

*the fire element*



*for your healing*

# A Fire Ritual for Release

*created by Ally Ayala*

[starsongreiki.com](http://starsongreiki.com)

## A Fire Ritual Is...

a ceremony where fire serves as a primary conduit for purification, transformation and meditation with a specific spiritual intention, or purpose in mind.

Since the beginning of time, fire ceremonies have been a part of cultures and traditions around the globe as a way to enjoy the transformational power of fire as a way to purify both body and spirit.

I invite you to this gentle, yet powerful, practice as a way to release that which is no longer serving your highest good in order to call in healing and empowerment.



## Candles Are An Option...



Candles are a wonderful way to engage with this ritual. They are both safe and effective, oftentimes providing the most controlled setting for a fire ritual. In a world that has seen too many forest fires started by accident, consider making your fire ceremony very intimate and personal. A candle in the kitchen sink or bathroom can be just as effective as a larger fire outdoors. Afterall, it is your intention and sincerity that matter most when engaging in any ritual.

Adjust and adapt your ritual for your life and please *keep safety as your highest priority* when working with fire.

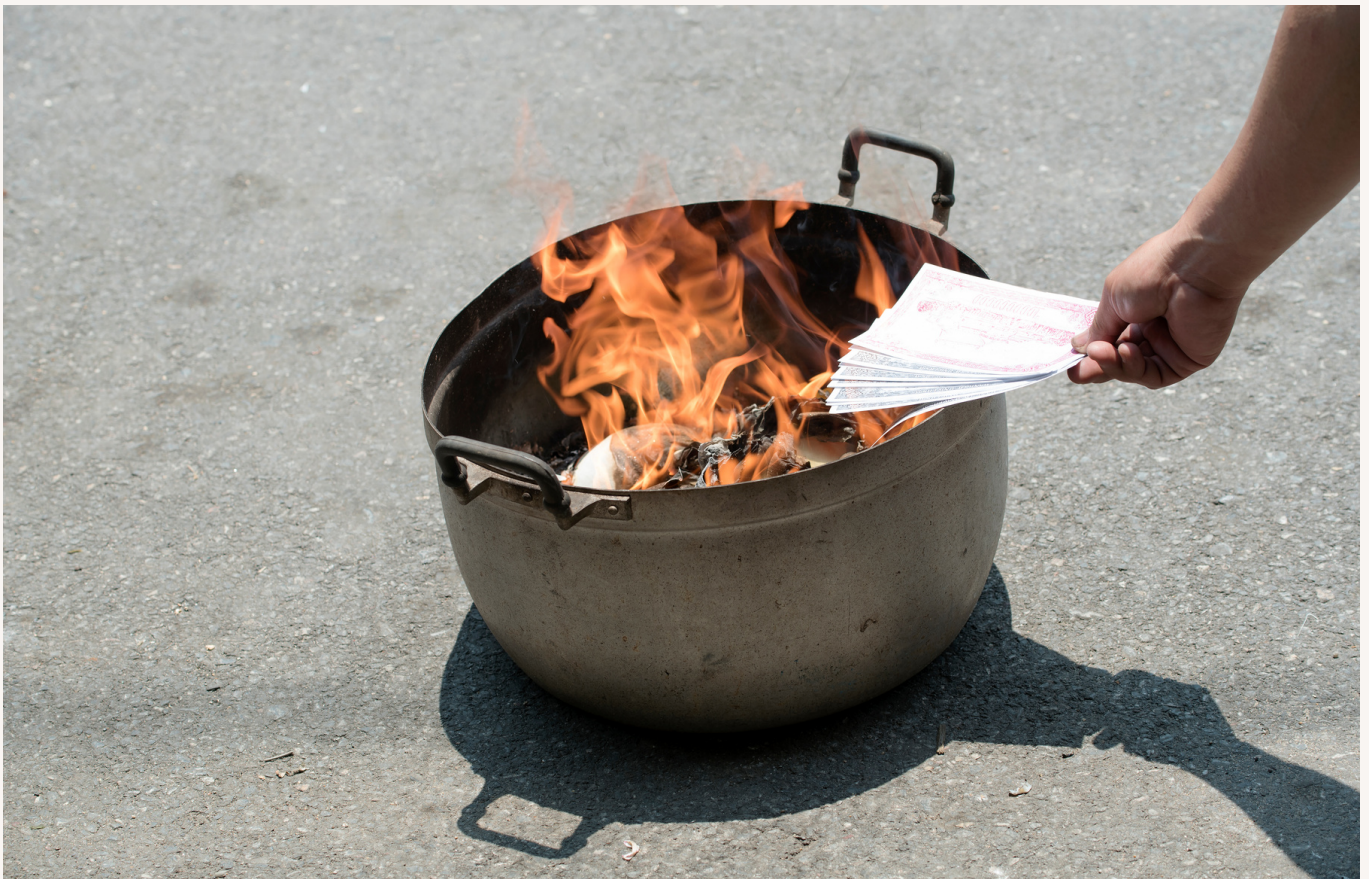
*be sincere*

*It is your intention  
and sincerity  
that matter most  
when engaging  
in any ritual.*

*-Ally Ayala*

## a few items for your fire ritual:

- Candles for an indoor ceremony
- Matches or a lighter
- A bowl, pot, or container that you can place flammable materials into\*
- A fire safe stand or tile to place your bowl
- A journal and a pen
- Kindling and wood (for an outdoor ceremony)
- An outdoor fire pit
- A fire extinguisher on hand should you need it



## Step 1: Prepare the Space

The core intention of the ritual is to engage the transformational nature of fire in order to release stagnant energy and then invite inspiration, faith, and courage within.

You may prefer to have your ceremony inside or outside. Your preparation can be as simple as lighting a candle, or you may choose to build a fire in your indoor fireplace, or you may want to create a more elaborate ceremony around an outdoor fire pit.

Again, adapt your ceremony to your life and keep safety as your top priority.

You will often hear the following words used to describe the archetypal essence of the Fire element- inspiration, warmth, encouragement, enthusiasm, passion, spirit, and transformation. Inviting these qualities into your ceremony is helpful for creating your sacred space.

You may choose to use the Reiki symbols to create your sacred space, and you may also invoke angels, ascended masters and gods/goddesses to join you in creating a container of protection, grace and unconditional love for your ceremony.

