



Fueling Your Inner Fire

Recently, I've been having intense emotions. Sometimes it's frustration or doubt, or joy. Sometimes it's more of an energy, of either contraction or expansion. Sometimes it's like sheer power is moving through me.

As I've worked with this, I've felt my inner fire growing. It's been so impactful, that this month I want to share the concept and practices I've been using with you. They've all centered around using the intense energy and emotions to fuel my inner fire.

I'll explain what I mean by "inner fire", but let's talk about fire itself first.

Of the four primary elements – earth, air, water and fire – each has a way breaking through stagnation. Mostly it's through having a *lot* of the element. Earthquakes, tornados and floods can move a great amount of energy (not to mention buildings). **Fire, though, is transformative in its very essence.** You can't have fire without converting fuel into pure energy.

Well, pure energy plus the ash of any impurities. **Fire is also purifying.** Visualize using fire to burn away whatever clouds your vision, whatever is holding you back. Your inner fire will never burn you, only what you've carried around that isn't you.

Fire is strengthening. It's required for tempering steel, making it stronger and less brittle. Think of using fire to strengthen your spine, your will and your speech. This is what our practices this month will do.

Fire is powerful. Consider this. Nuclear energy can be used to destroy a city. Channeled properly, it can also be used to power a city and bring it life. Fire can destroy or create. Part of our work this month will be not only to build but also channel our inner fire in ways that empower and serve.

So what is inner fire?

The inner fire I'm talking about is the fire of creativity and passion. It's also the fire of clarity and wisdom. It's heart fire and compassion, determination and commitment. It's radiance and aliveness. It's justice and action. It's true empowerment, the power you were born with. This fire is your very life force.

Most girls and women are taught to dampen their fire, not to shine too brightly or cause too much change. When this happens, they either start to lose their life force, becoming dim versions of what they could be, or they ignite and burn in defiance and rage. Stoking your inner fire isn't just about you. Yes, it'll give you more energy for all the things you want to do in your life. It'll also serve your larger community. **The world desperately needs more women who are alive, alight and aligned. It needs women who are on fire.**

When you bring the fuel of your emotions and sensations to your inner fire, a few things happen:

- they integrate into your system, healing old conditioning and unfelt emotions
- you become stronger, more creative, grounded and clear minded
- you're more energized, vibrant and alive
- you have access to your passions and sensual energy
- you have the energy to take your next steps and create the relationships, business and life that you've dreamed of

Things that inhibit your fire are the same things that inhibit you in anything – self-doubt, a feeling that you need to prove yourself, beliefs about your limitations or unworthiness, trying to control others, life, or yourself), having parts within you that haven't been integrated.

Things that fuel your fire include emotions that are allowed to be felt and to flow; movement; focused breathing; meditation; power posing and sounding. We'll be doing some of this on the Clearing Call.

It's important to have your body settled before you start the fire practices. This helps to metabolize the energy of the fire rather than dispersing it out onto someone else or have it feel upsetting to your body. You're at your most powerful when you're grounded and centered in your body.

Owning of your power is about using your fire in service of your dreams and purpose.

Are you ready to explore your relationship with your inner fire a bit more deeply?

What has your relationship with your inner fire been like?

What is your dream relationship with your inner fire?

How would your life be different if you had that ideal relationship?

When do you typically dampen your fire?

When do you let it consume you?

What feeds your fire in healthy ways?

Where would you most like to channel your fire in the next few weeks or months?
