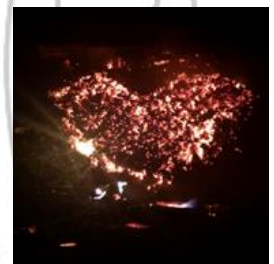


The Spiritual Practice of Firewalking

Firewalking is an ancient ceremony or ritual that honors the relationship between people and the element of fire. It predates religion and has been utilized throughout time by Indigenous cultures around the world. These cultures have formed relationships with nature and the elements. Fostering a deep connection to the environment around them and having gained the understanding that they are not separate from the earth but part of it. Through this knowledge incorporating the elements of earth, water, fire, and air was the foundation and model they used to navigate and honor everyday life. Fire was often used in ceremonies to honor deities, rites of passage, used for offerings, cleansings, and initiations. As many cultures began to shift from the natural world to a more materialistic world, that connection and understanding to nature has been severed. All is not lost as more people begin to remember the connection to nature and begin to re-establish relationships to the elements and art of firewalking. The practice of firewalking can be found in places like Japan, Fiji, China, India, Nepal, Tibet, Ireland, and now in the US. Each culture has its own protocols and ways to work with fire.

Today, firewalking is utilized as a tool to help build self-esteem, overcome obstacles, help transform fears and elevate spiritual practices. This creates an opportunity to step into one's own power with grace and ease. Facing fears and insecurities via firewalking supports the process of overcoming challenges in life. It is astounding to witness people move past barriers of perception and begin to realize and rediscover the power of fire that they hold within. Fire is a powerful symbol of what is possible when we make a conscious choice toward our own transformation and growth, unlocking infinite life possibilities. The process of walking the fire transforms the old paradigms and choice constraints of accountability and responsibility to making choices from an *account able* and *response able* place which is more aligned with harmony, balance, and our own divine power. Firewalking offers an opportunity to grow, to align with our true nature self, and reestablish our connection to our bodies and the divine.



So how does one walk on fire? During the firewalk, one is not actually walking on fire but rather coals which is done with bare feet. It sounds scarier than what it is, and there is a process that is followed to prepare someone to walk using exercises that align the inner and outer fire mentally, physically, and spiritually. It may be done via prayers, singing, drumming, movement, or any combination thereof. Firewalking can be done with a group or individually and each walk is different depending on the theme or the intention that is set by the group, the individual or the facilitator. The art of walking the fire has its foundation in nature. Honoring the elements, the directions, nature, our connection to the Spirit of fire is all part of preparing to walk. Once the connection to the Spirit of Fire has been forged, it is time to WALK!

Can you get burned? The possibility is there, however, very unlikely. There are times when the fire will give a participant what is called a sun kiss. When someone is gifted a sun kiss, it signifies an area in the body that may need to be addressed. It can be a physical issue, an emotional issue, or spiritual one. Locating the area on the foot using a foot reflexology chart helps determine what corresponding body part or organ is affected. For example, if the kiss is located on the bottom top of the toes it is related to the head or brain. It if happens to be on the balls of

your feet then looking at the lungs, chest, or heart may be beneficial. Please note that this is not a medical diagnosis or treatment that is better place with your doctor.



Walking fire is more than just walking fire. It is about conscious choice whether to walk or not. The beauty of *consciously* making the choice comes from a place of centeredness, a place of connection to all we are. It is a sacred space free of judgment, a place to be witnessed and seen for the divine spark within. It is a choice made truly by our free will.

I believe when we step into our fears and release what is not true, that is when we begin to live! That is when our Divine Self steps forward, shows up, and our purpose here begins which is bringing our medicine to the world.

The Firewalk Facilitator Training is for anyone who feels guided to deepen their own personal growth or to help others begin their journey and relationship to fire. Opening a sacred space for yourself or others to walk through the gateway of fire, allows for the alchemy of transformation to shift consciousness and tear down the illusion of fear. The training is an intense 7-day online program that will take one through several initiations. Working remotely offers a sense of ownership and doing your own work.

Leading people through the firewalk process helps them discover courage, faith, and strength. Are you ready? Come, Let's Walk! ©

Sage Moffitt, owner of Sacred Grove Healing Arts Center is an Elite Firewalk Trainer. Empowering others to bring fire to their community, creating a safe container for those who want to reignite their internal fire via the process of firewalking. She is a Connecticut Licensed Massage Therapist, Esthetician, and Reiki Master/Teacher. A practitioner of shamanic arts, herbology, medicinal aromatherapy, sound work, and energy healing. Sage creates sessions and classes around her clients that allow them to begin their journey toward inner peace, health, and wellness. She utilizes many different tools and modalities, enabling her clients to establish a connection to mind/body/spirit through self-awareness, self-responsibility, and self-healing. She supports and honors the divine light in everyone.