## Step 2: Write and Release

Write it all down. Write down everything that has been bothering you...your frustrations, your grief, your worries, your fears. Write about the things that are stopping you from being or doing your highest expression.

Write down everything that has been whirling around inside of your heart and your mind, let it all go. Write it down, knowing that as soon as it is written, you are going to burn it and release it.



Step 3:  
Place Your Words  
in the Fire





*sit in silence*

## Step 4: Sit in Silence & Watch the Fire Burn



## Step 4: Write Again... and Call In

Write it all down. Everything. Your hopes, your dreams, your plans, your goals.

Everything. Everything that you desire. Name it. Claim it.

Call in the future you want to create.

Write it down. Fold it up and place it in a safe place, or in a place where you see it on a regular basis, so that you can return to it when you need a reminder.



# Fire Poem

The gentle warmth caresses my skin  
and I lean into it,  
while also keeping my distance  
so I don't get hurt  
(a lot like Love).

It reminds me of the way  
my lover cups his hand around my cheek-  
as my eyes close in a gesture of savoring  
and a deep breath moves through me  
filling me  
and then leaving me  
satisfied  
with a sigh  
and the memory of an ancient truth.

I am loved.  
My spirit is strong.  
I have passion within.  
I am born for this life!

-Ally Ayala



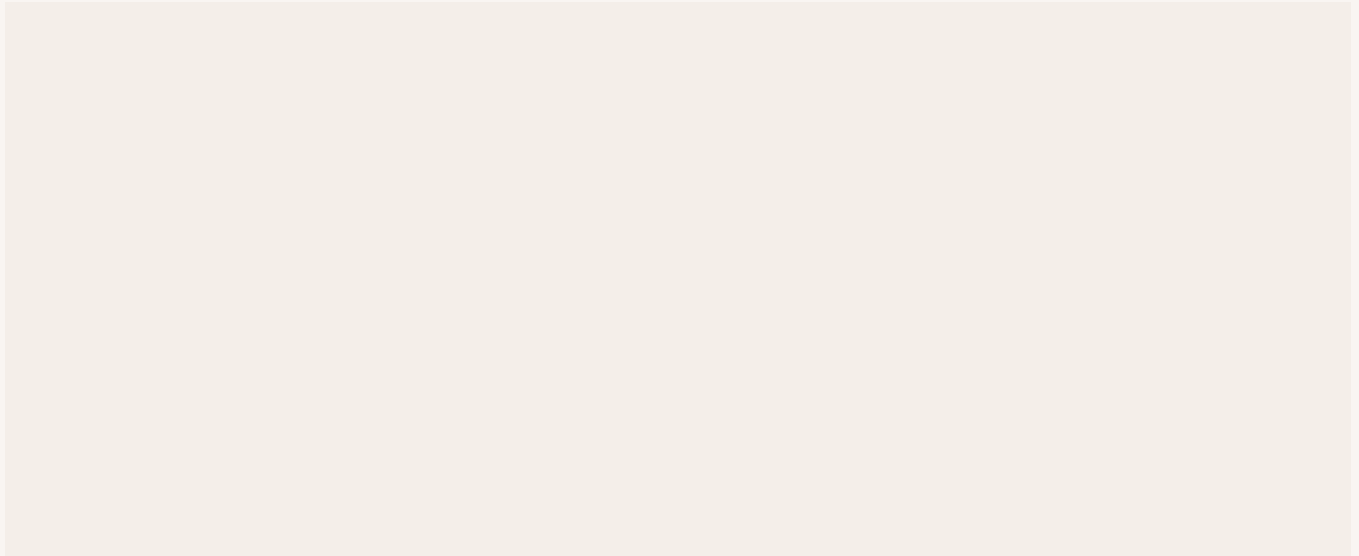
# Journaling Prompts for the New Moon in Aries

The journaling prompts are curated to help you develop an understanding of the qualities of the current New Moon.

What does it mean to be courageous?

Where does courage come from?

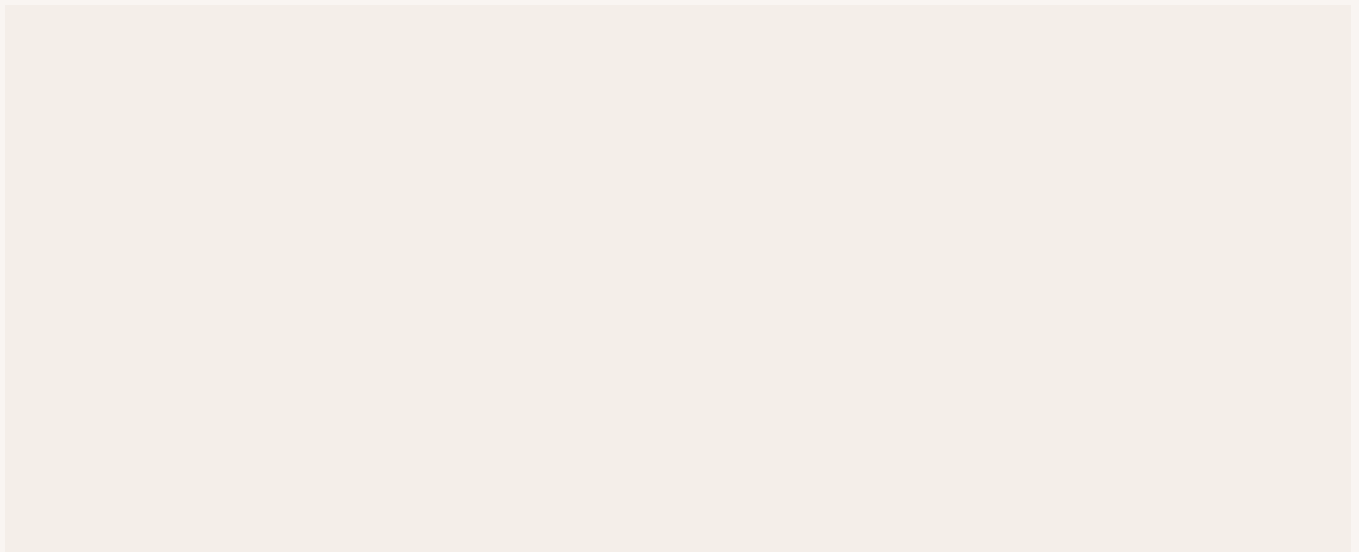
What does it mean to "take the initiative"? Why do you think this goes with Aries?



