

# HOPI EAR CANDLING



Thermo-Auricular Therapy, ear candling, ear cleansing, ear coning - many names for the same action.

This treatment was used by the Egyptians, Chinese, East Indians and Tibetans over three thousand years ago. Ancient cultures of Atlantis and Lemuria have also been associated with this technique. Initially the process was described as "coning" as cone shaped instruments made from pottery clay were used, these glazed cones had a double helix carved inside intended to create a downward spiral flow of smoke from the burning herbs that were in the cone into the ear canal.

The action being a counter clockwise flow caused by the vacuum action of the cone, smoke and heat cleansed the ear canal and pulled the debris out by vacuum as the air was burned out the ear canal.

For many years, people around the world practised the art of candling as a form of spiritual healing, it was said, "to clear the mind and the senses", so they could meditate more deeply and open up their sensitivity. Traditionally, the spiritual leader or shaman of the area would perform a ritual using clay pottery to heal or improve the person's spiritual condition.

In the New World, the Mayan, Aztec and Native North American cultures, especially the Hopi people, had particular rituals and healing ceremonies involving "ear cones".

Today ear candles are a very popular "therapy" in Germany, Japan, India, Egypt, Mexico, Australia, Canada, and the United States. People receive the therapy to relieve pain and other symptoms of ear and associated problems.

## THE CANDLES

- Biosun ear candles are hand made using traditional ingredients and are regularly tested to ensure their quality.
- Candles contain natural ingredients such as honey extracts, pure essential oils – sage and chamomile, beta-carotene, hypericum and pesticide free woven cotton with pure bee's wax.
- An environmentally compatible filter to prevent any residue from entering the ear is now part of the design.



### From a physical point of view a distinction can be made between the following active phases:

1. Slight under pressure the chimney effects inside the ear candles and a vibration of the rising air column through natural movement of the flame serves to gently massage the eardrum. This has an immediate subjunctive effect of regulation the pressure system.
2. Users spontaneously describe a soothing, liberating light sensation in the ear/head area and a sound similar to that experienced when placing a seashell over the ear. Whilst the candle is burning the pleasant warm sensation intensifies.
3. The lymph system and metabolism can be influence by this intensive but pleasant and completely painless method of heat application.