodes

were much less swollen and tender, my throat was less sore and it felt like a weight had been lifted from my head.

An interesting phenomenon that we noticed was that inside of the candles, the creamy colored infectious material had been drawn up into a narrow almost corkscrew shape above the rest of the wax plug. It seems the infection is light enough viscosity wise to experience a strong upward draw action from the heat of the flame. It gets pulled right up the middle of the candle where the upward vortex action would be strongest, perhaps even being partially burnt off by the flame. Other Ear Candling practitioners have noticed this as well when drawing out infections.

There have also been many people with hearing difficulties that have benefited from Ear Candling. A client of mine who also attended a workshop is involved in doing a lot of instruction work with groups of people. She was finding it difficult to hear clearly what was being said when someone was talking on the other side of the room. The Ear Candling helped with her ability to hear more clearly.

Another elderly woman from Calgary who had her ears candled by a practitioner whom I had instructed, found that after a few candling treatments, she no longer required her recently purchased \$1,500 hearing aids in order to hear well.

A lady in her forties who had been unable to hear out of her one ear for many years had her ears candled several times over a four month period. Her ability to hear out of that ear at first showed no sign of improvement, then for a short time seemed to get worse. Soon she started to get little bursts of sound coming through on the bad side. With further treatment she is now at the point where she feels her hearing is equally balanced between both ears. In all she had 11 candles done on the bad ear over several months, slightly fewer on the good ear.

An elderly couple that was having their ears candled by another practitioner makes for a good case example. He had been wearing hearing aids for 41 years and not able to hear very well even with the hearing aids. Over a several month period he has had over 20 candles done per ear. He is now able to hear better without his hearing aids than he could before with them in. His wife, a survivor of World War II concentration camps was told by her doctor that her hearing problems were the result of progressive nerve deterioration. After several repeated candlings, she is experiencing an improvement in her hearing abilities as well.

One of the more unusual case histories involved an elderly woman who was bothered with swelling “sub-coetaneous edema” in her facial, cranial and neck area. Her doctors were at a complete loss, nothing seemed to be helping her, yet you could press on her skull and feel sponginess to her skin. Ear Candling helped to lessen the swelling.

Another similar story involves my brother-in-law. He was feeling sick, had a bad sore throat and his entire face was swollen. He looked like he had been in a fight minus the bruises. I did four candles in each ear. It was interesting to watch the swelling go down with each candle. It would have made a great “Kodak moment” when only the one side had been done. After the Candling process was complete, the swelling was almost entirely gone and he was back to his normal handsome self and feeling much better as well.

This case is from a candling practitioner in the United State who was working on a 74 year-old woman. After having six candles done in one ear and seven in the other, she suddenly commented to her daughter-in-law that, “I can see your face. I haven’t been able to make out facial features without my glasses on for four or five years.” The woman had an already scheduled eye appointment for later that week. Her optometrist found that her vision had reverted back to a level that it was eight years previously.

One of the nicest testimonials comes from a friend of mine who used to do a lot of Ear Candling before his accounting business got busy. He was treating an old time family friend one day when he was over for a visit. This 93-year-old gentleman had been almost completely blind for the last two to three years as a result of glaucoma complications. My friend spent the larger part of the afternoon on the gentleman performing seven to eight candles per ear. Part way through the treatment, the gentleman could see shapes of people moving about in the room. Later that day as he was being driven home, he could make out the solid and divided line on the highway; he could see vehicles on the highway. When he got home, he could see where the doors, windows and furniture were in his home, no longer having to make his way around by feel. Most importantly, for the first time in 2 ½ years, he could see the features of his wife’s face! What a fabulous gift ...

So the question arises, how does Ear Candling assist glaucoma? Glaucoma is a fluid pressure-related condition. The tissues on the backside of the iris produce aqueous humor, which does not return into the bloodstream through scleral venous sinus (canal of Schlemm) as quickly as it is formed. The fluid accumulates and, by compressing the lens into the vitreous body, put pressure on the neurons of the retina. If the pressure continues over a long period of time, glaucoma can produce visual impairment and blindness. Ear Candling has a marvelous ability to assist the body in locating macro and microscopic canals which fluid is supposed to flow through in the body. These canals often become blocked or swollen shut for one reason or another. Ear Candling facilitates a relaxing and an opening in these canals, therefore improving fluid drainage flow capacity. In the case of glaucoma, it is the **lack** of fluid drainage ability that creates the

excess pressure. Enable the excess pressure to drain by Ear Candling, and you solve the problem! It is this same protocol of Ear Candling's ability to relax and open canals that results in improved drainage in the lymphatic system and many other subtle fluid flow patterns in the body.

