

Connecting with the Power of FIRE

ASSIGNMENT THREE – Experience the Fire

Today, have an actual fire!

Whether it's a bonfire in your outdoor fire pit or chimnea, or a small fire in your indoor fireplace – spend some time working with real fire. If you have no fire pit or fireplace, you can simply light a large grouping of candles, in fire-safe holders or a container.

Settle down in front of your fire and gaze into the flames for a while. What do you see in the flames? What do you feel as you gaze into the fire? Listen to the sound of the flames. Pay attention to the smell – wood smoke or candles. Hold your hands out over the flames and feel the heat.

For extra drama, do this exercise in the dark, and notice how much light the flames generate.

Get in touch with fire in its most primitive form!

Now that you've connected with fire take some time to do this spell.

Fire is purifying, and an excellent way to “Let Go” of anything that no longer serves you.



We use fire as a simple banishing rite: Write down anything you wish to let go of on a piece of paper – it can be a list if you have a lot of items! Fold the paper up and as you put it in the fire say:

*I let go of this burden!
Purify & transform the energy
to serve my highest purpose!*

*I am free!
I am light!
I am whole!*

Blessed Be!

Repeat these words as many times as is necessary to feel that you have let go of the issues.

Envision yourself being free of your worries and burdens.

