



AURICULAR CANDLE THERAPY

HET: HOLISTIC EDUCATIONAL THERAPY

STEPPING STONE 8

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Welcome to Auricular Candle Therapy or Hopi Ear Therapy.

This is Stepping Stone 8 – the first of our stepping stones in relaxation.

There is a film available to accompany this book which demonstrates how to use the Hopi Ear Candles:

<http://www.youtube.com/watch?v=DVJ1pqWoNfM>

Please watch this and refer back to the instruction given in this book.



Throughout the HET Stepping Stone process we look to help ease sensory trauma. It is our sensory receptors of hearing, sight, touch, taste and smell, that filter information through to us on a daily basis in order for us to make sense of the world around us.

This is the first of our stepping stones that deal with the relaxation process. This is helping the senses to release any previous negative experiences. Simple, safe, self help approaches that can really make a difference!

As we have seen from the 'Cores Issues' Stepping Stone 6 and the 'Negative Patterns' Stepping Stone 7, the early experiences that we have in life, make an impact on our sensory organs. That overlay of previous experience, acts like a filter in dealing with incoming information and it is that which shapes our sensory perceptions of what defines our own unique 'reality'. This can often block our ability to relax and unwind and can create problems with hypersensitivity. This can be very prevalent in some cases of autism for example, as well as hyperactivity.

So where do life's traumatic or challenging experiences come into all of this?

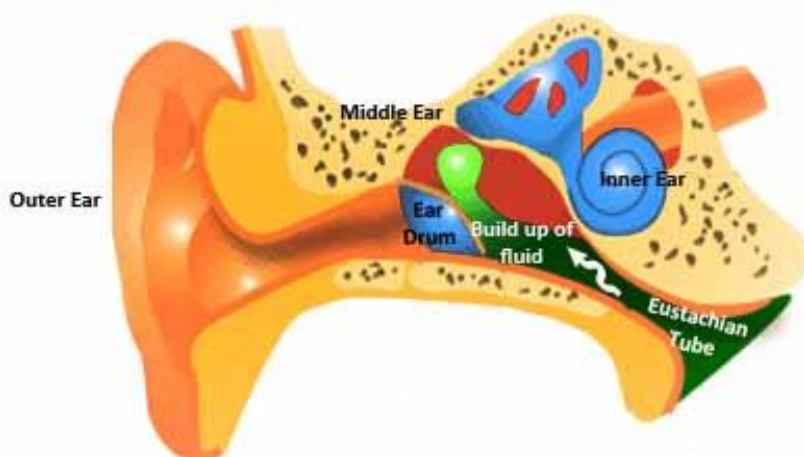
Well, a classic example is that of an adult who develops hearing difficulties. Let's consider that it is a gentleman who has lost his hearing in his left ear. Left is the feminine side, so he has closed down in listening to what women have to say. It may be that he has a nagging wife for example. It may be a lady who has a critical partner and therefore experiencing shut down in her right ear (the masculine side). These are just examples of how this process works. They will have their roots in childhood (this is the 'core-issues',) from perhaps an overly critical or nagging parent.

Let's now turn our attention to children, perhaps they have heard their parents constantly fighting and arguing, they may actually close down their hearing in this respect. Often an example of when this is, with 'selective hearing'. You can ask them to tidy their room in a really loud voice that they cannot possibly hear but if you whisper if they would like a sweet from the other side of the room, they will always manage to hear that. Incidentally, this is a trait that often the elderly develop as well; they can hear something on certain occasions but conveniently may not hear other things on another occasion. So all this is just one way in which our ability to hear things, when we want to hear or not hear, can be closed down on a subconscious level. That person may not even be aware of the fact that there are issues or patterns around what they are hearing at a given time that could trigger residual traumas or negativity from past experiences.

So, that is one way in which hearing issues can arise. What happens when there is a more physical based reason for not being able to hear properly?

Let's look at early undiagnosed glue ear in childhood. This is a condition that affects many children. What can happen is, that as babies they may experience an inflammatory reaction in the body (there is a school of thought that suggests this could be a reaction to vaccination programmes, although controversial, shall we agree that perhaps the jury is still out on that one?).

Fluid builds up in the inner ear FF



Fluid builds up in the inner ear to cause 'Glue Ear'

The inflammation process causes an excessive production of mucous and in the ears that connect the throat and sinuses, this can leak through as a sticky liquid called 'glue ear'. This can block the ear canal – so that sound waves cannot travel along to the ear drum which acts like the membrane of a drum and vibrates as sound waves come into contact with it. This transmits the sound to tiny vibrations that are carried through the middle ear, right through to information processing in the inner ear, which transmits the audio signal as a nerve impulse into the brain. Obviously when the ear canal is blocked these sound waves cannot travel along and so the whole mechanism is not able to develop as it should do at that age and the auditory nerve is not able to transmit the full range and subtlety of sounds and tones to be differentiated and processed by the brain.

When this happens and the child is later exposed to poor auditory conditions, like for example in a school hall where the sound reverberates and echoes back on itself, certain children are unable to cope with that information processing overload and will react behaviourally, as they can become overwhelmed by the whole experience. I have seen this happen with children many times, as I have visited various schools. In fact when I was researching HET in the early days in Wolverhampton, there was a Chief School Nurse in the local authority that could go into any school or classroom. Without knowing the children at all and just by looking at their medical records for early glue ear or hearing problems she could always identify the children who were presenting hyperactive behaviour challenges and she was right every time.

I went to an ADHD conference during this time, where the chief presentation was from a leading Australian Paediatrician. The main focus of his talk was that one of the major causes of behavioural problems in the classroom today, was due to early glue ear problems. He had come to the same conclusion as the school nurse from a totally different route.

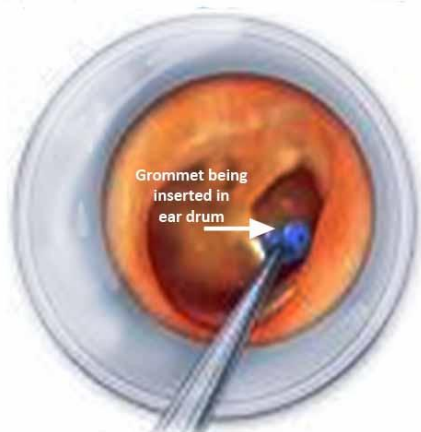
Another issue around hearing and behavioural problems relates to a child's 'hypersensitivity.' Behavioural issues can be triggered by a hypersensitive response to any of the senses being over stimulated. For example, children on the autistic spectrum can over react to colours, tastes and sounds as well as textures and smells. Often these hypersensitivities overspill into other labelled behavioural disorders, like for example ADHD / ADD etc. (see Introduction to HET, 'Managing behavioural problems in children through the HET journey')

So there are many reasons why hearing and behavioural challenges are linked.

