

# Flame Induction





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I wonder if you can imagine a flame ... a single candle flame ... a small flame burning in the dark ... and that candle flame is giving off a soft light ... gently glowing in the dark ... a symbol of safe ... cosy ... happy feelings ... remembering a time when there was a candle ... and watching the flame ... losing your thoughts as you watch ... and imagine ... that candle now getting smaller and smaller ... as that candle gets smaller allow your eyes to close ... and relax ... now imagine another flame ... a fire burning quietly in a hearth somewhere ... in a fireplace ... its night time ... and the flames are flickering and weaving patterns of soft light ... imagine all around the fireplace ... just out of sight ... a room ... warm and cozy ... and comfortable ... the sort of room where you can relax in a big chair and watch the light flickering ... with your eyes closed ... feeling so relaxed ... safe and warm ... imagine what it would be like in that room ... lying back ... with the fire glowing ... and gradually getting darker and darker ... more peaceful ... your arms and legs getting heavy ... imagine them tired and heavy ... as you relax deeper now ... the room fades away ... to a soft smooth darkness all round ... physical metaphor and in that darkness ... imagine a single point of light ... on a dark night ... far away ... long, long ago ... the light of a campfire ... and people around it ... all around the dark night ... quiet and calm ... and peaceful ... the fading flow of that camp fire ... feeling the gentle warmth ... snuggled down in some soft fleecy covering ... relaxed ... surrounded by your people ... safe and secure ... warm and comfortable ... outdoor campfire ... as that campfire slowly gets smaller and smaller ... burning down ... everything settling down ... deeper and deeper ... slowing down ... relaxing more and more ... going to rest ... in that place ... far away ... in that velvety darkness ... sinking down and down ... your mind drifting away ... nothing to do ... nothing to think about ... empty and relaxed ...