

Ear Candling/Coning



Ear Candling or coning has been around for centuries. Ancient Egyptians used reeds for candling and the process is known to India, Tibet and Aztec cultures. Native Americans have done it for thousands of years, using cornhusks dipped in beeswax to make a hollow candle. The process is still being handed down today in many centers of traditional medicine, and has been gaining in general popularity. The typical client is one searching for a more “natural way” to alleviate pressure in their head or upper respiratory area or someone wanting relief from pain, to hear, smell see or just “plain feel better”. There is no discomfort to the person receiving the treatment.

Ears: Your ears are organs for hearing and balance. Sound waves enter the outer-ear canal and strike the eardrum, making it vibrate. The vibrations are transmitted through the three small bones of the middle ear to the inner ear. Sensory impulses pass to the brain via the auditory nerve. The semi-circular canals help keep you keep your balance. Because of all the intricate crevices in the ear, unbelievable amounts of debris can accumulate. This buildup creates a breeding ground for problems and can also interfere with correct hearing. Impacted wax can build up against ear ducts and can also block reception of incoming sound waves. This lifetime accumulation may explain some of the hearing problems we develop as we age. It is reported that 20% of adults between the age of 65-74 have hearing problems.

The most common symptoms, which affect the ears are earache, hearing difficulties, tinnitus, and labyrinthitis (spinning sensation). Some ear problems affect only the structural parts of the ear, while others affect hearing as well. Yeast, fungus, or parasites can cause the nerve endings in the ear to become blocked; therefore the hearing process cannot be completed. Ear Coning along with dietary changes can help rid the body of parasites, yeast and fungus resulting in the reduction of related and varied symptoms. Constant ringing, hissing, buzzing, or a noise like waves crashing, are called tinnitus. Your sense of hearing can suffer from these interferences. These sounds are the result of damage to the cochlea, the most sensitive component of the hearing mechanism. These sounds can sometimes be reduced with ear coning. Recurring ear infections are a good indication that the cause of the ear infection is not being treated correctly. Usually the person responds well to the ear coning and nutritional support.

Candling applies simple laws of science. The flame of the candle (when the candle is properly seated in the ear) creates a draw or vacuum. The warmed air from the flame and the colder existing air moving through the hollow chamber of the candle cause the vacuum. The movement and compression between the ear canal and the candle chamber generate airflow with increasing velocity, thus producing the "sucking" vacuum. As the particles are drawn from the ear and into the bottom of the candle, the airflow becomes disrupted. This is why it is important to remove the candle and "tap out" the contents. The spiral of the cone draws out debris. Smoke goes into the ear and a draw is created. Debris is osmotically drawn through the eardrum into the cone. In the outer ear canal, excess hardened wax plugs may also be drawn out. It creates a reverse osmotic pressure that equalizes the Eustachian tube pressure. Candling is very soothing, relaxing and non-invasive. At no point does the tip of the cone in the ear get hot to the touch.

Ear Coning is simply a catalyst to clear the respiratory system. It helps sinuses clear. It helps drain lymph glands. It vacuums off nerve endings in the ear canal and the Eustachian tube. A wonderful side effect is deep relaxation...it stimulates the anti stress acupuncture point in the auditory canal. You see its effect on hyperactive children as well as adults. Coning will also help the body to move out excess wax deposits. Earwax becomes dry and leaves the canal in tiny balls. There can be renewed clarity, sensitivity and focus after a coning. The deep nerve relaxation is pretty amazing. The sense of release is unlike anything else. Body workers and chiropractors

have noted that their work holds better after the client has been coned. Drink lots of water after a coning. Candling can be done on persons of any age.

It is important to discuss candling with your health practitioner and always use common sense. Candling is not a replacement for proper health care, but can be an effective home remedy. Candling should not be done on a person who has a perforated eardrum or similar problems. Ear Candling should not be done to people who have had recent ear surgery, cysts or tumors in the ear, ear tubes, perforated eardrums, or artificial eardrums.

Many people find ear coning/candling helpful for the following:

- * To facilitate the flow of catarrh for elimination from sinuses
- * Removal of excess earwax
- * Relief from sinus infection symptoms
- * Relief or improvement from tinnitus
- * Improved dreaming
- * Improves functioning of hearing aids
- * Improved hearing
- * Relief from upper respiratory allergies
- * Relief from itchy ears
- * Soothes irritated ears or ear aches
- * Improvement in ability to breathe through nose

How often: This is a healing process. We suggest a minimum of three conings, three to seven days apart. This allows the process to complete a cycle of clearing accumulated debris. Normal earwax replenishes itself within 24 hours. Thereafter the ear can be coned every six months; more if desired.

What should I do after my appointment? A little earwax serves to protect your ears, and will replenish itself between 24-48 hours after the coning. Until then, do not submerge your head in water or stand out in the wind or cold weather without protection.

Metaphysically, Coning works directly on the charka system to clear and strengthen the auric bodies. It is said to dislodge discarnate entities and negativity. It's like smudging your insides. The ear contains nerve endings and acupuncture points to every other area of the body, mind and emotions. Streams of the subtle energy flow, which carry our life force energy, connect the nerve endings. If hearing is impaired or blocked, we are disconnected from that energy. Ear debris accumulated on nerve vibrational flow to the and spirit, making way for other



coning acts as a catalyst to clear out endings. This allows for clear corresponding area of the mind, body methods of healing.

This handout is for informational purposes only, and is educational in nature. Nothing stated is intended to diagnose, treat, cure or prevent any disease.