What can we do about this?

When I was training in herbalism in the early 1990s – I was trained in a technique called Hopi Ear Therapy. I must admit from a scientific point of view, I was extremely sceptical and if you trawl the internet looking for references on this then you will find some very sceptical posts and comments that this therapy cannot be scientifically validated, which I can totally understand. However these tend to be posts by people who have not actually tried the therapy for themselves and just dismiss it on face value. If they received this therapy themselves, I am sure they would have a very different opinion.

Incidentally, at the time I had trained in this therapy in the early 90's, they had just completed a clinical trial at a nearby children's hospital. At this hospital, they took a group of children with glue ear problems who would normally have required grommets to be fitted. Grommets are tiny drainage valves that help release the build up of sticky fluid. Half the group had Hopi Ear Therapy and the other half had no intervention at all. At the end of the trial period none of the group that had the Hopi Therapy needed to have the operation to fit grommets, compared to all the children in the non therapy group.



Grommets being fitted inside the ear

In truth when you actually experience the therapy itself, it is so calming and relaxing and amazingly, it does actually relieve the symptoms that it is supposed to. When I ran the Centre for Natural Healing many years ago in Wolverhampton, I had a nurse visit us for Hopi therapy. She worked at a doctor's surgery and gave ear syringing for ear problems as part of her job. She was suffering hearing loss herself and didn't want to syringe her ears because she had seen a lot of damage done through this technique for example the pressure is hard to gauge and the ear syringing has resulted in a number of burst ear drums. Well, to cut a

very long story short, she experienced huge improvements through the therapy and trained in it herself.

This is consistent with a lot of feedback – easy to criticise it but when you experience it, it does the job!!

Hopi ear candles are available through Revital (UK distributor) at www.revital.co.uk

Anyway, because of my scientific background, I had to go down the route of proving this approach works for myself and so I set up the Auricular Candle Therapy Association and put in place a national occupational standard for this particular therapy and I was the 'Chair' of the Auricular Candle Therapy Association for many years. However the time invested in developing HET meant – I had to give up this area of my work. I have included the training I established for the occupational standard for Hopi training in this book. So you can have access to all the information I have developed on this here.

I believe the success of the treatment, when it is carried out properly is due to the holistic approach, which cannot be measured in the usual way that scientific trials are carried out. It comes from a different point of view. Conventional medicine for example might start with patients going to the doctor with headaches. Well, they will get prescribed this or that pill to suppress the symptoms of pain and they will take those pills 2 or 3 times a day. The symptoms get deadened. However from a holistic approach, it is important to start with the cause of the problem and not the symptoms – especially not to mask the symptoms. That headache could be caused by tiredness, stress, eye strain, diet, hormones etc., each headache having a different root cause and what the holistic approach does is to work with that underlying cause. It also takes into account the mental, emotional and spiritual state as well as the physical condition. People who have little or no understanding that everyone is unique and so therefore their experience of an holistic therapy will also be unique and therefore cannot be measured in a double blind, randomised, medical or 'scientific' trial, will not be able to fully appreciate how these approaches work. This has been my challenge in evaluating HET. So in this Stepping Stone, I am going to demonstrate how we can do just that with using Hopi Ear Candles.

When I ran the Centre for Natural Healing, we had a Native American Teacher come to us to run some courses for us. She was also an ambassador for the Hopi Indians and she said that the Hopi Indians had never heard of the candles that are promoted by Biosun, the manufacturer of these candles. However they had used a similar technique apparently,

although not in the same form as Biosun had developed for their candles –so I guess the truth lies somewhere in between!

Before I go into how the treatment actually works I would like to explain how I have evaluated its effectiveness with behavioural problems. Obviously there is always the anecdotal evidence from parents who say that after they have given their children a treatment, their children have appeared calmer, slept better or have had improvements in their hearing. One lady who was training with me as a HET gave this therapy to her daughter who was scheduled to have an operation in the near future. After only 3 treatments her daughter’s hearing had improved in both ears, from less than average to above average which meant she did not need to have the operation.

So, how about in a classroom context for children with behavioural problems?

What I have done and I recommend that HET practitioners also do, is to generally observe the child in class without being obvious who they are watching. The idea is to set the child a task like colouring in for example that requires them to focus on the task at hand. For 15 minutes I observe how many times that child comes off task and how long the distraction lasts for. Whether they are flicking pencils, shuffling on the chair or annoying whoever is sitting next to them, I then record my observations of them. The child is then invited out of the room to participate in a treatment. After returning to the room a similar task is once more required of the child and then another unobtrusive observation of the number of times they come off task over a period of 15 minutes. You will find that the number of instances and the duration of time spent off task are always reduced. This is so easy to do with your child at home.



Another way to check this out, is to monitor the quality and quantity of sleep for a child over the period of a week and then give them a treatment before bed time, once more

monitoring things like the number of hours sleep, disturbances throughout the night, how long before they go off to sleep and how they get up the next morning. Generally you will find improvements when the child has slept better, they are more awake and more focused as the quality of sleep has improved,

Anyway now for some background information into the HOPI EAR THERAPY or AURICULAR CANDLE THERAPY

HISTORY AND BACKGROUND OF AURICULAR CANDLE THERAPY

This treatment is also known as Hopi Ear candle treatment and 'candling'.

It is very ancient therapy, which spans millennia and cultures from around the world. There is evidence of candle therapy from cave drawings in Europe and some of the earliest records of this ancient therapy date back to 3000 years ago. Ear candling or ear coning was a lost energy art, practiced by the Egyptians, Hopi Indians, Mayans and Tibetans. The Ancient Egyptians used papyrus rolled into a cone. Records of this procedure have been noted in other cultures too. Upper class Greeks used candling to evoke mental clarity and a deeper spirituality.



Oriental doctors of Thailand, China, India and the Philippines have included the process as a routine part of their regular practice.

In North America, when the Europeans first arrived, they found the North American Indians had many different ways of healing. One of those ways was ear candling. Some tribes were very advanced in healing; The Hopi were one of them. This is the tribe from which techniques using a modern design of candle were developed.

Sometimes, glazed cones would also be used. The insides were carved with a double helix pattern, much like our own DNA, so the smoke would swirl down the cone and then back up the opposite way, drawing out any matter, i.e. physical or energy based.

Candling was typically used in conjunction with initiation practices for spiritual leaders in order to strengthen their roles as beacons of light in the dark. This was performed by the Shaman to clear a chakra (major energy point in the body's energy field), which would

cleans the physical body. It was found that not only would the physical body be cleansed, but the spiritual would be enhanced as well.

TODAY:

In modern Spain, Mexico, Greece and Italy, the candling process is still practiced as a folk remedy for sinus problems, headaches etc.