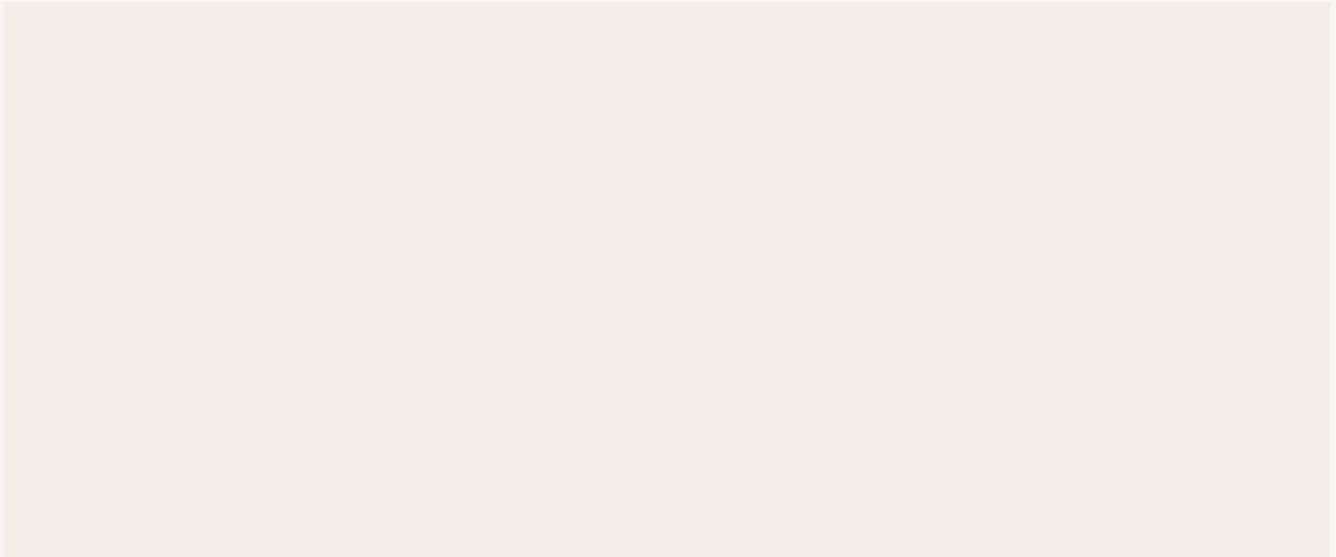
Have you ever had an experience where you rushed into something with enthusiasm and then quickly decided it wasn't for you and abandoned it? Describe the experience.



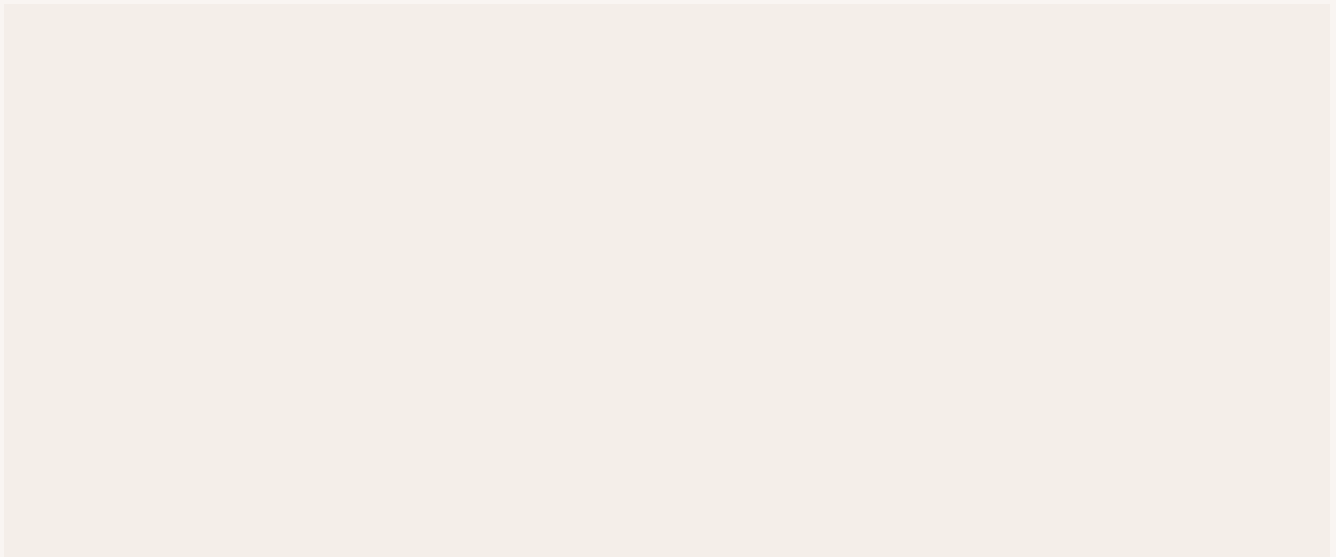
How is being impulsive different than taking the initiative?



