

# Connecting with the Power of FIRE

## ASSIGNMENT FOUR – Charge Up Your Inner Fire

Raising your personal energy for spell work is a fire exercise, as it “Charges” you up to infuse energy into whatever spell you are doing. We are doing this exercise now so you can feel your own personal energy rising for future studies in spell work.

You can get in touch with your personal fire with this simple, yet powerful exercise. Find a place you feel comfortable being very loud and expressive.

Stand upright, in a posture you feel the strength of your body. Connect mentally with your fire center – in the area of your solar plexus (just above your belly button, upper portion of your abdomen). See the bright light growing and feel the heat generated within you.

Place your hands on your Fire Center and begin patting the area forcefully (not too hard) with your hands.

Begin to recite this affirmation out loud over and over again:

**I am a POWERFUL & STRONG Being!**



Each time you recite this affirmation, say it louder and louder, until you feel the energy building to a peak. When you feel that the energy has built up high enough within you, thrust your hands above your head and proclaim:

**This Is My True Nature!**  
**And so it is!**

Enjoy the feeling of raised energy within you. Be in that space of strength and power for the rest of the day. You can do this practice anytime you feel you need to raise your energy.

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Consider eating spicy food today and/or engaging in high energy activities (dance, sports) to keep the inner fire blazing.

Spicy food is a good way to feel the heat of fire, and get a rush of energy. Indian food is also a great choice (vegetarian or meat dishes – especially Vindaloo dishes) or Thai, or Mexican that is spicy.

Step into your courage (fire) and try something new!

