

FIRE LIGHTING

Look at your left hand, (or your non-dominant hand). When you use this hand, it opens doors within you. Using it allows you to enter into a non-ordinary realm. With this hand, pick up the match you've been given. Like a sorcerer's wand, it carries the magic of fire. In your other hand, your hand of doing, pick up the object you carried on your journey here. Hold it gently, comfortably. Let it become part of you.

In front of you burns a sacred flame. It is a Catalyst - a Beginning. And Beginnings pulse with power. Focus on this flame and go within yourself. Feel the places within you that are tense. Notice places you are holding tight, those places are like locked doors or veils, held firmly in place. They hold energy you've ignored, feelings you'd rather not feel, things you don't want to see.

When you light your match with the sacred flame, it's like a sorcerer's wand gently unlocking or loosening these areas. Be aware as you ignite the fire. You are the sorcerer holding the wand. Be the sorcerer. Ignite the magic of the fire and as you do this, keep your awareness of that place of tension within yourself at the same time. As you gaze into the fire, imagine it the key to unlocking doors within, loosening, unfolding, relaxing. Become the fire.

Now, as one, we will light the fire in the center of the

circle. Watch your fire catch hold - feel it catch hold inside of you...building. Gaze deep into the fire, entering deeper and deeper. Now, carrying this fire with you, being the fire, enter those unlocked places within yourself. Open the door, move aside the curtain, and step inside. This is the holding place. Those things you haven't let go of. What's in here that causes you pain, sorrow, fear. What's in here that holds you down - that you haven't let go of. This energy holds you down, it keeps you from dancing in your fire.

Feel the energy it sends out, see its form, its texture it's taste and smell. Now, transform this energy into something you hold in your hand. Use your magic. Call upon your power to coalesce the energy into the object in your hand. Feel it's weight. Remove it from of the holding space and see it in your hand. You are the fire holding this energy. Your fire energy surrounds it, tastes it, learns it. You, the fire, acknowledge the higher purpose this energy existed for. It was here as a gift for you. What has it taught you? Thank it for its teachings.

You are the flame. This energy has weight that you can transform, from solid to ash. It transforms as you do. You no longer carry it's weight within you. Feel the lightness. Your fire burns higher, brighter.

Look into the fire in the circle. Feel it's heat and warmth. It is power. Feel the heat and warmth inside you. You are power. Take the object in your hand and put it in the fire. As you watch it, if you feel moved to, give voice to what has been transformed in whatever way you choose to.