

## THE FIRE ELEMENT

The fire element carries the power of magic and blossoming. It is our connection with our own essence, the nature of our spirit. It is burning inside us until it is not fully expressed and until it has not been totally acknowledged by our own consciousness. The fire element is taken us to a journey of just being our highest potentials that are asleep in us. It pushes us to purify our love with the unconditional and universal love and to purify our state of being. It permanently takes us on the path of self-discovery, transforming our connection, expression and experience of who we are. It carries the power of magic because it can not be pushed or imitated. It is the pure expression of our inner beauty and essence. When our fire is at peace in us, it is just sharing its fragrance with its surrounding, like a flower. It brings us in state of deep union and communion with ourselves and with the world. When we have been through a long journey of self-discovery and remember a deeper part of our spirit, we enter a space of strong fulfillment and, love and joy just radiate through our state of being naturally. The purifying process of our own essence is never ending. So when the time to transform ourselves have come again, then the fire turn from flower to flame and burn our heart again from a deeper point. Fire element carries the most precious nature that every human is burning to find in himself, just not really knowing how to do so. Fire element asks pure authenticity and sincerity toward ourselves. It is fully spontaneous without rational reason. It is controlled by the water element. So when it wakes up, it connects us with all the collective fear of showing and sharing our heart and love. So many taboos are there on this planet that you easily appear crazy if you honestly share your fire with other human beings. It is to be fully naked with all your being (so showing the most vulnerable part of your water, your fetus, that is although your highest potential), in front of many other humans playing with many masks of archetypes or of rationality, to hide their own fears to themselves and to you. Authenticity is contagious, it pushes others around you to admit their own lies, and it can create very strong reactions around you either of transformation (if people are center and

honest) or of fears, rejections or possessiveness, greediness (if people are projecting their own being on you).

Fire has been strongly neglected and abused in the history of human kind and in its habits during these last millenniums. Our world has mainly been built upon the reach of power and security than the sharing of love. Love in itself is the unique essence of our spirit. So deprived of its own nature and source of nourishment between his own brothers and sisters, the soul and spirit of human being has to be able to survive either in running away from the collective life and entering a life of reclusion in nature or refuge in a religion, or in playing some specific games of prostitution, strongly guarded by the collective fears, in order to get some drops of love and acknowledgement of his own nature in an other heart for just few seconds, or hours. Fire is strong mirror for our spirit. It shows us all the games of egos and fears we are playing in our life, betraying our own heart. It brings us to the vulnerable and sensitive parts of our heart because of all the fights that have been going on on this planet in the name of love. Fire sends us to the big contradiction that every body can see for example with the actions of the religions that have been killing each other in the name of love and truth. The city of Jerusalem is quite a strong holography of it in its chronological history. This contradiction is lying in the core of our own being, inside our own cells and body. It is the strong fight between the two hemispheres of our brain. The rational part wants to rule and dreams to control and be in possession of all the intuitive part of ourselves that is asleep in our unconscious, in order to feel full, to be a magician, a saint, an enlightened being... But the intuitive part cannot be pushed or controlled and can just be allowed in us. Fire is the master of the intuitive part of our being. When it has its own space of fulfillment, it just exists by itself through our being without any personal willpower from our own conscious being. When it is missing space inside us, it just manifests through our conscious mind through our desires and dreams, in order to pushes us to understand it one day. Heyoan, a spiritual guide, channeled by Barbara Ann Brennan, was explaining that our deepest dreams and desires are the directions of fulfillment of our soul, like showing us the path towards the deepest parts of ourselves, left in our consciousness like strong drops of remembering. The path of the fire is the path of love, trust, faith and devotion. The archetypes connected with this element are

the devotee, praying all the day of gratitude for what is receiving and to try to understand deeper and deeper who he is and how to share his love, and the white magician: the one that is just an empty channeled for the universal truth to manifest itself. Both of them are inseparable.

Fire can bring back memories of teenager, when you first have been in love and start to share your beauty. It will bring back to the first time of sharing your deep love and creativity. It can although connect you with time before your birth, memory of your soul, as past-life experiences.

The emotions connected with this element are joy, fulfillment, love, sincerity and respect when it is balanced and hatred, jealousy, cruelty, possessiveness, lying, impatience, arrogance, disgust, anxiety, when it is disturbed. By being so deeply suppressed from our behaviors and our consciousness, our love is burning inside us and is pushing us to find a way to release it. When it is unbalanced, it brings us a strong feeling of unsatisfaction within ourselves and if don't accept to go to see our fears and protections, lies, games... that prevent us to be this love and in love inside ourselves, we look for acknowledgement and nourishment with the outside world. That is where all the energetivorism interactions start. Hiding our own fears even to ourselves, we live in a world full of unsaid astral games of projections and energetivorisme. That is one of a reason for which we are not all naturally telepathic: just because we want to hide too many things to ourselves and others. The two first rules of yoga (=union) are: Ahimsa (=non-violence) and Satyam (=truth). They are a path toward enlightenment in themselves. It is infinite to become love and infinite to live in truth. Fire element is asking us to purify our love by accepting to be truthful and to refine our truth in being compassionate. The short cut in the circle of the five elements is to accept to go back to water: fear and vulnerability, when your fire is in excess: strong excitation, passion, need to share your love with everybody... Each time you do so, you enter a new space of consciousness inside yourself and transform the reality in which you are living. It is like bringing back your soul on earth, incarnating yourself deeper and deeper with your essence. It makes you enter in the mythical reality or the sacred path of inner knowledge.