Many people whom I have treated for helping reduce cold or flu symptoms have also commented that it feels like there is much less pressure on their eyes and that using their eyes seems like less of an effort.

So, you can see, Ear Candling has many applications. It has been of great benefit to a number of people and has been of less benefit to a number of others, except for the pleasant feeling. Even if the primary concern was not addressed by the Ear Candling treatment, a tremendous level of change will have occurred in multiple systems of the body, improving that person's overall health potential. Use your own good judgement and listen to your body!

It is a very non-invasive technique, such that you would really have to use your imagination to harm someone with it. However, for any concerns you may have with health problems, please seek the advice of a medical professional.

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F. Logic and Speculation

As you have just read, the Ear Candling process is capable of some pretty amazing feats – reducing swelling in the lymph glands, neck, face and head. How is this accomplished? I wondered this for a long time and had speculative conversations with other health professionals. One day a theory hit me which makes a lot of sense!

It is based on the fact that **fluids will migrate to an area of lower pressure through a permeable membrane.** This is how water is pumped from underground streams and how oil companies can produce massive quantities of oil and gas from nearly solid rock. This is also how reverse osmosis water filters work.

The structures of our bodies on a cellular level are permeable. The capillary beds and intercellular spaces make it possible for every cell to receive nutrients. When you apply moisturizing lotion to your skin, it absorbs, demonstrating the permeable nature of skin. If you rub garlic cloves on your feet, it will give you garlic breath in a matter of seconds, permeability demonstrating a systemic effect.

The Ear Candling process creates a relative vacuum in the ear canal (**area of lower pressure**). When skin is warm, the pores expand. Therefore, it stands to reason that the heat created by the candling process would also expand the pore spaces and inter-cellular spaces in the tissues of the ear area **creating a permeable membrane**.

Putting these thoughts together helps to explain how Ear Candling may have some of its more systemic (non-local) effect. No scientific studies have been done to prove this, but if you think about it, it makes sense.

G. What is commonly found inside the candle, and is it all from the ear?

Greg's new philosophy after many more years' experience is that 90-95% + of the residue left inside of the ear candle is from the ear candle itself. Somewhat reflective of the quantity and quality of change effected by the Ear Candling process but in no way a direct physical representation of total mass extracted from the ear canal. As well, 90-95 % of the effect from Ear Candling takes place within the body's physical and energetic systems and has nothing to do with what ends up inside the ear candle. The residue is interesting to look at and fascinating to ponder over, but really provides little in the way of an accurate representation of change regarding the treatment. You will be much further ahead if you focus on the changes which occur in a person's health and give your client as many opportunities to notice this change as possible.

Previous thoughts on the process which I no longer agree with.

Wax and powdery material is what is most commonly found in the candles after treatment. One practitioner also feels that there are tiny globules of fat as well, but without laboratory analysis it is very much based upon visual estimation. Some of the wax, approximately 1/3 tsp. is from the candle itself. Slightly less, about 1/4 tsp. of the powder is from the candle as well. This seems to be quite consistent if you take a candle, let it burn down to about 2 1/2" long, trimming the **wick** on a regular basis (**wick**: burnt remains of the hollow cotton structure, approximately 1/2" in diameter). Therefore, it seems only logical that anything more than this would not be from the candle but would have been **manifested** from the treatment instead.

