

*The  
Ancient Art  
of  
Candling / Coning*

*Celebrating 30 years of manufacturing rose cones and teaching coning classes  
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## **The Ancient Art Of Ear Coning Answers to Common Questions**

by Valerie Anne Kirkgaard, Ph.D. (honorary)  
President of the Coning/Candling Company

### **What is Ear Coning?**

Ear coning is a safe, simple home remedy for gently removing excess wax and toxins from inside the ears and eustachian tubes. Long, tapered cones are inserted into the ears and lit. The waxy, tacky smoke generated by the beeswax cones spirals down into the eustachian tube and then returns the toxins which return back to the cone. The entire process is relaxing and noninvasive.

### **What Are The Cones Made Of?**

The cones are made of strips of unbleached cotton dipped in a mixture of beeswax infused with rose oil. They look much like cotton candy cones. The particular cones sold by the Coning/Candling Company are handmade by us. Though there are a large variety of cone sizes and styles, we have settled upon this particular cone for a variety of reasons. Our cones tend to run 12 inches in length; some make cones that are 8 to 10 inches. When you burn a cone, for safety purposes, it is wise not to burn the last 4 to 6 inches. This protects the sensitivity of the ear. On short cones, this greatly reduces the usability of the cone. Often it requires 2 short cones to do the job of one longer cone.

We prefer to make rose cones. The rose oil becomes a part of the smoke that goes into the sinus and nasal cavities and soothes them. We are interested in having cones of the highest possible frequency. We use premium beeswax.

Rose oil is also the highest frequency. The human body has the potential of vibrating at 200,000 cycles per second. The average

persons frequency is about 20,000 cycles or one tenth of what is possible. Since ear coning elevates the electromagnetic frequency of the body, we prefer to use the highest possible grade of cone ingredients. The higher your frequency, the easier it is to function and create. We also twist the end of the cone to prevent debris roll back.

## **What is the History of Ear Coning?**

The art of ear coning dates back for centuries, to the ancient Egyptian, Chinese, Tibetan, Aztec, Mayan and American Indian cultures. Cherokee, Mexican Indian and European healers interested in reviving the lost traditions still practice coning. German medical students are taught coning as a part of their medical practice. It is said that the Amish use ear cones as well.

In working with clients over the past years (since 1992), I've heard interesting stories about ear cleaning which have included the Turkish bringing coning to the middle east, and beautiful girls cleaning ears in Thai barbershops. The culture of India gives its own special brand of ear care with men who publicly walk the streets offering to clean your ears with long instruments carried in their hats which they will whip out and use to clean your ears for a penny (they produce some amazing results). I have also heard that the Egyptians had a form of coning and worked with frequency medicine. Ear cleaning has been practiced for at least five thousand years by many cultures and is considered as necessary a part of personal hygiene as is tooth and gum brushing.

## **How Does The Process Work?**

Let it be known we are cleaning the eustachian tubes. As the beeswax candle/cone burns, the burnt beeswax forms a slightly tacky powdery smoke. As you look into the top of the burning cone, you can see the smoke spirals down in the cone. As the smoke is pushed into the tube, the sticky particles adhere to toxins and incoming smoke causes them to return to the cone to be collected, as the blocked tube is in itself a closed channel. This is why paraffin cones (which are oil based and mildly carcinogenic), lack significant effectiveness - they do not smoke. The heat from the paraffin cones

does however stimulate the acupuncture points, which is a good thing.

The eustachian tube is one of the drains of the lymphatic system, which has the daily job of cleaning your blood. It releases the toxins it accumulates through the surface of the skin, the elimination tract and through the eustachian tubes. These tubes are quite small and eventually become blocked, due to the large amounts of inorganic substances which our bodies incur. Examples would be: prescription drugs, chemicals in our foods, plastics etc. and toxic substances in our water and air.

Most people assume that when their ears feel blocked or stuffy, it is an ear wax problem and about 1 in 20 times, this is true. Coning can remove ear wax, and it co-mingles with the cone wax. You'll notice that the mingled wax tends to be darker. Wax is usually not the problem though and replaces itself within 24 hours. What tends to give people the most problem, is what I refer to as eustachian ash or the residue from the lymphatic system which frequently blocks the tubes. The ash, which when removed from the cones can range from light ivory color to orange swirls with bits that look like brown crystals or small brown broken bits of beer bottle glass.

