

Connecting with the Power of FIRE

ASSIGNMENT ONE – Meditate FIRE

Your activity today is to listen and participate in the Fire Meditation that we've recorded for you, found on the Fire Lesson Page.

Feel free to do the meditation multiple times if needed to really feel the connection with the element of fire.

Take some time to reflect and write down what Fire has to teach you.

- 1) Did you notice any physiological changes while you were doing the meditation? (i.e. goosebumps, warmth, changes in your breathing and circulation). This element can “spark” processes in your body.
- 2) You may have found that you were more visually stimulated by this meditation as Fire is associated with sight. What images were most striking to you?
- 3) How do you feel the element of fire can be used in your day to day life, as well as your magick?



4) Notice throughout the day, the different ways fire “shows up” for you. This could be an incident with electricity, candles, colours, creativity, lust, transformation of some kind. As fire is both creative and destructive, you may have arguments or a “falling out” with someone who no longer serves your higher good. Fire has a way of purging and transforming your life.

Have fun today connecting with the element of Fire. Fire is associated with sight so you may see some interesting things today! Go outside if possible and feel the heat of the sun on your face. Take a sauna or do some activity that involves heat. Light candles. Do an activity or sport that really “charges you up” personally. Feel the power of fire! You can refer to the Fire “cheat sheet” to help you recognize the nature of Fire.