In Chinese medicine, the fire element is connected with the heart and the small intestine. The heart is the emperor of your being, is the one that make that life is possible and flowing inside your being. Fire is connected with the nature of your blood, your essence. Fire sends all of us in the quest for the Graal, the nectar of immortality and the blood of Christ. We just need to understand that it is an inner journey of transmutation of our own essence. The small intestine is protecting the emperor by checking what from the outside world is allowed to enter in our body. It is our pragmatic filter, carrying all the memories of knowing what is good and what is bad for us. It is the organicity of the tree of knowledge of the good and evil from the Bible in our body. By turning it towards transcendence, it is said that some great yogis and saints have been able to drink poisonous beverage without being sick and even passing the sickness to the person that wanted to poison them. They turn poison to pure light and their body just rejects the negative force that wanted to enter their cells without reacting.

### Meditation with the fire element

Find a comfortable position with your spine straight, top of the head hooked in the sky and perineum relax. Becoming aware of the top your head, with every breath out you release all the physical tensions down to the ground. Take all the time you need to visit all the parts of your body, from your skin, all your muscles, blood vessels, organs, bones and nerves. Spend some time on your head, your neck, your arms, your hands, your chest, your belly, your back, your hips, your legs and your feet. If some thoughts or emotions are coming, send also their energy to the ground, releasing all the toxins from your being. Once you are really in this deep relaxed state, bring your attention on your Tan Tien and just watch your natural breath. Stay there as long as you enjoy it. Try to connect with your own feelings and feel what is your Tan Tien inside yourself. The Tan Tien is your center of gravity, your power of incarnation in your body. Try to become aware of this reality inside you.

Then slowly, when you feel ready move your attention towards your heart and if you can at the same time on your small intestine, in the middle of your belly all around your navel. If the

double concentration is too difficult, just keep your connection on your heart. Then just feel what sensations are there. Listen to your organs and watch them with all your attention like a sensitive mother to her beloved child. Find out what they are saying. Try to really meet them and understand their wisdom and consciousness. They are in charge of the fire element in your body, so they have beautiful memories of your deep essence and beauty to tell you. Stay a few minutes like that. And now you are going to use the power of your mind. To do that properly you need to use your intuition, concentration, imagination and feelings to make whatever you desire real and to align all your capacities together. Realize that you are the only creator of your reality. So now connect yourself with all the virtues of the fire element and visualize a beautiful flower of joy, of love, fulfillment, respect and sincerity blossoming deeper and deeper in your heart (and small intestine if possible) in a strong red color. Feel it really in your organs. If there are some tensions in your organs, keep the feeling of the blossoming and opening deeper and deeper yourself. Then just like a patient mother try to listen to what these tensions, carrying the wounds of your inner soul, want to tell you. A sickness, a disease or a tension appearing on the physical body as a way of expression of emotions that haven't been heard and acknowledged on the psychic level. If we want to release them, it is really important to accept to listen to them fully without trying to resist to the physical pain that they create in us. If we try to resist the pain and avoid feeling it really, we cannot understand what it wants to teach us. The fire element will speak to you upon the highest potentials inside yourself, upon the way you really know and honor yourself, upon your love and deep inner beauty. It can bring you very old memory of your soul, like deep songs of remembrance of your heart, even from time before your birth or past life (if you believe in it). You can work like this easily for ten to fifteen minutes, getting in deeper and deeper states of relaxation and expansion.

Then slowly bring this visualization of blossoming red flower of fulfillment and love inside your whole body from the bottom of your spine to the top of your head, creating a beautiful garden full of flowers of light you can also visualize some gems or precious stones if you like. Just feel the radiance of love, beauty, joy, sincerity shines through all your being. Feel it inside every cell. Let them stretch and expand in every direction towards the light. Once

again if there are tensions or some places of insatisfaction where your fire is burning, just accept them and listen to them, hear what they are missing. Go deeper and deeper in your visualization, transforming fully yourself, becoming just this pure energy of love and blossoming. Develop this feeling during 10 to 15 minutes again. Then if you like you can bring back in your consciousness a memory of a situation in which you know that still today you will feel impatience, possessiveness, hatred, jealousy... if it is happening to you. Put the situation all around you, make it real, and stay connected with your inner body. Try to feel where in your body the emotion is reacting, which places in you get contracted, and which deep memory or feeling it is bringing back to your consciousness. How do you feel? Try to reach the bottom, the roots of your feeling. Hear the place in you that has been misunderstood, betrayed in his love or that is just missing love or missing a deeper understanding of yourself. Hear the fear hidden back side of your emotion. Let go of all your projection toward the outside world and accept to take back the responsibility to look back at yourself. Remember that it is just wisdom or love that you wanted to share with the world. Accept the fear inside yourself, nourish the little baby inside you and the beautiful spirit that is trying to incarnate itself and try to find where is the flower that you don't want to receive under the form of transcendental teaching upon love or truth that you didn't want to receive at this point. Then once you see it, let this beautiful flower blossom into your being and let its new fragrance takes every parts of yourself. Then you can visualize that you surrounded by a beautiful garden of pure love, every particules of light radiate the beautiful flower of light. Unconditional love and universal truth is all around you, all the time available for your spirit to transform himself. You just need to be open to his teaching, entering the space of magic, unlimited possibilities, heaven on earth, beautiful cosmic dance of life, fire transforming matter to spirit again and again and forever and ever, entering the space of permanent bliss or  
Samadhi.

Finally, bring back your consciousness in your lower Tan Tien with all the qualities of the fire element, watching your natural breath. Stay there few minutes. Then gather all the chi inside your Tan Tien with your three last expirations. Release the exercise and take all the time you need before opening your eyes.

