

## Class 5 – Fire 2

### Covered in This Class

1. Preparation for This Class
2. Additional Commentary on the Fire Element
3. Examples of Will
4. Dragon’s Breath
5. General Body Flows
6. Direct Flowing Fire
7. Exit Ritual

### 1. Preparation for This Class

- *Video Clips:* Dragon’s Breath, Body Flows, Direct Flowing Fire, Flowing Fire Bolts at a Candle

### 2. Additional Commentary on the Fire Element

#### Is Fire Mutable or Non-Mutable?

We say that fire is non-mutable because it cannot change into another element. However, if you consider fire at a higher level, you will see that it is mutable. At the Universe level, everything is pure energy – it’s all fire energy, but at our level, we have four elements. Therefore, fire must mutate itself into the four elements of air, fire, water, and earth to make up what we perceive to be physical reality. So fire is mutable in this way.

#### Basic Principles of Fire Energy

- Any conductor of electricity, including your body and especially your neural system, will conduct other forms of fire.
- Fire energy can be drawn from any source of light, heat, or electricity. Remember NEVER PULL FROM THE SUN! Pulling from reflected sunlight is acceptable, but pulling directly from the sun causes a direct flow of energy from the sun to you, which you cannot stop, causing you to incandesce or “toast” yourself.
- Anything that will act as an electrical ground to carry off or dissipate electricity may be used to ground personal fire energy of whatever kind. These include outlets, light switches, water pipes, and large appliances such as refrigerators, stoves and freezers.
- Do not ground excess personal fire energies of any kind into sensitive electronics, such as lamps, computers, stereos, and TVs – you’ll fry them.

While their circuits will carry the energies, their “overload safety” features will not be operative for non-electrical energies.

- If you can feel radiation from a light, you can pull any color band you want from it.
- Any blockage or resistance along a flow of fire energy causes heat and energy build-up in the area of the blockage. This is the operative principle that allows electric lights and electric stoves to work. It is also the source of virtually all physical pain, as well as much of people’s tension and angers. The basics of physics of electricity and energy are well worth studying to better understand the principles of fire energy. Virtually all physical pains, plus angers and emotional tensions, are flame band fire excess or flow blockages.
- If you have trouble with or are afraid to work with the flame bands (yellow orange and red orange), start with sun yellow to introduce fire gently, then work your way through the other colors.
- Exercise or relaxation helps radiate fire off the body.

#### Down Banding Sun Yellow

As was discussed in the previous class, many people take in sun yellow, and down band it to a flame band color, such as red orange or yellow orange. The effect is that instead of getting a spiritual lift, you feel angry, frustrated, jumpy, nervous, feverish, etc. This isn’t unusual, since we often use yellow orange motivator or red orange radiative as motivators in our lives. To teach spirit to stop down banding sun yellow, do the following:

1. Determine what color and characteristic you tend to down band sun yellow into according to the way you feel (refer the Mixed Fire section, page 43).
2. Dump as many boxes of the color and characteristic as needed until you return to normal.
3. Take on a box or two of sun yellow non-mutable. The non-mutable will prevent you from down banding the sun yellow box again.
4. You may have to repeat this procedure several times before spirit understands.

#### Review of Fire Shortages and Excesses

In this class we will begin to use techniques to purposefully adjust our fire balances. Use the table below to review the shortage and excess symptoms before undertaking these manipulations.

<b>Fire Color</b>	<b>General Symptoms of Shortage</b>	<b>General Symptoms of Excess</b>
Sun Yellow	Lack of enthusiasm or alertness, fatigue	Over enthusiasm, being wide-awake during normal sleep times
Yellow Orange	Sluggishness, slow reaction times	Jumpiness, nervousness, anxiety, shakiness or trembling, frustration
Red Orange	Stupor, brooding – unable to express frustration, low blood pressure or temperature	Angry, irritable, red-faced, feverish, physical pain, frustration
Bright Red	Poor circulation, gains weight easily, low metabolism, poor appetite, avoids exertion	Overheating, fast metabolism, over dramatic, lives fast
Deep Red/ Red Purple	Easily tired after exertion, easy to bruise, chronic fatigue	Skin rashes, high blood pressure, dull headaches

*Notes:*

- Head colds are excess fire in the sinuses, which are primarily water and air.
- Flame bands (yellow orange and red orange) are useful for adjusting muscular reactions and body heat, but internal organs can't handle too much of that. The heart can handle some flame bands, but other organs work better with deep red.
- High blood pressure is the result of excess yellow orange plus too much water.

