A CEREMONY FOR RELEASE WITH SACRED FIRE
Release & Connection

At first it may seem counter intuitive, but at this time of the year, as the veil thins and we honor those in the world of spirit, as spirit draws closer to us and us to spirit, it is important that we *let go*.

It is in the energetic act of release, in fact, that we allow energy to move with us and through us. With energy flowing through the heart center, we are free to truly connect to our loved ones in spirit.

Sometimes, we need to let go of painful memories, sometimes we need to let go of resentments or disappointment. Sometimes we need to let go of what isn’t working in our lives and sometimes, we simply need to release - to stop clutching and allow ourselves to move on.

Recently, when a friend’s father died, she shared with me that she was distraught. She would never have the opportunity to repair their difficult relationship. There were things that she wished she’s said to him, and now, she feared, she would never have the chance.

This was the ceremony I recommended to her for release, healing and ultimately, connection.

Sacred Fire Ceremony

This ceremony is a way of letting go utilizing the element of fire. During a fire ceremony, the flames of the fire become the focal point of your intention (the prayer) that you offer. You send the intention of what you wish to release, and what you wish to be replaced in its absence, into the sacred fire. The fire’s flame consumes your prayer and transforms it into energy that is sent to spirit.

You may choose to release:

- Issues that no longer serve you
- old habits that no longer carry a loving charge for you
- physical or mental habits that you are tired of or that limit you
- fears of moving forward

You may also choose to forgive someone or forgive yourself for something that happened in the past, release relationship entanglements or, in the case of my friend, the regret of words unspoken.
First, prepare your fire. You can build your fire in your indoor fireplace, but if at all possible, I recommend an outdoor bonfire or fire pit.

Once your fire is burning, prepare a spirit stick.

Simply walk around with your eyes drifting across the landscape until you see the stick that calls to you.

Sit comfortably near the fire and, feeling its warmth, begin to meditate on that which you wish to release. As each issue rises, tie a scrap of yarn or ribbon around the stick to represent it.

This is your spirit stick. Place it where you can see it, or hold it, and write a letter.

You may choose to write a letter to spirit, or you may choose (as in the case of my friend) to write a letter to a person who has crossed over.

Let your words flow onto the page. Feel your emotions. Leave nothing unexpressed.

Know that everything you write in this letter will be seen, heard and understood in spirit. There is no reason to censor yourself. Write into the difficult places, the loving places. Write until you have said absolutely everything that you need to say.
When you are finished, wrap your letter around the spirit stick and tie it with ribbon.

Hold the stick in your hands to infuse it with the energy of your intention. You may also choose to blow your intention into the stick several times. Feel your heart releasing its grip. Feel your intention moving into the spirit stick, and when you are ready, throw it on to the fire.

You may choose to conduct this ceremony with others. If so, allow each person to come forward and send her stick into the fire as the others stand behind in a circle of support.

The sincerity of your heart’s intention is what makes this ceremony so powerful.

For that reason, you can release and transform with symbolic fire as well. Simply imagine this fire burning in your heart as you write your letter and place it next to a candle burning on your altar for release and transformation.

You may also wish to conduct this ceremony with another of the earth’s elements.

To release with Earth, bury your letter, marking the spot with a stone (or your spirit wand.) The all embracing Earth takes all things back into herself, transforming all energy back into the essential building blocks of life.

To release with Water, the great purifier, tear your letter into tiny pieces and release it into a flowing stream.

To release with Air, tear your letter into tiny pieces and scatter them in the breeze, or tear it into long strips and tie them to the branches of a tree.

Remember, it is your intention and focus that is important. You can modify this ritual in any way you see fit, so that it feels good to you.

When you release and allow energy to flow in your heart, you allow communion with spirit and move forward on your path. The earth and her elements assist you with love and support.
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