You guessed it, the brown crystals are the most toxic and are actually irritating the inside of the eustachian tube. People with this condition tend to experience tension in their neck and shoulders and sometimes in their jaws. When these crystals and toxic powder are released, relaxation and sinus relief is the result. As the body is allergic to many toxins found in the tube, sinus problems frequently are resolved as sinus congestion can be a reaction to the toxins.

Found in the ear, inside and the back, are all the acupuncture points for the entire body. When the cone burns, the heat from the cone stimulates the points in the ear, thus stimulating body organs. When I first started coning, I wondered, how the smoke got under the surface of the skin because people would say, they could feel the

process in their stomachs or legs or liver, etc. Originally, I thought the smoke went into the inner ear through a process called Osmosis. Now, I think not. The eustachian tube and the contents are our targets.

At the Coning Company, we work with an understanding of frequency medicine and have our cones manufactured to our specifications. We use rose oil, which is the highest frequency known, and premium beeswax to make our cones. These high frequency cones cause the body to release toxins at a higher rate than paraffin or standard beeswax cones.

Coning/candling puts us into an alpha state and is very relaxing. This very gentle and non-invasive process leaves participants with a sweetly stoned or just awakened look.

## **What Can I Expect During and After the Session?**

If you have excessive hearing loss, you might be more aware of the candle heat than an average hearing person as your feeling senses are more developed than a regular hearing person. Since we leave 4 to 6 inches of candle left unburned, you have nothing to fear from the heat or flame. Most people are aware of some crackling and popping as the candle is burned and the ear wax is being pushed out. Relax and enjoy the soothing influence of the experience.

After the session you may feel lightness in your head and noises may appear to be louder. While you adjust to your new level of hearing, you might want to put some organic cotton in your ears with a little hydrogen peroxide or olive oil to soothe the ear canal. This works very well if you feel itching in your ears. The itching will stop.

You might find your sinuses are draining and sinus headaches can decrease. This decrease occurs as the sinus cavities are soothed and plates of the skull return to a natural position. Sinus headaches are often caused by a misalignment of the cranial bones. These cranial plates can become misaligned for a variety reasons including: birth trauma; colds; toxins in the environment; and allergic reactions to the foods we eat, the clothing we wear, and the paraphernalia we use (e.g telephones). This is aided by the heat stimulating the acupressure points in your ears.

Many people experience an improvement in hearing and a wider perception of tones. However, if you have a hearing loss due to bone loss or nerve damage, you may notice no improvement in your hearing though you may notice an improvements in some other areas.

## **What Will Come Out Of My Eustachian Tubes?**

Most people think that all they have in their ears is ear wax. However, most difficulties are due to substances other than wax. If you have a history of prescription drugs and/or poor diet, you will have large amounts of a powdery substance emerge. I call it eustachian ash. If you're a farmer, what comes out of your ears may wiggle (worms), for a plasterer, old plaster dust and so on. What comes out of your ears is determined by your external and internal environment.

If you burn a cone outside of the ear, you will notice that the cone will produce powder and wax. The powder is similar in color to the powder in a healthy ear. The more toxic ear powder is orange, frequently with crystals. Because of their high toxicity, the orange powder and crystals must be disposed of safely.

When I cone, what I'm after is the powder. The more toxic a person is, the more orange the powder. People suffering from Candida frequently exhibit this orange powder with dark swirls in it. [back to top](#)

## **How Frequently Should I Have Coning Done?**

For health, we suggest 3 conings, 3 to 7 days apart. It is suggested you cone in groups of three until you feel complete. Once you have established a healthy relationship with your ears, it is appropriate to clean or have them cleaned 2 or 3 times a year. The Egyptians coned 11 times in a row, not more than a week apart to hear God. It all depends upon what you're after. After the tubes are open, you will know, for you can feel smoke at your collar bone, I suggest you cone as frequently as you have your teeth cleaned.

## **How Will Coning Affect Me?**

As I mentioned earlier, you may feel stoned (a pleasant version). Coning starts a cleansing process which might have a variety of results. Some known benefits of coning include: the

removal of ear debris from nerve endings; the detoxification of the sinus and lymph system; and the sharpening of mental functions, vision, hearing, smell, taste and color perception. (I became more telepathic after one particular coning).

Interesting things have occurred as I have coned peoples ears. Some have forgotten to put their hearing aids back in. Others have had emotional releases as the toxins left their bodies. Some people have had an improvement in their sinus conditions and some have felt generally more vibrant. I've had reports of color perception becoming brighter. Many report hearing distinctions in sound and tone that were not available to them before. People have said on occasion that they are able to listen to conversations with more ease and perception.