The powdery material is either, powdered candle wax and tiny bits of ash from the cotton structure of the candle, fungus or **candida** yeast (**candida**: a naturally occurring yeast in the body which flourishes and creates many seeming unrelated but bothersome health problems and

diet based conditions). Fungus can be white, yellow, brown or black flaky powdered material. Candida yeast usually appears as small white to yellow crumbles or balls. Powdery material is not frequently seen in abundance in clients who have problems with excess amounts of candida yeast in their bodies. The candida problem may or may not be displaying symptoms readily associated with candida, but if you are getting large amounts of powdery material in your candles, then chances are the candida may be related to what is manifesting inside the candle. Some candling practitioners with whom I keep in regular contact have found that patients from whom they get large wax plugs also start to have large amounts of candida material being removed once the large wax accumulations have been taken care of. Please keep in mind the “wax” inside the candle is not ear wax but represents how congested a person’s physical and energetic body is. More congestion equals more solid waxy residue inside the candle.

Some practitioners have found some rather surprising things inside the candles – bugs, fleas, worms, eggs and nesting materials. The ear is a perfect environment for the growth and incubation of many things. (These people really need to be advised in cotton swab use. Face it folks, if you have something growing inside your ear canal, that is proof you need to clean your ears more often.) Proof once again that truth is stranger than fiction!! Personally none of those have happened to me but you never know huh!

H. What supplies are required for Ear Candling?

This is the easy part. You will need a lighter or matches, scissors, tin foil, wet paper towel, two paper or Styrofoam plates and an old or disposable bowl of water (e.g. yogurt container), Q-tips and hydrogen peroxide as well as ear candles.

In one of the disposable plates, cut a small cross or puncture a small hole with a pen about ½ of the way between the center and the edge of the plate. This makes it easier to put the plate in a self-supporting position. Using the tapered end of the candle, twist the candle through the plate so that the plate holds the candle shaft in place. Remove candle and wrap this plate with tin foil for heat and fire resistance. You will want to have enough of the tapered end sticking out the bottom to fit easily into the person's ear canal. With the second plate, cut a "V" shaped notch in it about 3" wide tapering to a point at the middle. This plate is slid into place to catch the burnt wick of the candle when it is trimmed off with the scissors. Wrap this plate in tin foil as well for insulation and fire protection as the ash (wick) is very hot. The ash (wick) being referred to is the burnt remnants of the hollow cotton tube, which forms the solid structure of the ear candle. The ash is then dropped into the bowl of water. At the end of the Candling treatment, strain the water from the bowl and put the remaining burnt pieces of wick in the garbage. They retain a fairly solid structure even when burnt which may cause problems with some septic systems if flushed down the toilet.

Take two or three sheets of paper towel. Fold them over on each other so that it is the size of one-quarter sheet. Wet the towel with water so that is equally damp all over but not dripping. Place the paper towel up against the side of your sink and squeeze all the extra water from the paper towel leaving it damp but not dripping wet. This is then draped over the candle like a wet blanket and pressed down onto the plate preventing air from getting to the flame thereby extinguishing it with very little smoke involved. One of the things that ear candles do very well when they are not completely extinguished is give off massive quantities of smoke.

The Q-tips and hydrogen peroxide are to clean the ear canal area after the process. Sometimes there are small bits of powder or smoke residue in the ear canal that you cannot comfortably reach with the Q-tip. The body will gradually (over a week or two) eliminate this residue. This residue creates no physical or chemical harm – at most there may be a mild sensation of dryness or itchiness which can be alleviated by applying a few drops of olive oil in

the ear canal and inserting a small swab of cotton to prevent the oil from running out when you tip your head.

I. Ear Candling Instructions

1. Client Positioning

Have the person lie on his or her side, their head on a pillow (the type you sleep on) with the head horizontal and nose pointed slightly downward. This makes the angle of the ear opening perpendicular to the horizon and makes it much easier for the candle to stand vertical throughout the treatment.

2. Your best friend – a stack of towels

From years of clinical experience, this next step can make a huge difference in the comfort and ease of your Ear Candling treatment. You will need about six or eight old towels. An assortment of sizes works best, most of them being hand towels. You are going to build a flat platform behind the person's head by stacking one towel on top of each other. Three key pieces: a) make sure each towel is placed totally flat without wrinkles or curves, b) follow the contour / curve of the person's head as you build the platform of towels, finishing just behind the person's ear and c) have the top towel layer about 1" to 1 ½" higher than the person's ear. Once the ear candle is properly inserted, pull the top layer of towels forward so that it touches the shaft of the ear candle. This makes for a marvelous support platform for the plate, which has the ear candle inserted through it. A few nice advantages of this are that you now have a completely hands free treatment and nobody gets a stiff sore back from holding the ear candle. It also frees up the practitioner to perform sinus and lymphatic drainage throughout the treatment.

