



The Fire Practice Primer

An Introduction to Fire's Medicine

SACRED  FIRE



FIRE.

It warms us.

It lights our nights.

It cooks our food.

And there is something else.



Fire is a spiritual and energetic force that can bring great benefit to our lives.

Wise ones through the ages have said that our relationship with Fire is what made us human. Fire has been a protector, teacher, and invaluable ally to people since our beginning.

We've never lost this connection to Fire—but as we've drifted away from our close relationship with nature we've forgotten it.

Modern life moves so fast, changes so quickly, asks so much of us. It can leave us feeling disoriented and unfulfilled. We need a time out, a place to go to get centered, to clear out the confusion, to reconnect with what's important in our lives.



When we spend time with Fire, we intuitively sense its importance. Our bodies remember.

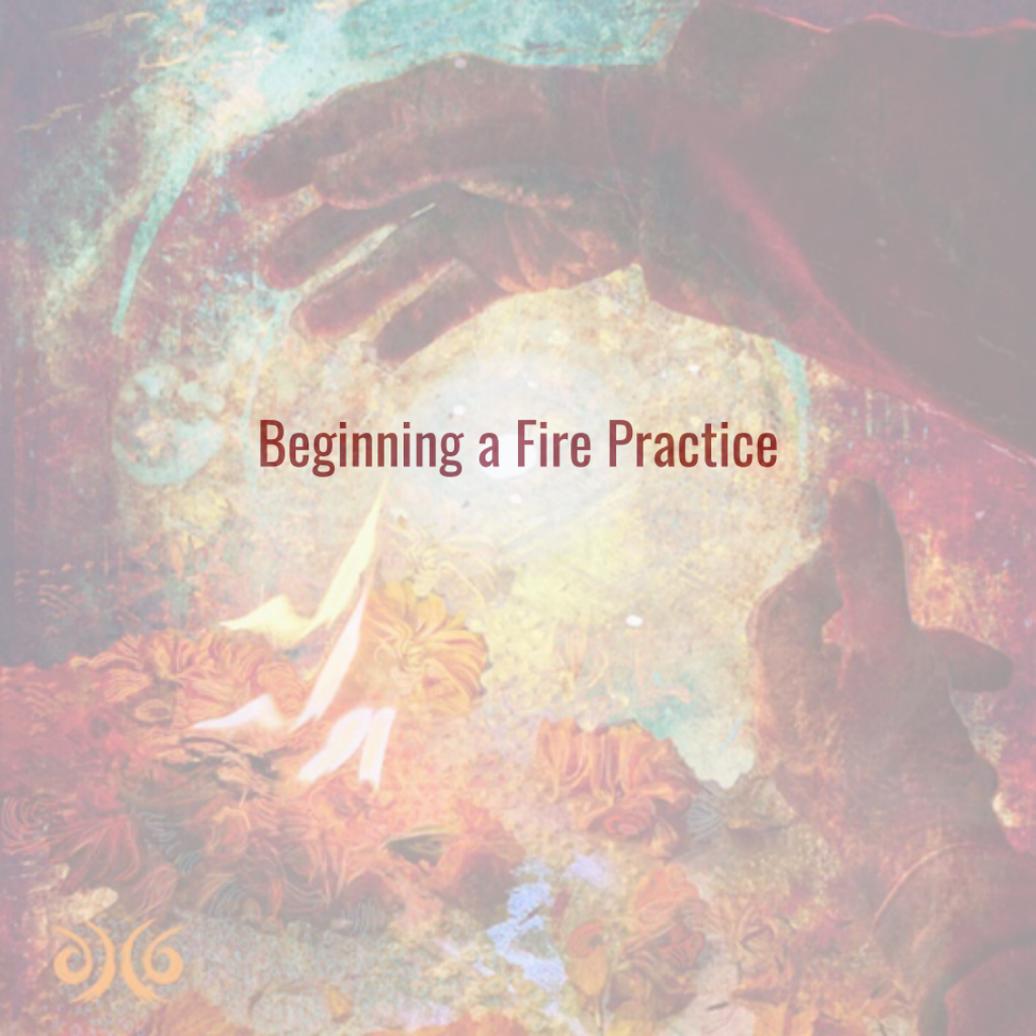
We can't resist being drawn to an open fire. It feels so natural to sit with others around the warmth and flame. To chat, to share a meal and stories, to enjoy music, song—and even silence.

Fire brings us together.

Fire makes things feel special, momentous, sacred. The birthday candle wish, a flickering fireplace at the holidays, the romantic touch of firelight, candles burning in places of meditation or worship.

Fire brings togetherness and significance into our lives.





Beginning a Fire Practice





Building a personal, strong and supportive relationship with Fire is a conscious act.

Find a quiet safe space and dedicated time to build your Fire practice. You may wish to enhance your focus by creating an altar—as simple as a small table or shelf—with a candle and a few items that stir your heart in a way that supports your purpose.

As you light your candle, consider feeling an intentional statement in your heart, such as: “This space, this time, this action, is a sacred moment. Thank you, Fire, for being here with me.”

Or perhaps, “I am approaching Fire, and my relationship with Fire, with respect and as something special that holds potential to benefit my life. For this I offer thanks.”



Breathe deeply. Give yourself the opportunity to slow down.

