

A person wearing a dark green, hooded robe with long, flowing sleeves stands with their back to the camera in a field of autumn leaves. Their arms are outstretched to the sides. The background is a soft-focus landscape of trees with orange and yellow foliage under a pale blue sky. A semi-transparent purple rectangular box is overlaid on the lower half of the image, containing white text.

Awakening to  
*the elements*

Week 3: Fire

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## *Week 3: Fire*



This week's element is Fire. Imagine it...the warmth, the yellow flames and the orange glow. The heat of a log fire. The flickering flame of a candle. Just like air, fire can be both gentle and chaotic.

Imagine the destructive flames of a forest fire. As humans we are often seduced by the beauty of fire, it can be almost hypnotic. It is magical. We gather around it, gazing softly at the ever changing flickering as the flames dance. What thoughts or feelings come up for you when you think of fire. Is there any fear connected to it? If so, just breathe and know that you are safe here.

Fire is also connected to our hearts. To love and passion, to creativity and inspiration. In what ways does fire express itself as creativity in your life? Do you feel inspired by what you do? Can you feel the spark of inspiration often in your heart? Do you follow its calling? How could you bring even more creativity into your life?

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What about passion and love? Do you allow yourself to love fully? Do you experience yourself as a passionate being? And what is your relationship to anger?

Fire is also connected to spontaneity. Look at this aspect of your life. Do you plan everything or are you open to surprises?

Consider these things and write a bit about what comes up for you in your journal or in the workbook.

## *To do this week*

### *1. Decorate your altar*

It is time to change your altar to invite the energies of fire! You may want to put more candles on the altar. You can dress it in yellow, red and orange. Place items of gold colour on there as well as items that make you feel powerful and strong. Images or statues of Fire Goddesses or snakes are also good. Again, as always, follow your own intuition.

### *2. Listen to the guided fire meditation (mp3)*

### *3. Experience fire*

This week, focus on things that awakens your passion. What do you love doing? What makes your heart and body buzz and sing? What makes you feel really warm inside?

Also notice the presence of fire in your surroundings and in the world. Look both at the gentle flame and the roaring wild fires.

Every evening, or whenever you have time, write down your experiences in your journal, or the workbook.



#### *4. Daily meditation*

Sit at your altar and light a candle. Take a few breaths, as many as you need to feel centred. Some days we need more time to ground than others. Allow yourself the time you need.

A sign of when you are grounded is that you feel that you are truly in your body and that your thoughts calm down.

When you are ready open your eyes and look at the candle. Imagine breathing in the flame. And let its warmth and energy centre in your heart. Feel it warming you up from inside and filling you with strength, creativity and passion. After a while you can feel it spreading to the rest of your body. When the sensation of fire in your whole body is strong, close your eyes and just sit with it for a few minutes. Enjoy it. Love it.

When you feel ready, open your eyes and make the intention of carrying this intimate connection with fire with you for the rest of the day or night.

#### *4. Journalling*

Continue to write in your journal, or use the workbook. Write down your questions, discoveries, pleasures and moments of gratitude. Write down all the ways that fire touches you this week.

#### *6. Ceremony to be done at the end of the week.*

You will need two candles and a lighter or matches. Do not light the candle yet. I will let you know when to do it.

Just sit down at your altar and breathe for a few minutes until you feel grounded, and feel that your mind has calmed down a bit. Your intention is to open up your heart and soul to the element of fire, to invite them into your very being.



Sit for a few moments and invoke within yourself the sensations of fire that you have experienced this week. Breathe deeply. Feel it in your body. You are now going to light the first candle, but before you do, talk to the energies fire, the Goddess of Fire and invite Her in. Use your own words. She will hear you, and She will come. When you have invited Her in, light the candle.

Bring to mind all the ways in which you are totally awesome! It might be that your dog loves you, you might be a great singer, you might love to draw, you might be fantastic at being home alone, you might be a great reader, speaker, performer, or a magician when it comes to make-up! You might be loving, kind, helpful, mindful and strong. Small or big. Bring those things to mind and really feel them in your body. Savour that awesome feeling of how you experience yourself when you are in your power!

Tell yourself that this is who you are. Goddess sees you, She hears you, She knows.

When you are filled with the awesome powerful feeling, get ready to light the second candle.

Before you do, set the intention that this awesome feeling will radiate out into everything else you do, and onwards into the world. Now light the candle. Breathe it in, and breathe your power out, feeling how it moves within you and moves out into the world. You are powerful.

Stay for a few moments in this feeling of inner power. Breathe. Enjoy. When you are ready, thank the Goddess and the Fire for their presence and if you want to, blow out the candles. If you are planning to stay home you can leave the candles burning.

Wonderful! Well done! You are now ready to journey with Water!