3. Positioning of the Candle

Insert the candle through the plate about 1 ½" and do a pre-fit on the person to see how much length needs to protrude in order to fit in their ear properly. What I mean by pre-fit is: the ear candle is going to insert into the person's ear canal about a ¼" or so. You need to have enough length of the candle protruding from the bottom of the plate so that with the tip of the candle just simply resting at the opening of the person's ear canal, you still have about a ¼" of clearance between the bottom of the plate and the top of the stack of towels. This allows for the candle to be inserted snugly in the ear canal with the bottom of the plate resting flush on the stack of towels providing stabilization. The large part of the plate is the part resting on the towels.

4. Inserting the Candle

Warm the tapered tip of the candle very slightly with a lighter. Warm wax conforms more easily to the contours of the ear than cold wax. Touch and hold the tip of the candle on the tragus, the little piece of cartilage at the front of the ear opening. The skin here has normal temperature sensitivity to it whereas the inside of the ear canal is very temperature sensitive. Ask the person, “is the temperature of the candle comfortable?” Angle the candle slightly toward the person’s nose and while tugging forward in front of the ear canal, insert the tip of the candle into the ear. The act of tugging forward in front of the ear opens up the pocket of the ear canal and makes for easier insertion. Now, stand the candle perfectly upright maintaining a very slight downward pressure and tug the ear in all directions with a steady gentle pull lasting about two seconds. The objective is to create an opening for the ear candle to slide into. Ask the client for feedback as to how snugly it feels and if it needs an extra tug in any direction. General rule of thumb, with most adults, their ear canal will open nicely if you tug back and up. With most children, tugging back and down will achieve the same effect. It should feel similar to when you put the tip of your index finger in your ear as if to block out a loud noise, as if it is well seated, not just butted up against the ear canal structure. By the time the candle has burnt down about 1”, you will be able to determine if you have achieved an airtight seal or not. Smoke will be seen leaking from around the tip of the candle if you do not. In this case, blow the smoke out of the area so you can see what you are doing and simply repeat the tugging around the ear while maintaining gentle pressure. If the tip of the candle feels pokey inside of the ear, it is just probably resting against the side of the ear canal. Have the person rotate their head slightly to the left or to the right to achieve greater comfort. Remember to have the plate in the same position as you determined in the pre-fit.

The ear candle should be perfectly vertical throughout the entire process. Ear candles burn very much like dining room candles – put them on a tilt and they have a tendency to drip. Not a desired outcome! If you are having difficulty keeping the ear candle vertical, chances are your client is to blame. Have them rotate their head slightly to the left or to the right, whichever direction is needed to get the ear candle vertical and remember to pull that top towel forward so that it touches the shaft of the ear candle.

5. Lighting the Candle

The first inch or so of the candle burning down will generally indicate whether the candle is properly seated and drawing upward as it should. If it is not properly seated you will notice a trail of smoke coming from the bottom of the candle indicating no upward draw. Try re-angling

the candle, tugging lightly forward of or back on the ear. Work with the client's feedback as to what feels right

6. Trimming the Candle

In the approximately 15 minutes that it takes for the candle to burn down, it is essential to keep the wick of the candle trimmed, so that the top remains open. The wick, if not trimmed, will fold over blocking the upward flow of air, which is the mechanical aspect of the candling process. The wick should be trimmed when it reaches 1" – 2" long. Cutting it about half way between the base of the flame and the top of the wick is a good rule of thumb. Slide the plate with the V-notch facing you around the candle in a position so that it will catch the wick when you trim it with the scissors. Remember that most scissors will push the wick away from you when cutting. In case the wick goes flying off the catcher plate and onto the plate holding the candle, do not panic. Just use the point of one of the blades of your scissors to scoop it up and place it in the bowl of water. Allow the candle to burn down to about 1 ½" above the plate. This leaves room for you to grasp it with your fingers as well as allowing enough distance from the bottom tip of the candle so that none of the wax inside the candle gets so warm that it will leak back into the ear (highly unpleasant experience!).