Rolled up newspapers are used for ear candling in South America and Mexico. Reeds are still used by some Indian tribes, the Choctaw Indians used no cones but they blow the smoke of the herbs into the ear canal.



Medical students in Germany are taught ear candling as part of their medical practice

This therapy is rapidly gaining in popularity with holistic practitioners and thousands of people have found relief from an assortment of ailments.

HOW DOES THE THERAPY WORK?

The candle, which is hollow, works like a chimney. When the candle is lit at the top, there is a mild suction which will draw out impurities from the ear into the lower section of the candle. The rising air inside the ear then sets up a vibration which will gently massage the ear drum. This helps to regulate the pressures involved inside the ear. The effect of this is sometimes experienced by the client as a “lighter feeling” in the ear and head areas.



The flow of air creates a circulation of concentrated vapour from the herbal extracts; this is soothing, calming and protects the irritated areas. The warmth of the flow stimulates the circulatory and lymphatic systems and increases immune defense and cleansing. It also stimulates energy and reflex points.

The chimney effect inside the Ear Candle and the natural movement of the flame serve to gently massage the ear drum. This has an effect of regulating ear pressure. After treatment the clients usually describe a soothing, liberating, light sensation in the ear/head area. While the candle is burning a pleasant warm sensation can be felt.

Osmosis may play an important part. (Osmosis is diffusion through a semi-permeable membrane e.g. skin.) Through this method smoke soothes the sinus and nasal cavities.

From an esoteric point of view the cleansing fire carries negative vibrations away from the fine metabolic energy fields and harmonises the energy status.

WHAT ARE THE CANDLES MADE OF?

The Hopi ear candle ingredients:

Organic cotton

Honey

Beeswax

Sage

St John's Wort

Chamomile
Vitamin A

HOW ARE EAR CANDLES MADE?



Recommended Biosun candles look like this and are CE kitemarked for safety

BioSun Ear Candles:

The ear candles are crafted in Germany from a traditional Hopi Indian recipe. The pure linen roll is impregnated with 100% beeswax and powdered medicinal herbs including Sage, St. Johns Wort and Chamomile. The linen, beeswax and herbs are sourced from certified organic producers and are tested as free from all environmental toxins.



SAGE: Is a carminative, astringent and circulatory stimulant which relaxes peripheral blood

vessels

ST JOHN'S WORT: *As a restorative tonic for the nervous system and an analgesic*

CHAMOMILE: *As an anti – inflammatory, anti spasmodic and sedative*

BEE SWAX AND BEE POLLEN *e.g. Propolis – support for the immune system.*

The heat generated by the ear candle also plays a large part in the healing process. Apart from acting like a chimney and creating a vacuum effect to draw out impurities, localised heat has soothing qualities and acts much like a fever would in cleansing the body.

Please note on a professional level I only recommend the use of Biosun candles. To my knowledge they are the only ones that are safety kite marked and there are some horror stories on the net about wax leaking from cheaper homemade alternatives.

WHEN TO USE HOPI CANDLE THERAPY

Ear Candles are used as a clearance therapy to harmonise and cleanse the energy of the recipient and can be used for many problems associated with the ear and head area.

Ear candles have been known to help in the temporary relief of the symptoms of: Headaches, ringing in the ears (tinnitus), glue ear, sore throat and allergies; will aid removal of excessive ear wax; may also help to relieve pressure after flying, deep sea diving or whenever an imbalance of pressure has occurred i.e. caused by altitude; may also help to relax and calm by relieving symptoms of stress and anxiety.



SPECIFIC PROBLEMS FOR WHICH THE USE OF HOPI TREATMENT IS RECOMMENDED:

Irritation of the ears and sinuses e.g. hay fever

Excessive or compacted wax in the ears

Headaches

Migraines

Sinusitis

Rhinitis

Glue Ear

Ringling in the ears Tinnitus

Relaxation and calming – stress related

ADHD and behavioural challenges

Benefits:

Improved hearing and vision

Heightened sense of taste and smell

Mental clarity

Reduced sinus fluid

Better lymphatic circulation Alleviated vertigo Relief for Meniere's disease

Relief of Tension in the jaw (TMJ)

Cleansing of the chakra

This treatment is considered safe for children under supervision as well as adults. It involves the use of a lighted flame so normal precautions should be taken.

PURPOSE AND BENEFITS OF EAR CANDLING:

Clean out old and excessive wax build up and other debris

Clear out yeast build up

Dispel fluid build up

Promote lymphatic circulation

Improve immune system

Eliminate backed up mucous

Alleviate allergic conditions (especially to any of the ingredients in the candle)

Discourage candidiasis

Diminish chronic sinusitis

Enhance hearing

Relieve chronic ear pain

Restore equilibrium

CONTRA-INDICATIONS

WHEN IT WOULD BE INADVISABLE TO USE HOPI EAR TREATMENTS:

There is an acute or obvious infection of the ear

There is an allergy to any of the contents of the candles

Grommets are in place

Recently perforated ear drum or lack of ear drum

Inflammation of the inner ear

Recent ear nose or throat surgery (including tubes)

Boils, cyst or open wound in the ear

Acute mastoiditis

Ototosclerosis

Ear tumour

YOUR CHILD WILL NEED TO BE REFERRED TO A MEDICAL PRACTITIONER IF IN ANY DOUBT REGARDING THE CONDITION PRESENTED.

HOW OFTEN DO YOU CARRY OUT A THERAPY?

With acute problems such as colds or ear infections:

Day 1 — Use 2 times a day (morning and evening)

Days 2 — 4 Use once a day in the evening.

With chronic problems such as tinnitus, hearing weakness, pressure in the head, blocked noses and migraine:

Use **3 times** in the first week,
2 times in the second week,
Once in the third and fourth weeks.

For managing behavioural challenges try once a week but monitor results

For normal prevention, or just to clear the head use once a month.

HOW TO ADMINISTER A HOPI EAR TREATMENT



Because the body has two sides, one ear is not the same as the other ear. Your right side is your physical side; this side comes from your father. It is your masculine side. Your left side is your emotional side; this side comes from your mother. It is your feminine side.

So therefore when you are carrying out a treatment, the results will be different every time. This is because you will have different emotions and physical demands on a daily basis.

When your right ear is being treated, try to focus on the physical things that you have/have not been doing for your body. I.e. are you taking your vitamin supplements? Are you telling your body that you “don’t like...”

When your left ear is being treated this is the time to let go, or allow issues to surface and have a look at whether they have been resolved.

NOTE Starting with the right side in any energy therapy is good advice as healing energies flow from right to left, even if you are left handed. Another school of thought suggests that

you work with the good ear first and then the bad one in order to establish the body's healing process.