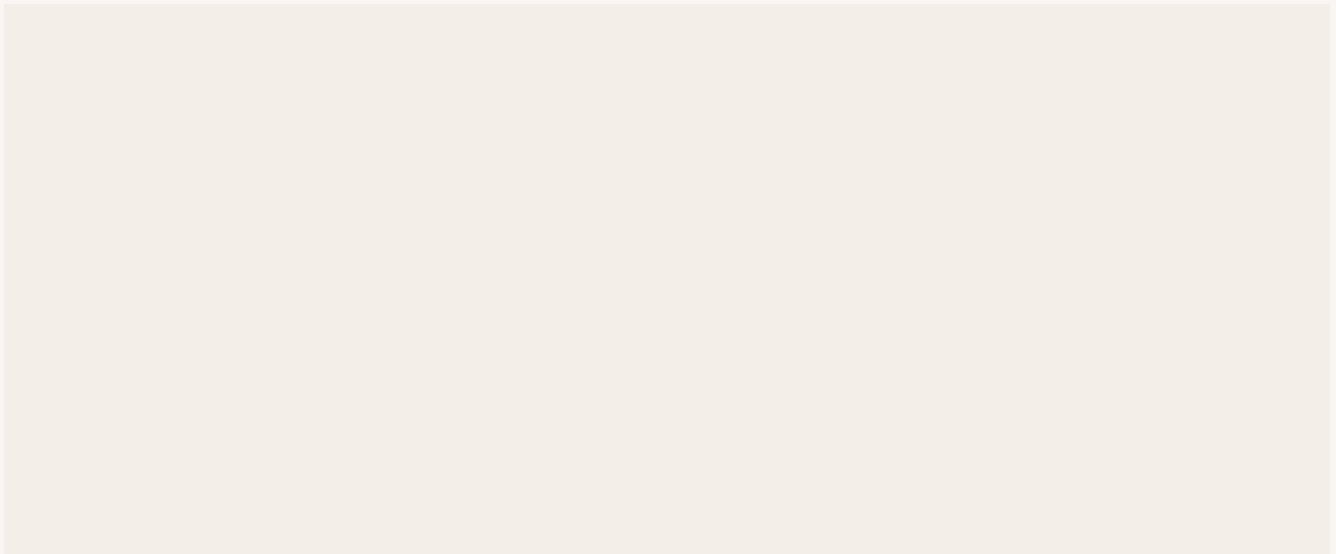
Describe the last adventure you took.



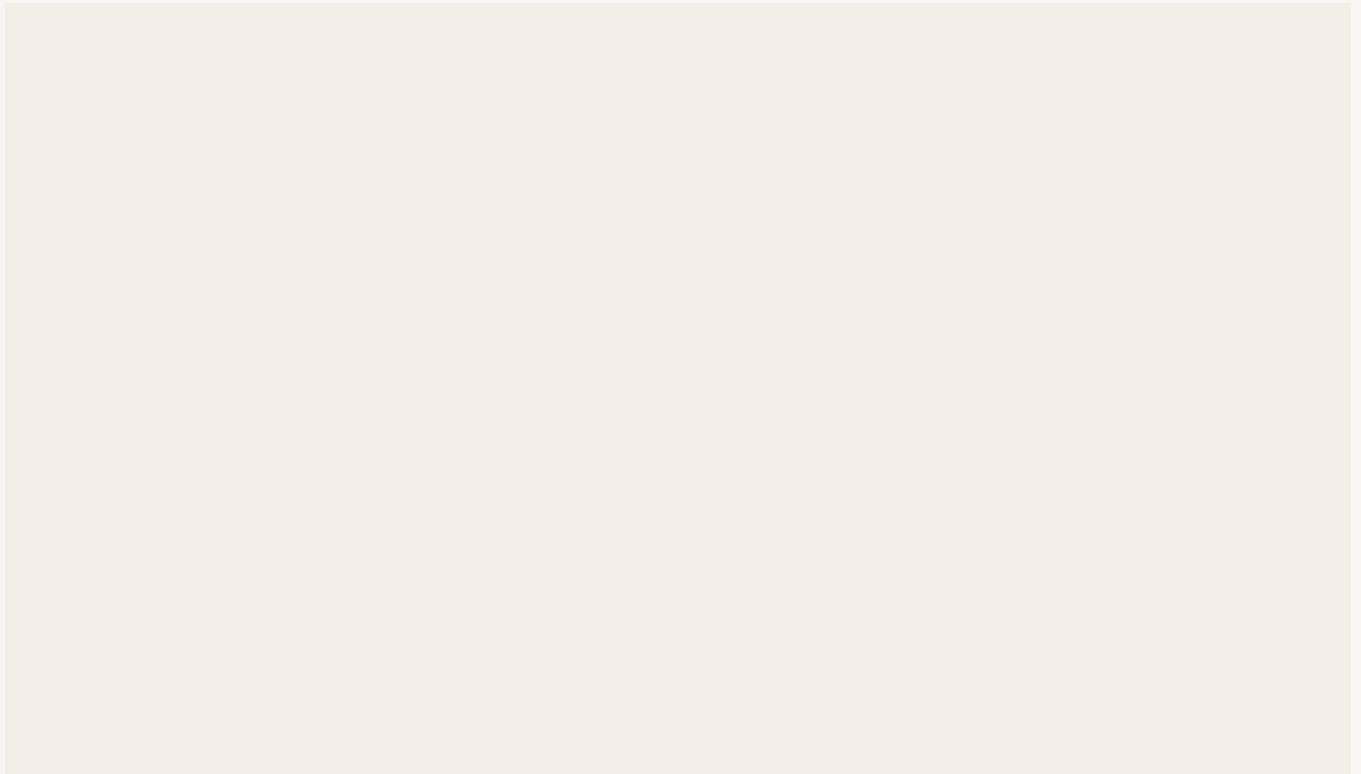
What emotions are present when you go on an adventure?



