

Reclaiming Your Power with Fire Ceremony

Preparation:

- Leading up to the ceremony pose the question to yourself “who or what have I given/been giving my power (Inner Fire) to? Observe with curiosity who or what comes to mind/heart.
- Select 5-7 small common Earth stones/pebbles, each one will represent a person or subject for the ceremony.
- Select a space for the meditation and ceremony. Somewhere you’ll not be disturbed and are comfortable sitting up for about 20 minutes. The space should also have enough room for you to physically place your stones in front of you.

What you’ll need for the ceremony:

- Your stones/pebbles
- A candle
- A simple offering for the fire (tobacco, dried herbs, a few strands of your hair, flowers or fruit, etc.)
- *An eye covering that you can drape over your head while sitting up (scarf or bandana work great). This way when you look down you’ll be able to see in front of you and will still have some cover over your eyes to keep out the light.

The Ceremony

Close your eyes and place yourself on a Moonlit forest path in the night. Ahead you see a campfire and walk towards it. As you approach the campfire you notice 2 seats across from each other with the Fire in the center. You take your seat and sit with Fire for a moment. You ask Fire to help you to illuminate and release what’s not yours and reclaim what is. You give an offering to Grandfather Fire in exchange for their assistance.

You place a stone (physically and in your visualization) in front of you and call for someone or something with whom you have given your power away to, to come sit with you. This can be a person, habit, attitude, etc. You say what needs to be said and state “I reclaim what is mine and release what I’ve been carrying for you.” You reach across the fire hand them back what belongs to them and take back what belongs to you. (Repeat until you feel complete). At the end if it feels right step into the Fire and allow the fire to cleanse you of any remaining debris. Step out give thanks and follow the path back to your body.

When you are complete with the ceremony, release the stones to an Element by leaving them on the Earth, in a water way, or to a fire.