THE STAGES OF A HOPI EAR TREATMENT:

How to prepare the room:

Your child will need to lay comfortably for this treatment. It lasts approximately 12 minutes for each ear and of course in cases of ADHD this can be a challenge! However in such eventualities you cannot beat the TV or a favourite DVD! Often it is very reassuring if the child can rest their head on your lap whilst you carry out the treatment.



The room should be quiet (perhaps with some relaxing music playing) in other words no one else coming in or out of the room to be a distraction – very often your child will fall asleep whilst you are carrying out the therapy. Room should not be too hot or too cold, perhaps dimmed lighting to be more relaxing but airy.

You will need to make sure that you are comfortable whilst you are carrying out the therapy – so cushions on the floor are great for your child but watch out for your knees!



Make sure you get everything together in advance.

You will need:

A pair of Biosun Candles

A bowl of water to douse the candles in when you have finished

A box of matches to light the candle

A glass of water for your child to drink afterwards

A paper towel to lay the candles on after you have burned them down

Sequence of treatment:

Get your child to lie in a comfortable position

Position yourself around your child comfortably. Take the candles and you will notice that there is a red line 3/4 of the way down the candle. Light the end that is furthest away from the red line.



Place the unlit end gently into the ear. Be careful that the pressure is light but at the same time you want to create a good seal. If you see smoke seeping out from the base of the candle into the ear it will not be so effective.



By placing your hands around the base of the candle it will ensure a good seal and also that as the candle burns down then no bits of ash could fall onto your child's face.



When the flame has burnt down to about a centimeter away from the top of the red line, you will need to gently remove the candle from your child's ear. Douse the lighted flame in the bowl of water and then place the extinguished candle on the paper towel to examine the contents later.



If there is any residue of powder or ear wax left behind in the ear then this can be gently removed with a piece of cotton wool. Do not poke cotton buds in to the ear.

Ideally your child should lie still for about 5 minutes after you have finished the treatment in one ear, then not get up too quickly, and then when sitting up have a drink of water that you have provided.

At this point you will need to swap ends, get comfortable again and repeat the process for the other ear. You will always need to do both ears in order to maintain balance but generally you only need to use 1 candle per ear.

When the treatment is finished your child will need to relax again and have a drink of water try to keep them in a calm space afterwards in other words – this is great before bed time rather than going out to play!

You can unwrap the candle along the seam at the end. There is some debate as to whether or not the residue that is drawn into the candle is from the ear or the candle itself. This is hotly debated on the internet however my personal experience is that it is from the candle as one of my therapists once extracted a piece of paint in the candle, the client worked in a

car spraying bodyshop – interesting!!! Do not worry if there isn't much residue, the process has still taken place and the therapy works on a number of different levels as we have discussed above.

REMEMBER:

As there is a loss of fluid during use, it is recommended to drink a glass of water after every treatment.

It is also beneficial after each ear is treated, to take some time to rest and relax.

If it happens that smoke should escape from the end between the ear and the candle please adjust the candle. Only through the lightness of touch is the comfortable pressure and drawing effect produced.

If you experience tooth ache during the treatment, please consult your dentist. You may have a tooth problem.

If the nose runs after a couple of hours this is a normal reaction.

EVALUATING THE RESULTS:

Bench marking: This is the technique I described above, by monitoring your child's sleep patterns on the days when he or she has a treatment and also observing concentration and focus when they are working on activities. Also when your child has appeared to have hearing difficulties – monitor the levels of the TV volume – this should indicate improvement in this area

Examining the contents:

Sometimes a powder is left in the ear or in the candle as a residue. The powder is a cream colour and accumulates in large quantities. This is ash gathering in the auditory canal and then being pulled back in to the ear candle. The large quantities occur when there is not a proper seal between the opening of the ear and the ear candle.

Orange powder with clear crystals in it is most likely toxins

Black specks in the wax or powder is most likely Candida otherwise known as thrush

Remember, everyone is different, and what is present in the ear candle after burning is important, but if you're a novice, it may be difficult to interpret what is in the ear candle, People are more impressed with such things as improvement in hearing, balance, or relief of sinus problems.

ALWAYS DISPOSE OF USED CANDLES WITH CARE AND DO NOT LET THEM COME INTO CONTACT WITH PART OF YOUR ANATOMY!

IF YOU DO COME INTO CONTACT WITH THE RESIDUE AFTER THE CANDLE IS CUT OPEN, IMMEDIATELY WASH YOUR HANDS WITH AN ANTIBACTERIAL SOAP.

EAR RELATED PROBLEMS

Glands in the ear canal secrete a substance called Cerumen, which helps to cleanse the ear of debris. This collects as wax, and tiny hairs in the ear remove it without our help or without us noticing. Earwax is important as it protects the ear from infection.

Problems arise when there is a build-up of too much ear wax. Many people attempt to poke objects such as cotton buds into their ears in an attempt to clean them. This usually pushes the wax further down into the auditory canal where it can become compacted. In this hardened form it is unlikely to escape naturally and if left for a long period it may harden, causing blocked ears, earache, reduced/dull hearing, itching, ear and head noises etc. Often, pain from the pressure of wax on the sensitive lining of the ear canal, which becomes swollen, makes the blocking sensation worse.

Many older people assume their hearing difficulties are age-related when, in fact, it is more commonly due to years of inadequate cleansing. Soap can enter the auditory canal and actually harden earwax. Having ones ears syringed is an unpleasant experience, which can lead to perforated eardrums.

OTHER RELATED PROBLEMS MAY INCLUDE:

External Otitis: Infection by bacteria. This is the usual cause of boils in the outer ear. If it is spread it can be bacteria, fungi or allergic reaction.

Acute otitis media, May be due to the spread of infection from upper respiratory tract through the ear canal into the middle ear cavity. Infection can lead to the buildup of pus, rupture of the ear drum and discharge from the ear.

Chronic otitis media In this condition there is damage to the ear drum membrane

Deafness in young children, this is usually nerve deafness and may be due to:

Genetic abnormality

Rubella in the mother in the first three months of pregnancy

Acute hypoxia at birth or soon after

Deafness in older children and adults: This can be due to impaired transmission of sound waves in the middle ear. It may be caused by:

Wax in the outer ear

Acute or chronic otitis media

Damage to the ear drum. E.g. excessive force used when syringing an ear, attempting to move a foreign body, a severe blow to the head, an explosion.

Sensory - neural (perceptive) deafness

This is a result of a disease of the cochlea, auditory nerve or the hearing area of the brain. The individual usually hears noise but cannot discriminate between sounds i.e. hears but cannot understand.

