

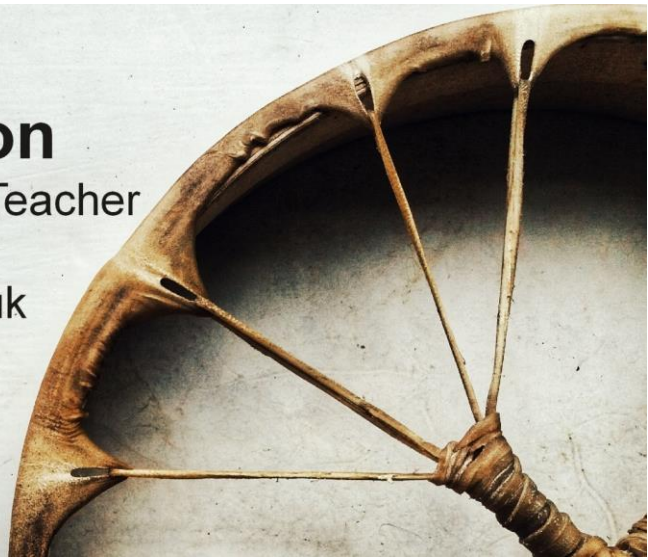
# Rahima Ferguson

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## Fire Ceremony

A simple fire ceremony can be carried out using a candle or in the hearth of your living space. You don't have to be limited by your circumstances, get creative and find different ways of doing it that are practical to the time of your need.

If you have outdoor space you may wish to create something larger however. You can style it to suit your needs and means, each time it will be different.

I have a portable fire bowl that I carry to different places with me. I especially love going to the beach and having a fire on the new or full moon. The beauty of the fire bowl is that you aren't scorching the earth or leaving any debris.

Fire has a consciousness and likes to be fed, it transmutes often with great relish. You may feed the fire with old outdated thoughts and patterns that need to be released. Are there burdens to be released from the Ancestral line?



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## FIRE CEREMONY

To begin, write down what you wish to let go of on a piece of paper. Take some time to really consider what you are letting go of. You may wish to write this as a letter to the fire, begin by thanking the fire for taking from you and transmuting that which no longer serves you. Then writing down what you are letting go of, going in to as much detail as you wish to. Let it out! Go in to automatic writing and release it all.

If you have the ability to have a larger fire, you could make a talisman. Gather natural items from nature that are combustibile and non-toxic, items that can burn easily. As you collect them, you are doing it with intention. Releasing from your body and mind in to the components of the talisman; letting go. You can sit for a while in meditation with the talisman once it is complete and release once more, visualising, sensing or knowing that it's happening.



When you are ready, open with an invocation, speak to your spirit guides, or Existence, whatever or whomever you are comfortable with and fits in with your cosmology. Thank them for being with you and witnessing your release, for supporting you and holding the container for you to do your sacred work. Open the Directions if this is part of your practice and you know how to.

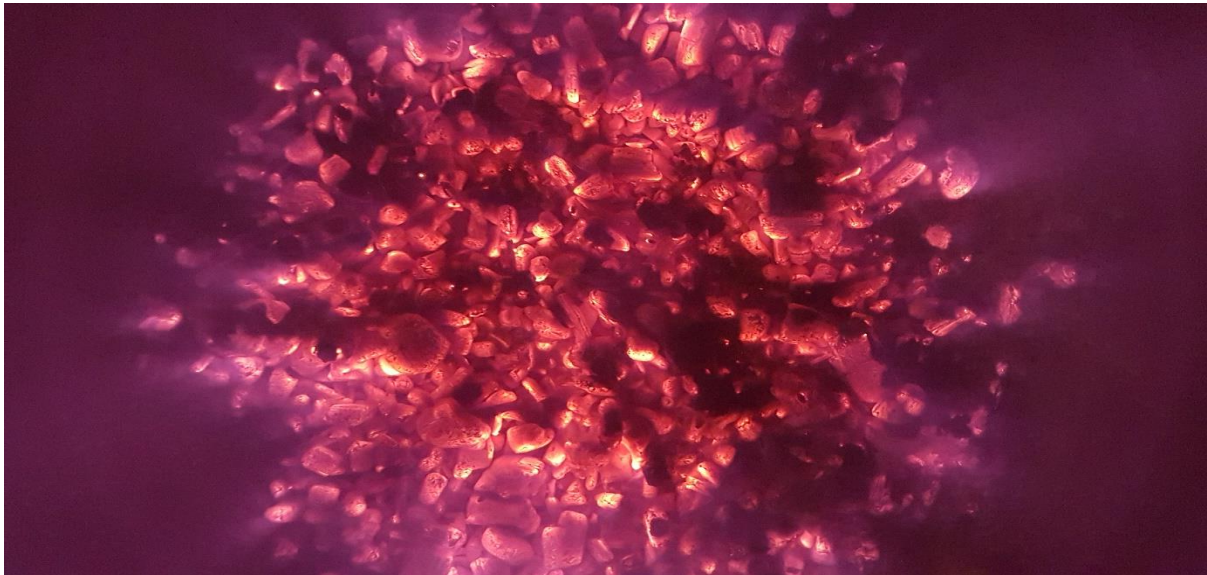
Next, when you are ready, let go, feed the fire with your paper letter and/or talisman. Thank the fire as you do so, for taking and transforming that which

no longer serves you. As we do this with clear and focused intention, magical things can happen.

Feed something to the fire in gratitude; corn, herbs, a twig or log would be perfect gifts. If you are using a candle flame for your ceremony, burning a single leaf of herb will suffice.

When you feel complete, close by thanking your guides and releasing them, knowing you have been heard.

As you continue to be with the fire, look out for any omens and signs that the fire may offer to you. As the fire slows down and only embers remain, it is wonderful to gaze in to the embers, divining information that may be offered.



Another intention you can do fire ceremony with, is to **empower your dreams**. Instead of feeding what you wish to release, feed your dreams to the fire. Imbuing your talisman with the ideas and qualities you wish to create, what you would like to manifest in your life. You can also do this for your community and for the world.

You can also write this down and feed the letter to the fire, or a combination of both written word and talisman. As you offer your dreams, know they are being heard.

## Checklist

1. Have a clear and focused intention – Letting go or feeding your dreams.
2. Write down what you are releasing or choosing to manifest.
3. Create your talisman (bundle) if using one.
4. Make your fire or get a candle ready to use.
5. Once the fire is going; you may wish to smudge yourself, open directions and call in your angels, spirit guides and true self. You know what is right for you!
6. Holding your paper and/or talisman, be clear of your intention.
7. When you feel ready, release it into the fire, thanking Fire as you do so, knowing you are being heard.
8. Watch as the fire transmutes your release. Notice any signs or messages the fire offers as it does so.
9. Feed the fire a gift, as a thank you; a twig, some herbs or some dried corn.
10. If you have an outside fire, or one in the hearth, you may choose to gaze at the embers, again noting any messages.
11. Close the ceremony by thanking your angels and spirit guides (or existence)

\*A note on fire safety- Do take care while working with fire, making sure it's not left unattended.