7. Removing the candle and extinguishing the flame

Give the wick one last trim to make the snuffing out process easier. Then, slide your hand under the plate; remove the candle from the person's ear, plate and all, before draping the wet paper towel over the flame leaving it in place for at least 5 seconds. There is less smoke this way. Remove the ear candle from the plate and allow it to cool before unwrapping it or cutting it open. Inserting the next candle as soon as possible helps facilitate the flow process established by the previous candle.

8. Repeat steps 1-6 for further candles – see, I told you with a bit of instruction you could do it!

9. Precautions and add-ons

As you will rapidly learn, Ear Candling is not much of a spectator sport. So to keep yourself amused during the process and add great healing value to the appointment, perform a sinus and lymphatic drainage on the forehead, face and neck region. (see back pages of manual). Feels really nice on the receiving end, You may also wish to dip into your bag of other healing tools; i.e. Reiki, Reflexology, etc. The only iron clad rule is that *you must remain in visual contact and within one arm's reach of the person's face. No exceptions.* It is your responsibility as the Ear Candling practitioner to not only keep a close eye on the flaming ear

candle, but also to be available for your client, should your client wish to give you any subtle signs of needing your attention.

Because of the cotton structure around which the candle is formed, as the candle burns, there is a certain amount of smoke involved in the process. Doing your Ear Candling treatments in a well-ventilated room makes for much more pleasant environment.

To open the candle and analyze its contents, you may either unwrap it or cut it open with a pair of scissors. The use of rubber gloves, a professional quality skin barrier cream or if nothing else, a real good scrubbing of your hands afterwards, is highly recommended. The reason for this is that you are drawing material from someone else's body, which very likely contains bacteria or viruses you may have not developed antibodies for. Alternately, have the client unwrap the candle(s) and then wash his/her hands.

The person is most likely going to be quite surprised by the volume of material inside the candle. Please remind the client that most if not all of that is from the candle itself – approximately 1/3 tsp. of the wax and ¼ tsp. of the powder as a rule.

Remember to clear the ear canal with a Q-tip moistened with Olive Oil when done.

J. Other Information

For people who have very hard impacted wax in the ears there are a number of glycerin softeners available at drug stores in drop form when can be put in the ears for a few days before the Candling treatment. Some people prefer garlic oil. Some prefer not to put anything in the ears at all. One lady who attended a Candling workshop, a very talented and knowledgeable herbalist, suggested that tea tree oil would be of benefit because of its strong antibacterial properties. Another source suggested garlic oil for people who are bothered with candida, as it would allow for a greater amount of candida to be withdrawn with fewer candles. If a person's ears feel dry after Candling, a few drops of warm oil can be quite soothing. This is entirely your client's decision in what they feel most comfortable with. Please respect your client's belief system.

The only negative side effect I have encountered is that sometimes for a few days following treatment, the ears may feel a bit sensitive to noise, temperature or wind. This is sometimes the result of having too many candles done in one session. In this case, simply have the person put cotton in the ears to protect against exposure to irritation. This sensitivity will pass on its own in a few days. I experienced this once after having six candles done in a 12-hour

period in treatment for a sore throat. The minor sensitivity was a very worthwhile trade-off for the amount of relief I experienced.

“The ceremonious glands will replenish the natural, normal amount of earwax in 24-48 hours.” This is a quote I have seen on many ear candling related websites. In my professional opinion just represents another one of the inaccuracies commonly repeated about the treatment. First off, ear candling is not that powerful of a vacuum, actually there is virtually no vacuum affect to an ear candle. So based on that and the lack of some little swab like device that swoops out of the ear candle rubbing off all the ear wax then scooping it into the candle, I don't see how we could so greatly clean the inside of the ear canal to even be worried about needing the ceremonious glands to quickly replenish our wax supply.

If anything, burning an ear candle in the ear with to bottom end open will almost always leave a slight soft powdery coating in parts of the ear canal. The more smoke leakage you get at the initial burning phase from not having a proper seal of the candle in the ear, the more powdery residue will be in the ear canal. This is one of the reasons I feel it is important to gently clear the ear canal after treatment with a cotton swab moistened with extra virgin olive or something similar. The dampness of the cotton swab easily picks up the powdery residue and remoistens the ear canal in the process.