Sometimes people are not aware of the changes and yet I know something has improved, just by the vast amounts of powder that are removed from the ears.

### **How Do I Store Ear Cones?**

Keep your cones in a cool, dry place until you are ready to use them. If your environment is very hot, you may put them in the refrigerator. If you accidentally flatten or dent one of your cones, warm it gently and reshape it.

### **How Did You Get Involved in Ear Coning?**

I got into ear coning by the back door. My professional background is that of a Marriage Family Child Counselor and I am the developer of an innovative emotional clearing process called Directed Breath, the Kirkgaard Method, in which I am able to assist people to erase emotional charges from the past. Visit <http://www.doctorvalerie.com> for more information on this process I began to see the links between the emotional, physical and spiritual body. As we work to evolve, it is necessary to release the toxins produced in the living process. Colonics, healthy diet and coning are

complementary tools on our journey to enjoy the full potential of our bodies.

Since most of humanity lives in or seriously dabbles with fear (false evidence appearing real), we will design a future that protects us from what we fear. In addition to our internal conversation of fear and protection, many of us are deficient in the nutritional information that would allow us to feed and nurture our bodies optimally. Uninformed nutrition coupled with an environment of stress keep the body in a highly toxic state. Those toxins end up in a variety of locations, including the ears.

Enter The Whole Life Expo (a health & consciousness conference) and my exposure to coning. I had to try it and I was amazed how clear my car stereo sounded after the treatment. When I thought about the toxins released from the body in the purification program, I knew some of these toxins must end up in the ears and I had a pretty good idea they must be having some effect. This heralded my entry into the arena of ear coning.

Please remember, as you detox (be it emotionally and/or physically), the toxins released have to go somewhere. Most people believe that their bowels and urinary tract are the sole avenues of elimination; the truth is, 70 percent of body toxins exit through the skin. Additional toxins are removed through the lymphatic system, some of which empty into the eustachian tubes. Ear coning pulls debris from these tubes and the removal of this debris frequently relieves some sinus conditions.

## **Why Ear Coning?**

I decided to teach ear coning because it a process of great value and can be learned with relative ease. You can do ear coning for yourself, a friend or a family member, which includes your pets. Though I prefer having my ears coned by another, you may cone yourself by looking into a mirror.

We go to professionals for things we can do for ourselves and



each other. Ear coning falls into this category. Lack of information and fear have separated us from a valuable health tool. This art is potentially miraculous and inexpensive to practice.

**The Coning Company** & Ear coning have been featured on CBS and KCAL. While the KCAL story was favorable, the doctors interviewed by CBS raised some concerns about ear coning and said that this practice should only be handled by a licensed physician. The two Articles portrayed two different points of view by the reporters. In the Los Angeles Times article, the reporter had her ears cleaned and loved the process. In the second article, the reporter was afraid of the idea and transferred it into the article. Two stories, two different points of view. From the first article, we got a lot of satisfied clients. From the second article there were no calls. If the process attracts you, find someone trust worthy and try it. You've got nothing to lose that you'd ever miss. Many musicians, singers and composers love to get coning done, for it heightens cavity resonance or the way they hear sound.

Ear coning has been done in many families for centuries: many people tell me this is something their mothers did for them. Although some doctors perform ear coning, anyone can learn to be quite competent with just a few hours of training. To say that ear coning should only be done by a physician is similar to saying that only a physician is qualified to take a temperature.

If a person has a great deal of embedded wax buildup, I suggest they go to an eye, ear, nose and throat specialist to have it removed. Ear coning will remove the wax; however the process can be quite slow and therefore costly, if done by a professional. Regular maintenance of the ears, through quarterly or semi annual coning will maintain healthy ears, once the eustachian tubes have been cleared. You know when the tubes are clear, as you will feel smoke or warmth by the collar bone.

## **How Do I Do Ear Coning?**

**IMPORTANT NOTICE:** Neither The Coning Company nor the author assume any liability for the coning process. The information given should not be construed as either a prescription or diagnosis of any ailment. The diagnosis of illness should be made by a licensed physician. If you have a serious ear disease or an upper respiratory infection and are considering this technique, please consult your physician before you begin this treatment. No claim is made for the cure of any disease or ailment.

**Don't candle anyone who has had a perforated eardrum, unless you have their permission first.** It is possible they could experience pain. In most cases, they will not and they can. If they experienced pain, it is simply a sensitive area. Remember, you have only the gentle movement of smoke. No damage was done.