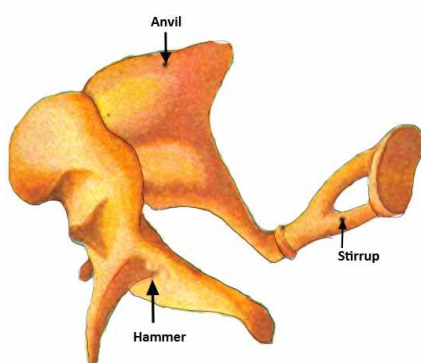
Our ability to hear is amazing and a true feat of engineering. I have included some information in this next section to show you how amazing it all is:

THE MIDDLE EAR AND INNER EAR

The middle ear cannot be seen as it lies behind the ear drum. It contains three tiny bones called the ossicles. Each of these takes its name from its shape. The hammer is joined to the eardrum and is connected by the anvil to the stirrup.

The inside of the ear is a very delicate and intricate structure, as it needs to pick up the tiny movements of air that make up each sound.

To register clearly, the air movement has to be made bigger and clearer and the three tiny bones of the hammer, anvil and stirrup act as a kind of mini amplifier. Whenever a sound vibrates the eardrum, the drum rattles against the anvil and the anvil shakes the stirrup.

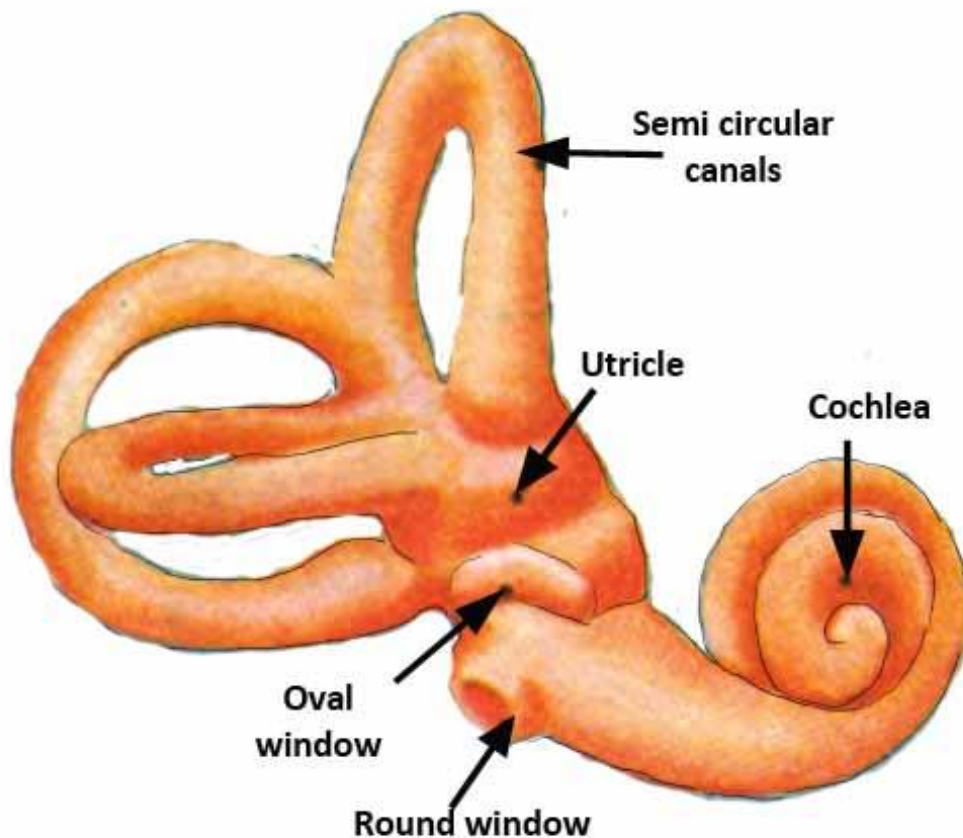


Because the hammer is the biggest of the ossicles, it moves along way with each vibration. The stirrup is the smallest bone in the body only 3 millimetres long and vibrates only a little way, but each vibration is that much stronger.

The extra force makes the vibrations strong enough to vibrate the fluid in the inner ear.

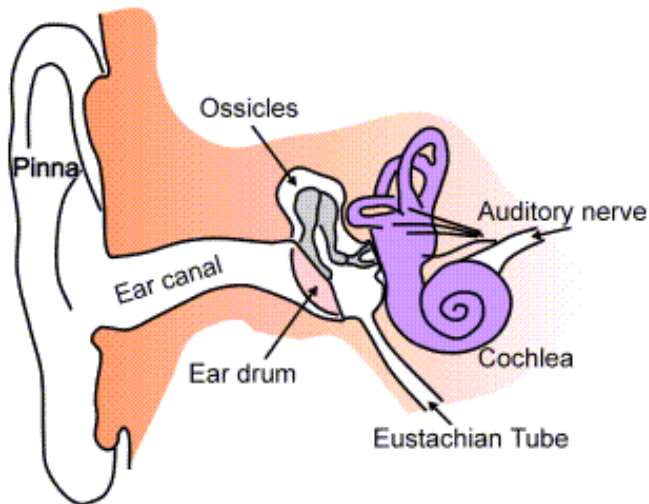
THE INNER EAR

The oval window: The amplification begun by the ossicle is completed as the stirrup rattles on the membrane entrance to the inner ear, the oval window. The oval window is 30 times smaller than the eardrum so the vibration is compressed and intensified.



The organ of Corti: There are three tubes running through the cochlea. Inside the middle tube are rows of fine hairs under a membrane flap. These rows are called the organ of Corti. When the stirrup knocks on the oval window, it sends pressure waves shooting around the cochlea. As the wash up and down, they wobble the organ's flap. When the organ's flap moves it tugs the hairs to and fro, playing on them like hands gliding over harp strings. As the organ's hairs are tickled, they send signals to the brain, revealing the sound.

The inner ear contains a maze like structure of tubes called the labyrinth. This includes three semi circular canals which affect our sense of balance by telling us which direction we are moving. These tubes and two small sacs, the utricle and sacule are connected to the vital nerves which take the messages to the brain.



The ears play an important part in the sense of balance. As you can see from the diagram, the semi-circular canals are at right angles to each other in the inner ear. These are filled with fluid which shifts as the head moves. The canals contain the fine hair-like sensors. As you move your head, the fluid tends to stay still pressing against the sensory hairs making them bend. This creates nerve impulses which send signals to the brain telling it to restore the balance of our body.

