



Girvani Leerer, PhD. The Shamanic Psychologist

Bridging Shamanism & Psychology to Change Your Story

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Ceremonial Fire Instructions

Fire Ceremony is a way of honoring and letting go of that which you choose to release and bringing in what you want to invite into your life. Fire is a Sentient Being, as are all the elementals within a shamanic view, and it is important that you connect with Fire as you do your ceremony.

Your fire can be done outdoors in nature in a grill or pit, or indoors in a fireplace or with one or more nice sized pillar candle. If you have an outside fire, you can use olive oil to feed the fire to prepare the fire to receive your offering. You can also offer tobacco, sage, or cedar to the fire as an offering after you make your offering to release or call in what you want through your ceremony.

For an outdoor or fireplace fire, you will need a small stick. You can decorate your stick to create a talisman, a piece of sacred shamanic art. In shamanism, art does not represent power; it is power. As you decorate your stick with yarn, leaves, or flower, place your intention into the talisman you are creating with your focus and concentration.

For an indoor fire with a candle, you can use a toothpick or small rolled up piece paper.

Open Sacred Space using a prayer of your choosing that calls on Helping Spirits.

A prayer is available on my website.

Light the fire or candle:

Sit with the fire and come to center. For an outside fire, you can feed it 3 times with a little olive oil, first offering the oil to each direction and pouring a little on the earth, and letting the fire burn in between.

Offer a stick or talisman you have create to either release what you want to release, or call in you new way of being:

- Use a small stick (toothpick or rolled up piece of paper if using a candle). *Do not light it on fire.*
- Set your Intention
- Blow into one end of the stick all you want to release, or Blow in what you wish to invite into your life.
- If doing both a release and a calling in, use two different sticks or talismans.
- Feed the stick into the fire or candle
- Make an offering of tobacco, sage or cedar to the fire if you wish
- It is traditional to take the energy of fire into 3 centers at your belly, heart and third eye in a scooping motion. These centers represent Right Action, Right Loving and Right Wisdom.

You can also offer an additional stick to the fire for the Earth, Pachamama. For this stick, blow your prayers for the Earth into the stick before placing it in the fire.

Close sacred space thanking the Helping Spirits with a closing prayer.

Let the fire burn down, or snuff out your candle. While it is traditional to not put water on the fire, be aware of your climate and surroundings and douse the fire thoroughly with water if needed.