If someone has had candida or taken a lot of prescription drugs, leave 5 inches of unburned cone. This allows you to avoid the possibility of igniting the powder in their ears and causing pain.

### **LET'S START CONING!**

Supplies You Will Need:

1. 4 or more ear candles
2. paper towels
3. a bowl of water
4. a paper plate
5. a sharp knife
6. 2 wooden BBQ skewers (included with our cones)
7. Q-tips, cotton balls
8. olive oil
9. a long necked lighter (you don't want to burn your fingers)
10. a plastic bag (to dispose of waste)

### **Coning Procedure:**

1. Create a mood with pleasant music. (My favorites are Pavoroti and the Yearning. You'll find your own.) Besides the atmosphere music provides, the person being treated can often enjoy hearing enhancement as the process progresses.
2. Place a towel on the resting area to protect your furniture from wax drippings. Rest the person's head on a small pillow covered

with a paper napkin or towel. Ask the person which ear they would like to have you candle first and have them lie on their side with that ear up.

3. Place a towel over their shoulder and clothing for protection from dripping wax. If by some chance, you do get droppings on a persons clothes, the cleaners does an excellent job of removing it.
4. Take a slow, deep breath to center yourself.
5. Take the paper plate and carefully cut an "x" 1 inch from the edge of the plate - with a sharp knife. Push the small tip of a new ear candle through the "x". Angle the candle so any wax drippings will fall on the plate. If you are concerned about setting the plate on fire, cover it with aluminum foil. Never use a foam plate. They are highly flammable.
6. Light the large end of the candle and insert the small end into the ear, angling the candle away from the person's face. Angling the candle protects the person from dripping wax, and prevents wax from running into the ear canal. We also twist the end of our cones to lessen this possibility.
7. Adjust the candle in the ear to seat it properly. (You may have the person assist you). If smoke is coming out of the ear, the candle has not been seated properly. Adjust until the smoke stops.
8. Allow the candle to burn 2 to 3 inches.
9. Remove the candle and turn it upside down over the water bowl. (The candle should extinguish itself when you turn it upside down). If the candle does not extinguish, simply continue the coning without cleaning out the cone, or put the cone out in water, trim with scissors and relight. The cone will crackle as the water burns. Use the skewer to push the debris out of the candle and into the water bowl. (NOTE: This can be smoky - watch out for smoke detectors). As soon as you relight the candle, the smoke will stop.
10. Relight the candle and continue burning until 4 to 6 inches of candle remains.

11. Douse the candle in the bowl when you are finished.
12. Repeat Steps 6 through 11 if you have removed large amounts of wax and powder, or if the ear still seems plugged.
13. Have the person turn over and repeat Steps 4 through 13 for the other ear.
14. Clean out the ears with a Q-tip dipped in olive oil or hydrogen peroxide 3%. This soothes the nerve endings. (NOTE: Do not go deeply. Clean only the part you can see).
15. If it is windy or cold, put some cotton in the person's ears for the first 3 hours to protect them. (When it's warm this isn't necessary).
16. Make sure you dispose of the debris and used cones in a sanitary way. The material can be infectious. Washing thoroughly after performing the service is a very wise action.

**CONGRATULATIONS - YOU'VE JUST DONE AN EAR CONING!**

**IMPORTANT:** Although ear coning is a fairly simple process, we highly recommend that you take an ear coning class or buy the starter kit which includes a DVD. This DVD shows a coning show we did in the 90's to show people what the process looks like. The only change since that time is the placement of the x we put in the paper plate to place the cone through. Instead of putting the x in the center of the plate, we now place it at the edge of the plate to allow a larger surface for catching wax droppings.

**The Coning Company** offers monthly ear coning workshops, in which you will cone someone's ears and have your own ears coned. You may also arrange for private classes. You will also receive two pair of ear cones, a certificate of completion, and detailed ear coning instructions. We will also travel to your city for a class of 6 or more.

**Do you have any other things you have learned over the years you have been coning?**

**The Coning/Candling Company & Dr. Valerie Anne Kirkgaard, Ph.d. (Hon.) 001 310 455 8623**

For those of you who have inflamed sinuses (and post nasal drip) from smoking (all kinds of smoking) or allergies of any sort, you can use a neti pot daily. I use a mixture of salt water in mine and it



really helps me with dry or inflamed sinuses. Check on the internet for the best way for you to use it.



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