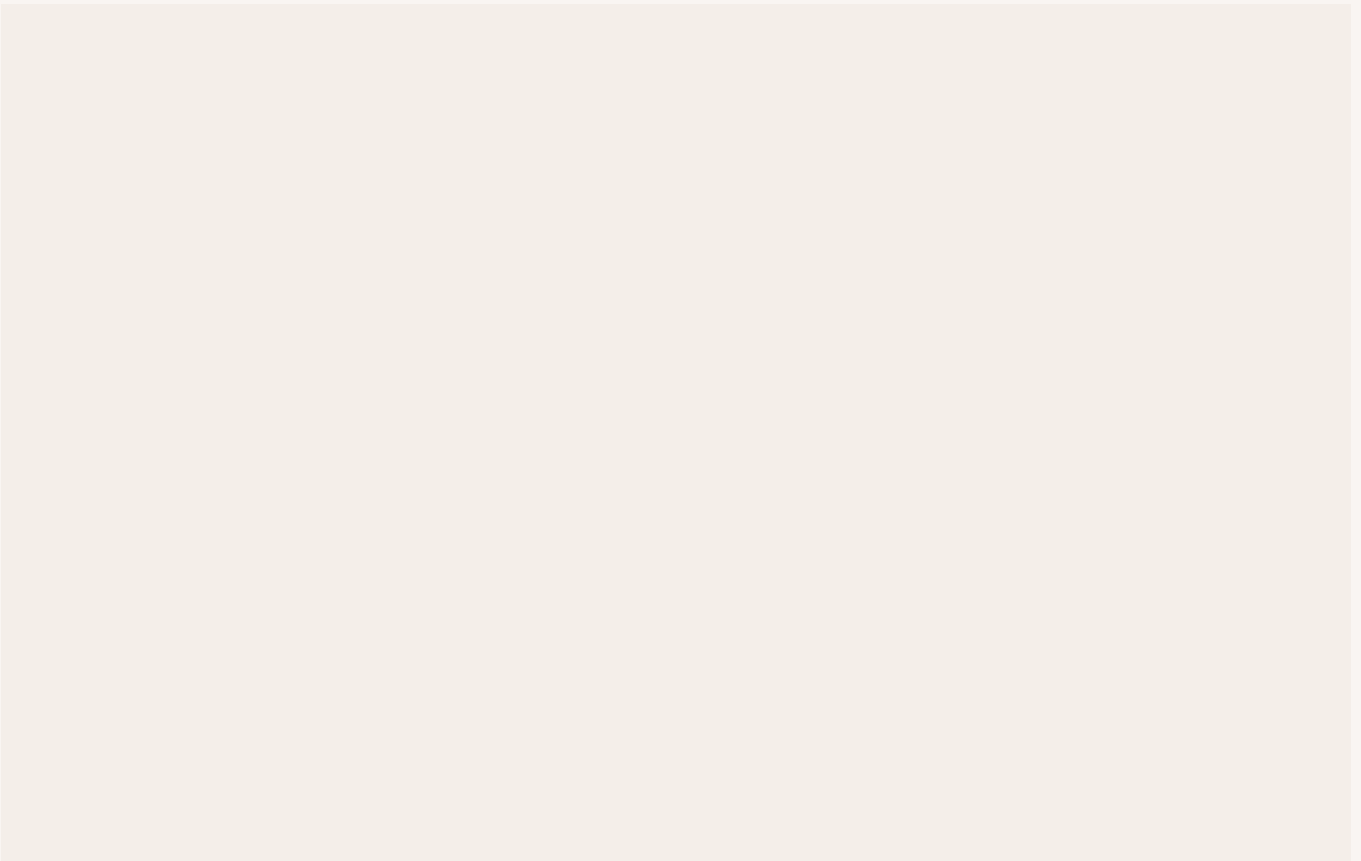
What have you learned from moments of taking the lead?



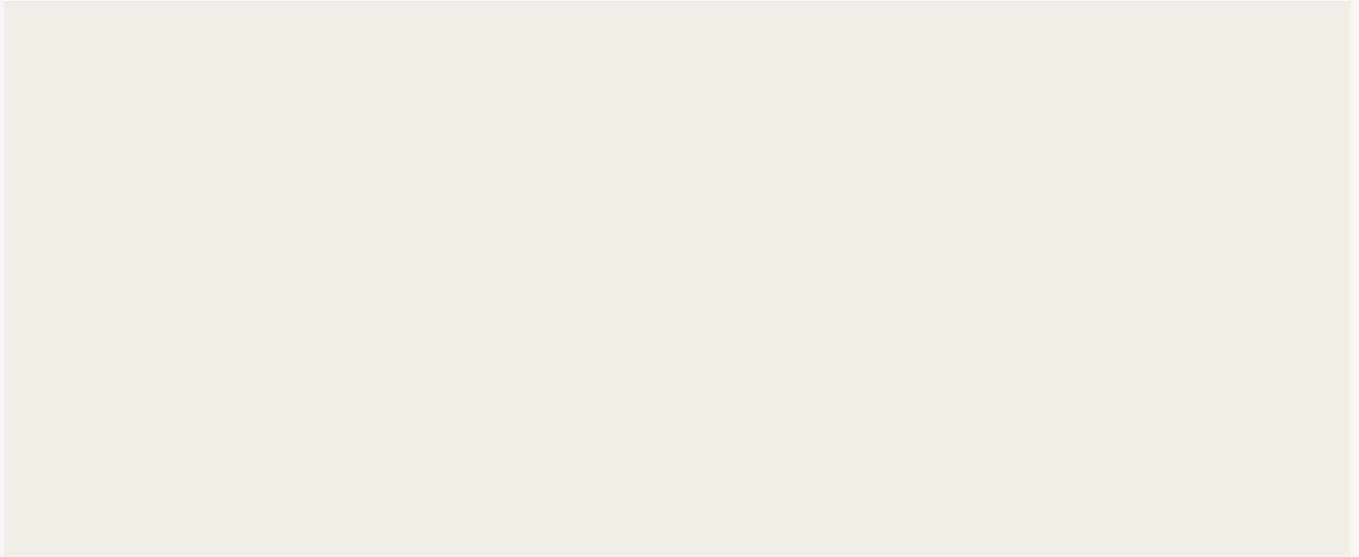
Describe a time when you felt really confident. Also describe a time when you didn't. Notice the differences.

A large, empty rectangular box with a light beige background, intended for the user to write their response to the first question.

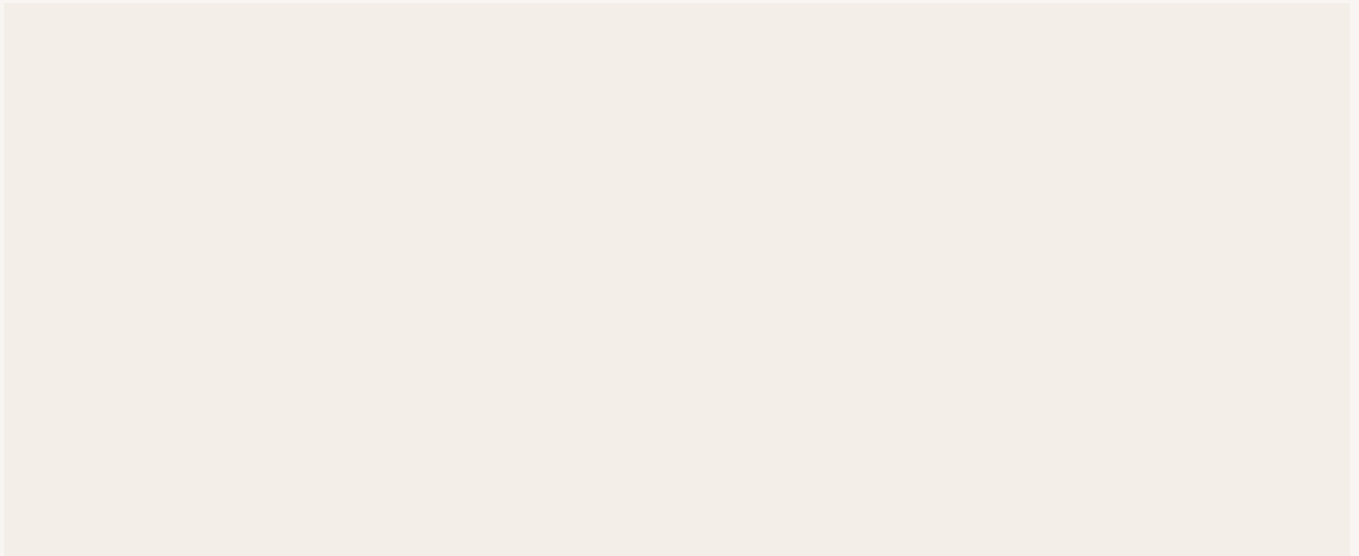
What are you realizing about the sign of Aries?

