

# Fire Ceremony

We will do this ritual Live with our Radiant Community. If you cannot make it Live, you can do it any time on your own, using this PDF as a guide. Know that whenever you do it, you have the collective support of our Radiant Community.

You will need:

Comfortable space

Bowl of water

Paper and Pen

Lighter/Candles

1. **Create an intentional space for yourself.** This means creating at least an hour for this practice where you will be undisturbed. Make your space feel special.. clear the area, put down a special blanket or cushions, light candles, put on some calming music that feels good. Get yourself something to drink: water, tea, cacao. Bring photos or items that are special to you, perhaps images of your favorite deities or saints, crystals or singing bowls, etc. Make the space feel special, comforting, and beautiful. This is a self love practice in itself.

2. **Tune in.** Breathe slowly. Clear your mind as much as possible.

### 3. Ask yourself....

What fears are coming up for you in this process?

What is holding you back? What is stopping you from shining your brightest?

From stepping out into the world confidently? From putting your passions and offerings out there?

From feeling satiated and happy with your life?

4. **Write all of these down** on little strips of paper

5. **BURN THEM** and release those old patterns and fears that kept you small!

(Hold the burning paper over the bowl of water for safety, drop it in once burned)

As you watch them burn, say goodbye and good riddance!

Tell them, "I am so done with you!" "I release this fear / limiting belief"

6. Speak **AFFIRMATIONS** to yourself that are the opposite of what the fear was.

Example: If you wrote down "fear of others judging me as being too much", your affirmation could be:

"I shine bright, no matter what others think of me" or "the judgements of others do not stop me from shining my light"

7. **Embody this change.** Sit or stand up straight, tall, & confident. Dance, shake, or move your body. Breathe it in. Celebrate your new life!