Let your mind release and relax. Bring your attention to the flame alive before you. Begin to take in what is present in the moment. Notice any and all of it.

At first—and this is natural—you may have many thoughts tumbling through your mind. **Allow them, without judgment, and as they're noticed gently release them into the flame.**

Gradually, you may become fully aware and present with the rhythm of your breathing, of the sounds surrounding you, of moods that are running through you.

Let your gaze and attention return to the Fire.



In this space of the Now, gently release nagging regrets of the past and concerns about the future to the flame.

Release the mind's judgment and labels. Let go of assumptions about others and resistance to seeing things in a new way. Let Fire consume and digest the bits and pieces of your fears.

As it burns, Fire illuminates the darkness. It reveals what's hidden. It thaws frozen emotion. It sears away what no longer serves. It provides protection that strengthens courage.

As you release your mind's chatter about concerns, doubts and worries, relax and open your breath, your heart space.

Let Fire sort the details and transform you.



With each release, a clear stillness may appear, expand, and open more fully.

And in this stillness, another voice—**the voice of Heart—**
has a chance to be heard.

This Heart voice appears as a wordless feeling more often than as a spoken phrase. It may appear in fleeting moments, like calm dips between choppy waves.

Relax. Open to it.

Suddenly, you may know how to move with a problem. You may feel a shift in self-awareness. You may discover an old resentment has softened. You may simply know what it's like to BE.



**The energetic essence of Fire is the
energetic essence of Heart.**

**A relationship with Fire builds our
relationship with Heart.**



This Practice takes practice!

The more focus put into your Fire practice, the more consistent the benefits received. Consider keeping a journal of your impressions and remain unattached to any specific outcome.

In time, as your mind grows comfortable with releasing judgments to the flame and discerning the signature voice of Heart, you will have a **valuable resource to guide you when making important life decisions.**

As you deepen your relationship, you'll see that Fire is a significant, lifelong companion and ally to support you, come what may.



As you grow in your relationship with Fire,
you may glimpse something in the flames.

A certain feeling that Fire *knows* you.
That you're in the presence of
something very old and wise.





Fire and Community





It's Fire's nature to create community.

For most of human existence, Fire was our center, our connecting point. We gathered around it to make meals, make plans, raise families, work out conflicts, tell stories, and give thanks.

As we modern humans have become enthralled with technology, we've replaced hours spent together by the fire with hours spent alone in front of flickering screens.

We are 'more connected' than ever. Yet people report feeling much more disconnected and lonely than ever before.



Consider spending time with friends and family around Fire.

Everyone loves gathering around an outdoor fire. There's a magnetic draw, like it's in our DNA. We feel more alive and connected. We belong.

Re-igniting this ancestral pastime gives people a chance to relax, enjoy each other, catch up on news, open to nature, and deepen relationships.

Because Fire is the energy of Heart, it fuels the connections between us. Conversation flows more easily, food tastes better, the jokes are funnier and music feels more danceable around our old friend.

Over time, as a group of people return regularly to gather around Fire, a rich tapestry of relatedness is woven of shared memories, celebrated milestones and life transitions.





The Firekeeper



Tending Fire for others is a big responsibility.

When you develop your Fire Practice with a candle and experience the restorative benefits of sitting around Fire with friends and family, you'll begin to sense Fire's ability to enhance people's relationships, awareness and purpose.

Under the right conditions, **a fire gathering can be a place to experience Fire as a spiritual presence.** Fire transforms with its innate capacity to burn away the mind's emotional deadwood to reveal the voice of Heart.

Because Fire is such a potent force for change, Firekeepers hold a very special role in preparing and tending the activities around these medicine fires. A Firekeeper's training and facilitation skills are critical to create a safe container for the energies and strong emotions that can arise.



Sacred Fire as a force for social and spiritual transformation

Sacred Fire sponsors community fires around the world to help people find the Heart connection and shared human experiences that lie beneath our societal differences.

Sacred Fire Firekeepers introduce a simple ceremony of gratitude and respect that deepens attendees' connection with Fire, the natural world, and each other. The circle becomes a safe, supportive place to explore feelings, experiences, perspectives and relationships.

Sitting in sacred circle around Fire—our ancient partner, friend and teacher—people can heal the disconnection between heart, mind, and spirit and can feel the joy of finding true purpose in life.



Deepening relationship with Sacred Fire

Since 2004, Sacred Fire has spread to ten countries and four continents thanks to people who are passionate about Fire's gifts.

You're invited to join us around a sacred fire in person or online. Visit sacredfire.org to find out more about our Community Fires, Fire Speaks events, and LifeWays programs.

We hope this Fire Practice Primer brings value to your relationship with Fire. If a spark has ignited and you'd like to know more about Firekeeping and how to bring Sacred Fire into your community, visit sacredfire.org/firekeeping or email firekeeping@sacredfire.org.

We welcome your questions and comments. Email feedback to outreach@sacredfire.org. See you around a fire!



DISCOVER. CONNECT. RENEW.

Web: sacredfire.org | Facebook: [@sacredfire](https://www.facebook.com/sacredfire) | Instagram: [@sacredfirecommunity](https://www.instagram.com/sacredfirecommunity)

Sacred Fire is building a Heart-centered future on a foundation of ancient wisdom, nature's cycles and the medicine of Fire.

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