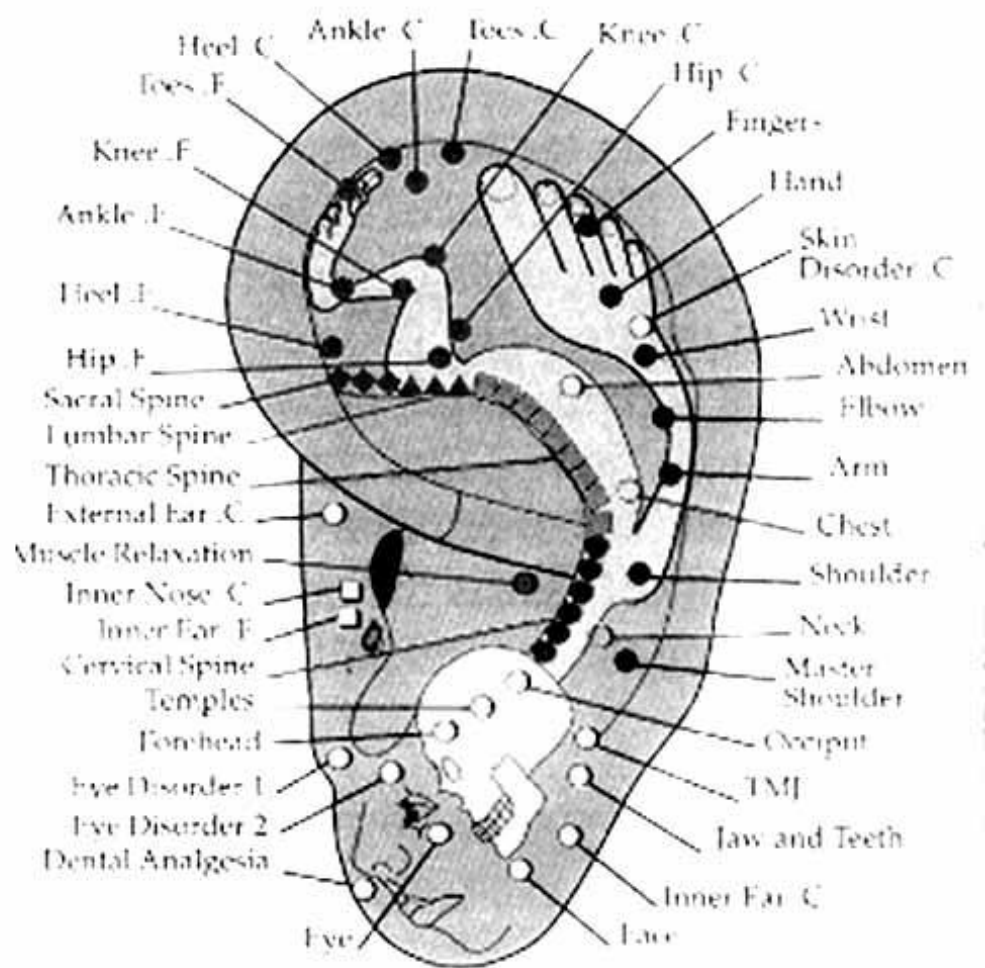
If you've ever flown in a plane you will have experienced how pressure builds up in the ear until eventually they go 'pop'. As the plane flies higher it means the pressure drops quickly. This means that the pressure inside our ear is higher than outside. Your ears have a special way of balancing the pressure. Your middle ear and the back of your throat are joined by a narrow Eustachian tube. A valve at the throat end of the tube opens when you go up in a plane or a lift. This lets air from inside your middle ear rush out. The popping sound is the rush of air.

The number of sound vibrations that happen in a second causes different sounds. This is measured in Hertz (HZ) the more vibrations in a second, the higher the tone, the greater the Hertz.

We measure the loudness of sound in units called decibels db. The quietest sound that we can hear is about 10db. The ticking of a clock is about 20db. People talk at about 60db. A

loud rock concert reaches 100db, whilst pneumatic drills measure about 120db. Any constant noise over 90 db is considered dangerous.

I started off this Stepping Stone introduction by explaining that Hopi Ear Therapy or Auricular Candle Therapy is a Holistic Therapy which means that it works on different levels. If you look at this picture you will see that from a holistic principle you can work with the ear as a way to heal the whole body. In holistic theory every part of the body is a holistic representation of another part. Paul Nogier, a French neurologist researched and introduced the concept of auricular therapy in the 1960s. The picture of the ear resembles the shape of a child in the womb. In the diagram you can see the overlay of different parts of the body on the ear. Any therapy that involves working with the ear will work on the whole body as well.



And finally from a holistic point of view, we can see what different ear conditions tell us about what is happening in the life experience. This relates back to our introductory

explanation as to how the sense of hearing differentiates experiences we receive on a daily basis on the impact of past perceptions.

THE EARS

The ears are where we hear things, through them we take in our sound reality and then position ourselves according to that impression. When we are not happy with what we are hearing we will withdraw energy from that area or close off the hearing.

When we cannot deal with or accept what we are hearing, we withdraw energy from that ability...

Ear infections can occur when what we are hearing is causing us irritation, emotional upset, conflict and disharmony- literally infecting our hearing. In a child this might be expressing conflict to do with the home environment, or fears and disharmony at school. Indirectly the ears are also to do with maintaining the balance of the body— mind as it moves through the world. This balance keeps us upright and focused, able to be centered and directed. When we lose our centre we lose our balance. This can also happen when we are at odds with what we are hearing!

Deafness: A withdrawal from hearing or of taking in the reality around us, deafness is often a response to not wanting to hear what is being said, or is the result of vocalized trauma, and is associated with, conscious as well as unconscious choice. It is also a way of creating a barrier between ourselves and our world. Deafness says. 'Leave me alone, don't bother me'; it is a great defensiveness. By decreasing the awareness of our ears, we decrease the ability for our ears to function.

Dizziness: This expresses itself in a loss of centre, of stability and feeling grounded. Reality has become overwhelming, and within that we lose our sense of balance and harmony.

Ears: the ears are for hearing so problems in this area are directly to with that function. Deafness can arise when we lose that function.

Often 'hard of hearing' is a very selective process. When talking with the elderly we soon find out that they can hear perfectly well when they want to, but immediately become hard of hearing when it is something they don't want to hear! Loss of hearing or earache can arise from being over criticized, either by others or even by ourselves. Earaches can occur when what we are hearing is causing us pain and mental anguish, and is causing us to ache inside.

The ears are also our means of finding our balance and therefore self control and equilibrium. When our ears are out of balance it is inevitably showing us that our lives are out of balance or out of control, that events are making us dizzy and uncentered.

If we are not recognising what is happening in our lives then the ears will show us that we need to find a new balance and harmony . If only one side of our balance or hearing goes off then we can look at the qualities inherent in that side and apply them to what is happening

in our daily reality. Remember what I was saying about left being female influence or it could mean past issues. Right hand side means masculine or present issues.

To find out more information on the holistic approach or if you have any questions about this approach please contact me – lin@HETwebsite.com .