If the person receiving the treatment is gong to be seeing a medical professional for ear, nose throat related concerns; you want to keep the ear canal clear of any debris so that the physician may have an unobstructed view of the ear canal. To accomplish this and still have the person recieve the benefits of ear candling, simply roll the bottom opening closed with your finger tips and perform ear candling with the candle tip resting in the ear, bottom tip closed; No smoke related powdery residue gets in the ear and the quantity of benefit is virtually equal. This is because ear candling creates most of its change by the energy of the flame entering very key energy centres in our body which then create all kinds of wonderful changes to our health.

When treating clients with severely clogged sinus passages, aromatherapy can be a further benefit. Take several drops each of peppermint and eucalyptus essential oils on a tissue. Have the client hold the tissue in his/her hand or place it anywhere on the skin (no sensitive parts though). The oils have small enough molecules that they absorb easily through the skin, are picked up by the blood stream, carried throughout the body and within a few minutes, will allow the client to breathe much more freely through the nose.

For people who are bothered by ringing in the ears, candling has been helpful in some cases. The herb Ginkgo Biloba has a track record of being very helpful with tinnitus. Ginkgo

Biloba serves to relax the arterial walls increasing blood flow, especially in the cranial area, resulting in increased mental alertness because oxygen and nutrients are more readily available to the brain. In this same fashion, it has been helpful with many conditions of the ears, eyes, nose, throat and brain. Ginger as a herb also possesses similar beneficial effects upon circulation but to a slightly lesser extent.

If you happen to have a 276 hz tuning fork at your disposal, you can perform what is known as the Weber Test. Strike the tuning fork and place it dead centre on the top of the head. If the person can hear the tuning fork more clearly through one ear than the other, then the ear in which the tuning fork was louder is the more impacted of the two.

What, no tuning fork? Well then you can easily perform the “Greg Webb” sniff and listen test as a before and after assessment. Before you begin the candling procedure, have your client plug one nostril and inhale deeply. Pay particular attention to the way the breath feels as it enters the nasal cavity and the ease or lack thereof in breathing through each nostril individually. Repeat this after the candling treatment has been completed on one ear and again at the end of the session. I have yet to have a client not pleased at the difference in the ease of breathing. The listen part involves simply counting the numbers one to five softly in a monotone voice in each ear. This gives the person a before and after reference as to any change in hearing ability.

Another lady who is very gifted in healing and the metaphysical realms, channeling, etc. claims that on her, it has made a difference in the clarity of received messages and is helping to develop another chakra energy centre between the physical and psychic energy realms. I do not possess any such talents myself so cannot really comment in any fashion other than to say, “Whatever works for you, use it to the best potential that you possibly can”. She also feels that the Ear Candling process, in many ways, serves to facilitate and enhance development of expanded awareness.

Yes, Ear Candling has been done on animals. I would leave this to the veterinarians however, since it would most likely be a lot safer if the animal was not conscious for the procedure.

From an acupuncture energy meridian standpoint, Candling is of benefit as well. Several of the yang meridians profit from their proximity to the ear or sinus area and the energizing (similar to moxibustion) effect of the warmth created by candling: the small intestine meridian which ends just in front of the ear; the triple warmer meridian which travels around the back and top 2/3 rds. of the ear; the gall bladder meridian which originates near the sinus cavity above the eye and sweeps down in front of then again in back of the ear canal; the large intestine meridian

which travels up the side of the neck where the “clearing” sensation is felt ending just below the inside corner of the eye on top of the lower sinus cavities. Excess ear wax production has sometimes been related to an over energy in the gall bladder and/or small intestine meridians.

K. Summary

My hope in writing this is to help spread a bit of knowledge around about Ear Candling. It is a pleasant thing to have done and with a bit of basic guidance can be done by most people. There have probably been many variances in the technique as it has been performed by, and on many different people. **There are many difficult ways to do the Ear Candling process. What I want to see is people being able to do this the easier way, without any difficulties,** to have a bit of guidance and a source that people can refer to, to learn how to help themselves and others through the benefits of Ear Candling. So go forth with love and care and contact me if you have any questions.

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