A large, empty rectangular box with a light beige background, intended for the user to write their response to the second question.

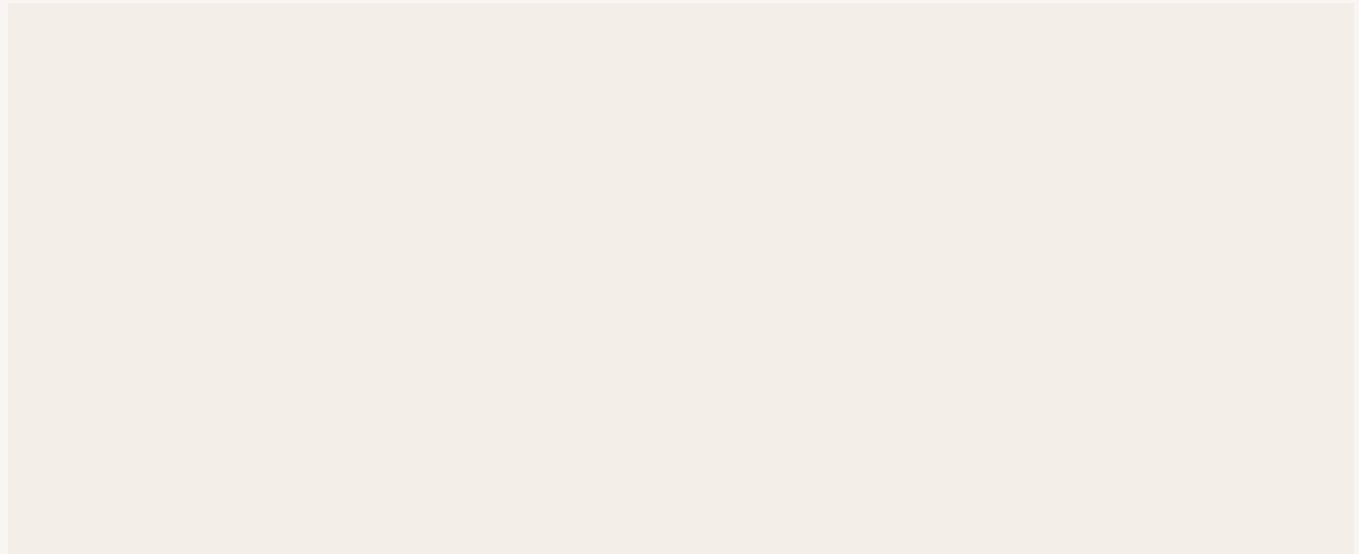
What was your experience with the Fire Ritual for Release?



What part of your life are you ready to let go of?

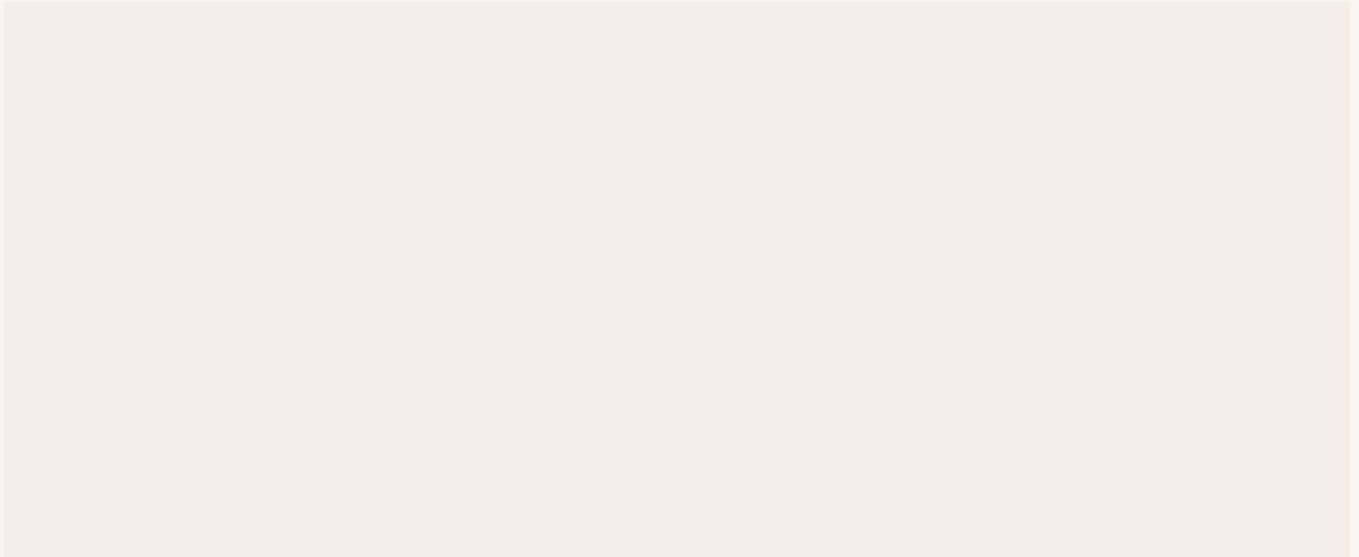


If you knew you could not fail, what would you begin today?

