



# How to Do Your Own Fire Ceremony

A fire ceremony is a powerful ancient and energetic experiential practice used to release unwanted energies and attachments from the past and make space for new intentions. The ceremony is used to release unhappy memories, beliefs, fears, negative emotions, people, and anything that you are holding onto that doesn't serve your highest purpose.

## Elements to the ceremony — to prepare:

Fire – is the element of transformation, illumination and destruction / rebirth. This ceremony is best done outside, in all the natural elements, with the usual fire safety considerations of course. But indoors at a fire place is also fine.

Offerings – in any ceremony, ritual or creation of sacred space, it is protocol to make an offering to the energies that are supporting you. Offerings can be such things as sustainably harvested ceremonial tobacco, dark chocolate, flowers, sweets, incense, corn meal, or resin. In this case you may wish to make offerings to the fire that will burn easily, or may also create a scent. Use items from your area...in other words, if you live where there is lush greenery, use flowers from your garden. If you live in the city, use incense, chocolate or sweets.

A List of What You Are Letting Go Of – you may wish to cut up in advance many small strips of paper where you write all the things you wish to let go of. Or perhaps everything is written on a large page. Naming out loud the things you want to let go of is also an option.



## Instructions for fire ceremony:

1. Write down what you want to let go of on individual strips of paper. Some things to consider while you write down what you wish to offer to the fire:

What no longer serves you?

What brings you less than joy?

What diminishes you or your quality of life?

What stories do you tell yourself that are simply not true?

What resentments do you continue to hold?

Who do you need to forgive?

Who or what do you blame for your unhappiness?

What beliefs keep you small?

2. Make the fire.

3. Sit down in front of the fire, introduce yourself out loud to the fire (it is an energetic being), and then make your offerings to the fire (sage, incense, flowers etc.)

4. Invite in your ancestors or any influence you wish to bring in to come and be with you at this time.

5. Call in the four directions, and call in the heavens, the moon, the sun and the earth to accompany you at this time. You can call in the various creatures that roam the earth too.

5. Speak your intention to the fire, i.e. "I wish to offer up these things in my life I want to let go of so that I may live a life of joy, freedom, success and love..." (your words here).

6. As you offer each piece of paper to be burned, name what you are burning out loud.

7. When you are done, thank the fire, thank all the energies that supported you during the ceremony.