Please watch our video relating to this therapy and for those of you have an interest in holistic approaches or are trained in holistic therapies. Please enquire about the Holistic application of Hopi Ear candles, which I cover in more depth in a separate tutorial.

Please find attached below a leaflet produced by Biosun in respect to the proper use of their candles:



The original BioSun Hopi EarCandle is a truly safe and natural product. Made according to the traditional Hopi Indian recipe, the ingredients include pure beeswax, precious honey extracts and organic linen. These are combined with powdered Indian medicinal herbs, such as sage, St. John's wort and chamomile, well known for their healing properties.

BioSun EarCandles are a safe choice because they contain the exclusive cross-shaped barrier which prevents any liquid wax or excess condensate from entering the ear. This barrier is eco-friendly, being made from environmentally compatible PE.

METHOD

Each ear should be treated one after the other. We generally recommend one treatment daily for up to seven days in acute cases, one to two times a week for chronic indications, and one treatment regularly every three to four weeks for preventative or revitalising indications.

PRECAUTIONS

No contraindications are known to date, but as a precautionary measure, we advise against using EarCandles if the eardrum is perforated or if ventilating tubes (grommets) are present. Do not use if there is an acute ear infection. Remember that a patient should not be left unattended during treatment.

PREPARATION

EarCandles are easy to use. Ensure that the atmosphere is calm and relaxed, so that the EarCandle can display its full effect. The patient can contribute here by keeping higher eyes closed. Before the therapy is started, ensure that there are no draughts in the room. Place a glass of water within reach, so that the remainder of the EarCandle can be extinguished after it has burned down. As a precaution, the surrounding region of the head may be covered with a cloth. Take precise note of the following instructions and their sequence.

INSTRUCTIONS

1 Lighting

Lie the patient down on their side in a comfortable position. Support the head slightly so that the auditory canal is in the vertical position. It is best to sit on a chair by the patient's head. Now light the EarCandle at the end **without the red printing**. The EarCandle will continue to flame throughout the treatment.

2 Positioning

Fit the lit EarCandle (not the burning end of course!) gently, but tightly into the auditory canal with a gentle twisting movement. If the candle fits properly, no mist concentrate should issue from between the EarCandle and the ear.

3 Therapy

Hold the EarCandle loosely between the thumb and forefinger during the therapy. Do not squeeze tightly together! Keep the EarCandle as vertical as possible. The patient will experience a pleasant crackling and rustling noise during the burning. In the final phase, the heat flow intensifies comfortably and pleasantly. Do not worry, the linen fabric which has already burned does not fall during the burning process.

4 Extinguishing

Leave the EarCandle in place until it has burned down about 2/3 of its length, to **1 cm above the red line**. **No further!** Carefully remove the remainder of the EarCandle and extinguish it in the glass of water.



5 Rest Period

After both ears have been treated, we recommend a subsequent rest of 10 to 15 minutes. This greatly assists the overall effect. The patient should remain lying down and can be comfortably covered with a blanket. Gently massage the ear, face and neck to enhance the effect.

6 Examine

Check the ear canal for any condensate residues. Remove these carefully with an ear cleaner or small wooden stick. Do not push the residue back into the ear. Do not use a cotton bud.

BioSun EarCandles are excellent in the treatment of nose and throat congestion, sinusitis, headaches, T.M.J. pain, tinnitus, and otitis externa/tropical ear. Ideal relaxation treatment for stress or anxiety related symptoms. Softens earwax for easy removal.



SAFE AND PURE

BioSun EarCandles have obtained the prestigious CE mark (93/42-EEC) for medical devices in Europe. No other ear candle in the world has this extraordinary level of certification.

BioSun Hopi EarCandles are crafted in Germany from the highest quality ingredients and are regularly tested at an independent laboratory in Germany. They have been shown to be free of all chemical pesticide and fungicide residues. No other candle worldwide is tested in this way.

CONSUMER ALERT!

There are presently many inferior "home-made" ear candles sold in Australia. These are made from paraffin wax, a petroleum by product, or a mix of paraffin and beeswax. Such candles have no safety features and reports of burns from dripping wax and falling ash are commonplace. For your safety do not use any candle other than safe pure BioSun Hopi EarCandles.

The Best EarCandle. The Best Price.

Distributed by:



HOW THEY WORK

The healing properties of the Hopi EarCandle has its foundation in two primary physical actions. Firstly, the slight underpressure (the chimney effect) inside the EarCandle and the vibration of the rising air column serve to gently massage the ear drum and promote secretion in the frontal and paranasal sinuses. This has an immediate subjective effect of regulating ear pressure. Users often describe a soothing, light sensation in the ear/head area. Secondly, the locally applied warmth stimulates vasodilatation, invigorates the immune system and reinforces the flow of lymph. At the same time, important acupuncture points and reflex zones are stimulated.

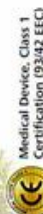
The herbs in BioSun EarCandles have been used for centuries for their specific healing qualities.

Chamomile as an anti-inflammatory, anti-spasmodic-sedative.

Sage as a carminative, astringent and circulatory stimulant which relieves peripheral blood vessels.