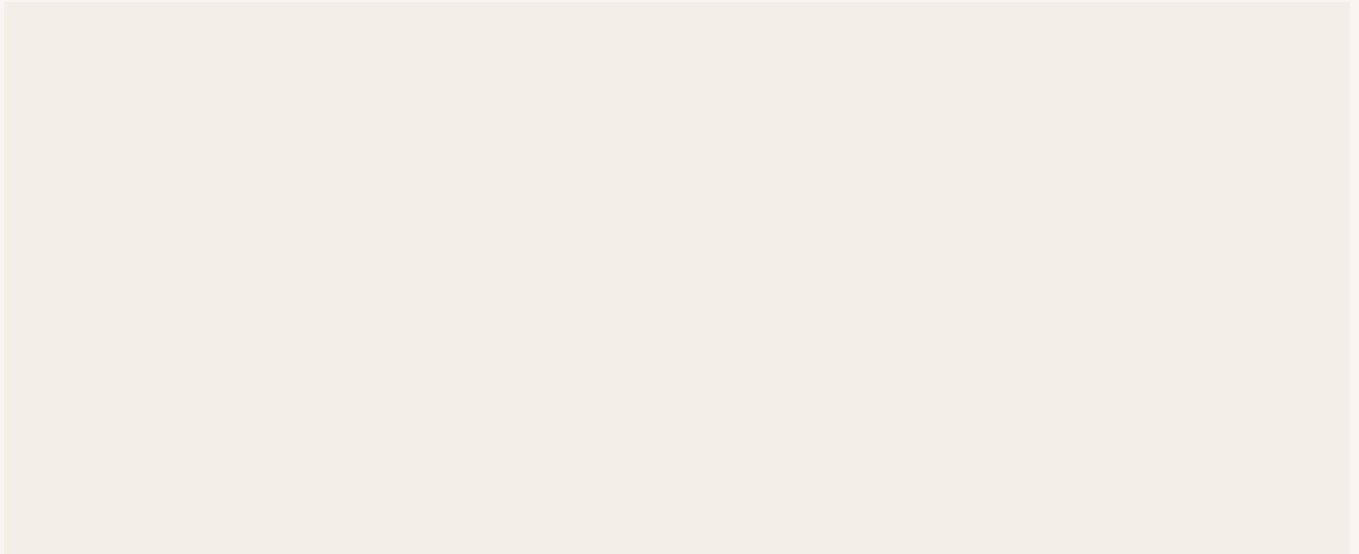




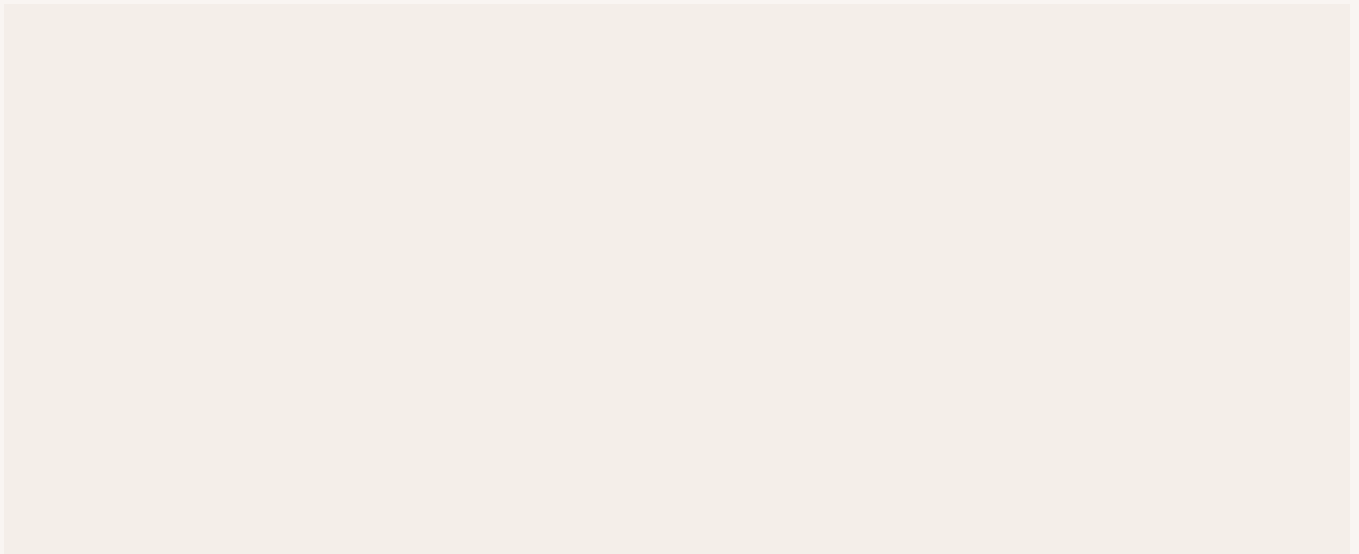
New Moons are a time of beginnings. What is beginning for you?



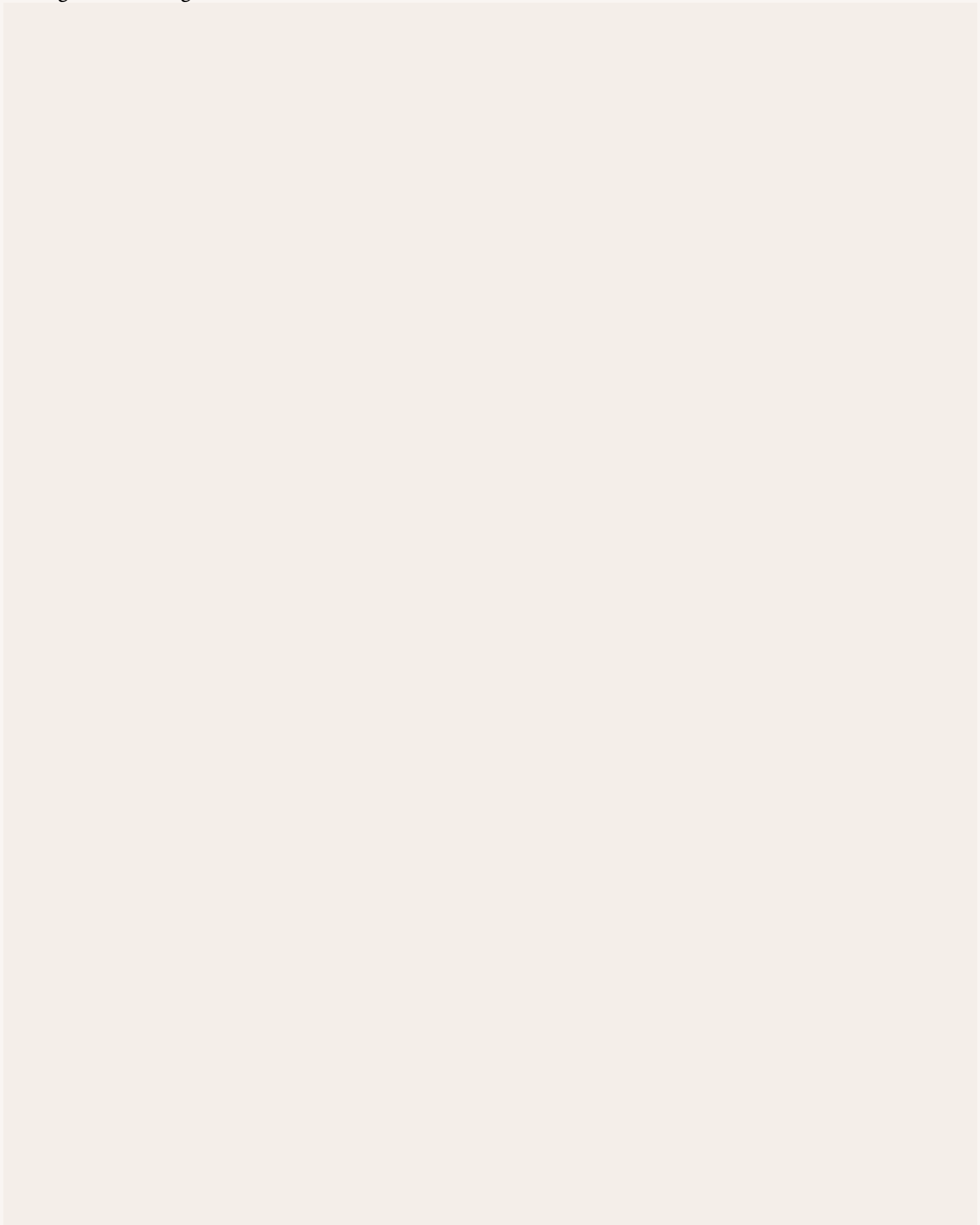
What are your hopes and intentions for this New Moon?



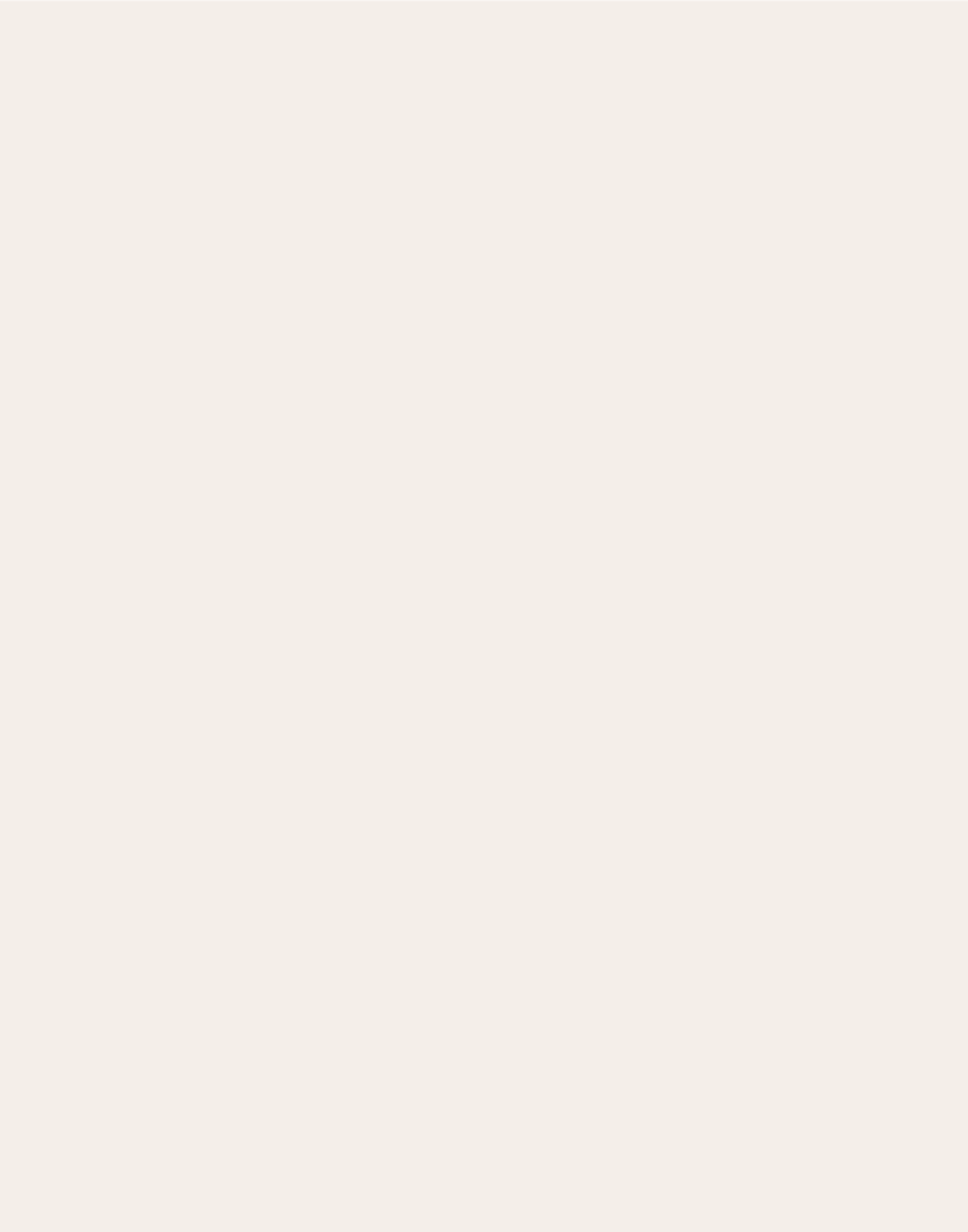
What fears or concerns are present for you with this New Moon?



Thoughts, Musings, Realizations....









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