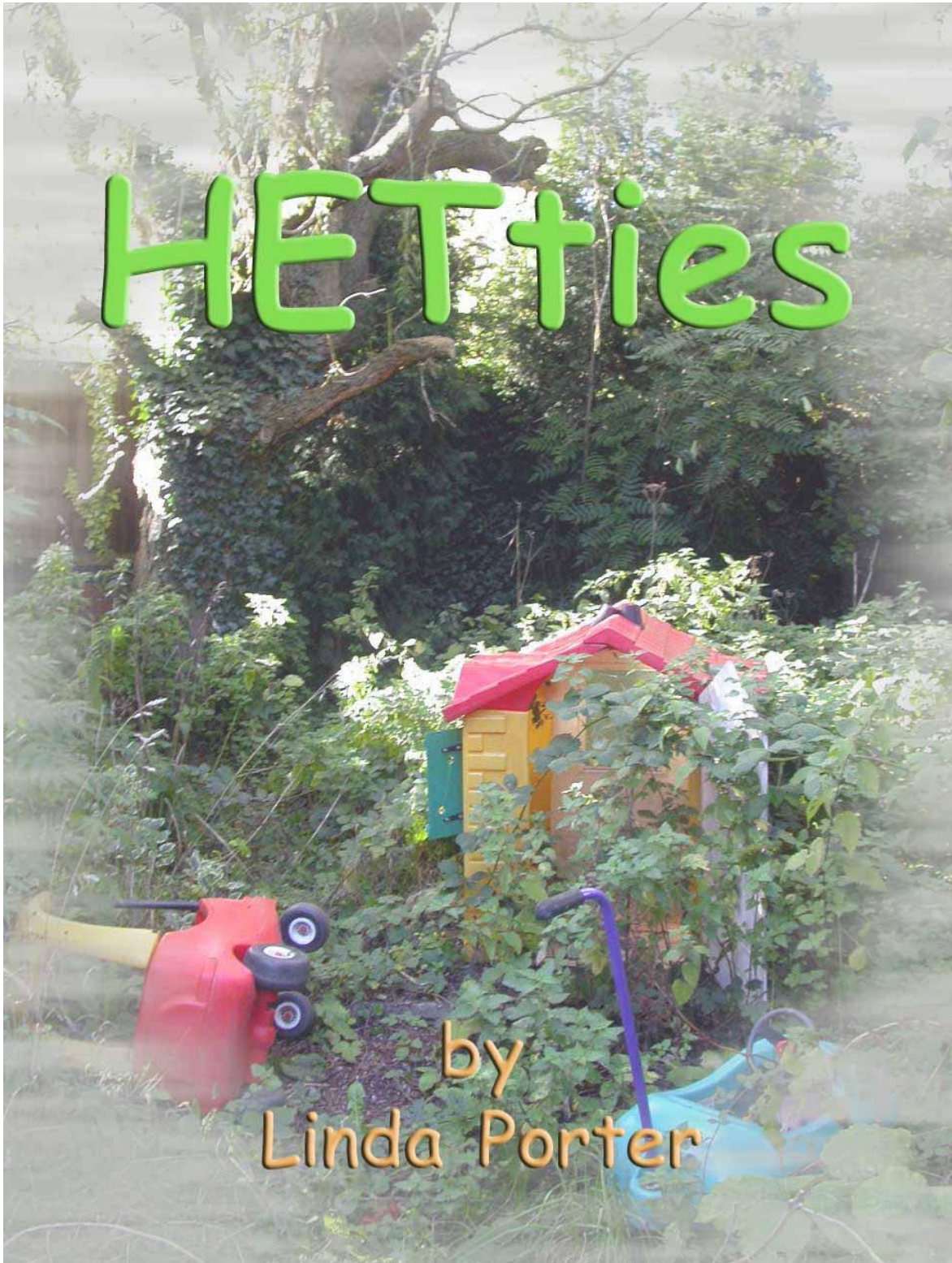
St. John's wort, as a restorative tonic for the nervous system and an analgesic.

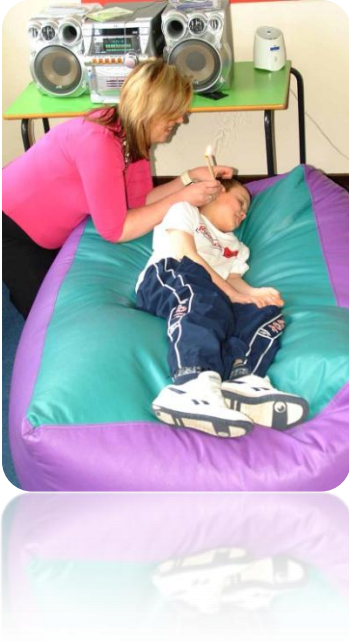
All these in combination are very effective in the treatment of head and ear related problems.



The next section of this book, in the APPENDIX, includes the corresponding chapter from HETties, the children's book for HET. It is included below for you to start working with this part of the programme with a young person as soon as possible.

APPENDIX





Now for this particular part of the stepping stone journey, I want you to imagine what it would be like to walk around all day with your head in a bucket. Let's assume there are holes in there to see out of and breathe through, but not to hear properly what is going on around you. What do you think that would sound like?

Ok, you are getting the picture! Now imagine the echoes inside the bucket are all packed up with treacle inside. So the echoes are deadened and muffled?

Now imagine turning up a volume switch onto maximum. What is that going to sound like? What would happen if that was all you could hear? How hard it is to make out what people are saying to you?

To make it much worse, these people are appearing to be angry with you because you miss some of what they are saying, you can't keep up with it all and it is too much.

This is what it is like for people who suffer from something called early, undiagnosed glue ear. It is a condition that is caused by the ear making a very sticky substance, like glue that clogs up the fine tubes in the ear and makes it difficult to hear things properly at an early age. Because of this the brain doesn't make the right connections to certain sounds and the problem can carry on as that person gets older. If that person is in a room that is very big

and echoes, like a school hall for example the sounds can build up, amplify and echoes merge into each other. Or if they are in a very noisy environment it can all be too much distorted information coming in and that can cause an overload. The person may be unable to cope with that and when they don't know what to do. This is when their behaviours can become very 'HET' up.

Sometimes the situation is not as extreme as all of this, but still the incoming information in sounds can become very overwhelming and make it difficult to concentrate and focus on what you need to do.

Sometimes there are things going on around us that we don't want to listen to because they are distressing or upsetting in some way. What can happen then is that our mind closes down to that information coming in and so we switch off to hearing things around us.



There is a relaxation technique that we do in HET that helps us to chill out in these situations. Helpful when hearing is difficult, because of physical problems like glue ear or with emotional issues when what we hear is hurtful. This is called 'Auricular Candle Therapy' or 'Hopi Ear Therapy'. Here is a picture of what it looks like to have the therapy. It looks a bit strange, having your head turned into a birthday cake with a candle stuck in your ear!

However, it is one of the most relaxing things that you can do. It is said to have originated from a tribe of Native American Indians called the Hopi. They are a very spiritual and wise tribe of people. In their tribe they would have a 'Medicine Man' whose job it was to look after his people's spiritual and physical health and well being. These people still exist in native tribes around the world today and are known as the 'Shaman' of the tribe.

When you have this therapy, which is quite safe and very relaxing it not only improves how clearly you hear information, but it seems like it cleanses your head from worrying thoughts. Very often, you can fall asleep whilst you are having the therapy.

One of the things that Hopi Candle Therapy does is to help you sleep better. It also helps you focus better, pay attention more and calms your thoughts. All this as well as helping any hearing problems that you might be experiencing.

The candles look like this:



Your HET helper will be able to get hold of some Hopi candles for you and can learn how to give you the therapy from the website.



The candles are hollow inside and they are perfectly safe because the flame stays a long way away from you and your helper learns how to do this for you. There are some ear problems where you can't use the candles but again your HET helper can check this out for you. The candles are like a chimney and that causes a gentle vibration to go through your ear that you experience as calm and relaxing. This effect sometimes makes you go sleepy.



The candles are made from some natural products like Organic cotton and:-

Honey

Beeswax

Sage

St John's Wort

Chamomile

Vitamin A

All of these are included to help calm and soothe you.

SPECIAL MISSION:

Earn a HET token. By posting to HETwebsite about your ear candling experience, we will email your HET helper a 'Chill Out' token to put towards your treasure chest.