### **3. Examples of Will**

Since it can be difficult to get a grasp on how fire manifests itself as “will” in the world, here’s a short list to get you started:

Initiative	Self-respect	Urge	Inspired
Determination	Active	Desire	Courage
Dedication	Creative	Unstoppable	Bravado
Endeavor	Capable	Insatiable	Compulsion
Commit	Willingness	Fired Up	Fanaticism
Confidence	Acceptance	Excitable	Quest

#### **4. Dragon's Breath**

The Dragon's Breath is a way to use your breathing to increase or decrease your level of fire energies. This technique is based on the principle that air can and sometimes does carry a certain amount of fire energy. In practicing the Dragon's Breath, be sure and use the same sized breaths each time for consistency, and do not do more than 3 breaths in a row. Too much and you could end up with a dry and/or sore throat.

##### Using Dragon's Breath to Increase Fire Energies

1. Decide the color (and characteristic if desired) that you wish to take in. Refer to the fire excesses and shortages from the previous class to determine the appropriate color and characteristic. Have the color source ready for the desired color.
2. Take in a deep breath and hold it in your lungs.
3. Looking at the color source, expand that color outward from the lung area and throughout your body. If you need to you can spread your fingers across the sacrum or abdominal area, fingers up (at a slant) and move them out away from the lung area into the body. Note that you are not pulling from the color source, but just using it as a reference to spread the correct color of fire energy.
4. If you are also taking on a characteristic, see the characteristic spelled out in your lung area and also disperse it throughout your body.
5. Breathe out the air from your lungs – it will be cooler than the breath you took in. Repeat up to twice more if desired.

##### Using Dragon's Breath to Decrease Fire Energies

1. Decide the color (and characteristic if desired) that you wish to get rid of. Have the color source ready for the desired color.
2. Take in a deep breath and hold it in your lungs.
3. Looking at the color source as a reference, push that color in toward the lung area from all parts of your body. Note that you are not pulling from the color source, just using it as a reference to push the correct color of fire energy in toward the lungs.
4. If you are also getting rid of a characteristic, see the characteristic spelled out in your lung area.
5. Breathe out the air from your lungs – it will be warmer than the breath you took in. Repeat up to twice more if desired.

## **5. General Body Flows**

Our bodies have “flows” which we need to honor when doing energy handling on ourselves or other people. Note that these body flows are different from “chakra,” “nadi,” and “meridian” flows, which have more to do with our non-physical structures. The body flows are as follows:

- From the head down to the extremities (finger tips and toe tips) – from the top of the body to the bottom.
- From the back of the body to front of the body
- From inside the body to outside

In this course, we will also refer to the “input hand” and the “output hand.” The input hand is the hand we use to pull energy in. The output hand is the hand we use to push energy out. In general, your output hand is the one you point with, which is usually also the hand you write with (though not always). Think about it – your output hand is the one that does the most outputting! Eventually you will want to practice inputting and outputting with both hands to become ambidextrous.

## **6. Direct Flowing Fire**

In addition to the box technique and Dragon’s Breath technique, you can use the direct flow fire technique to adjust the balance of fire energies in yourself, in other people, and in your environment.

You can use the direct flow technique in several ways:

- *To increase your fire energies:* Pull fire energies from a color source in through your input hand and hold the energies in your body.
- *To decrease your fire energies:* Push fire energies out through your output hand into an electrical ground.
- *To decrease the fire energy in another person or your environment:* Pull fire energies from another person or from your environment in through your input hand, flow it across your shoulders, and push it out through your output hand into an electrical ground.
- *To increase the fire energy in another person or your environment:* Pull fire energies from a color source in through your input hand, flow it across your shoulders, and push it out through your output hand toward another person or your environment.

Ways of Doing Direct Flow

There are several ways to do direct flow.

1. In the beginning, practice the direct flow by touching the color source with your input hand and the target with your output hand. This takes less effort in the beginning than flowing from a distance. You may want to start with yellow, yellow orange, red orange or red as source candles, since they seem to push the most energy. You may also want to use white candles as your target since white is reactive air and will be more responsive to your energy flows.

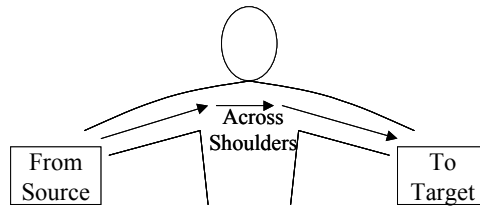


Figure 5.1

2. With practice, you can begin to flow fire energies at targets at a distance (point at your target with the index and middle finger of your output hand). You may want to consider using a lit candle as a target since candle flames are reactive to energies. You can also use a lit candle as a color source from which to pull. The outer color of the candle is the color you will pull from since the flame radiates or “pushes” the color to you (even if the inside of the candle is white).

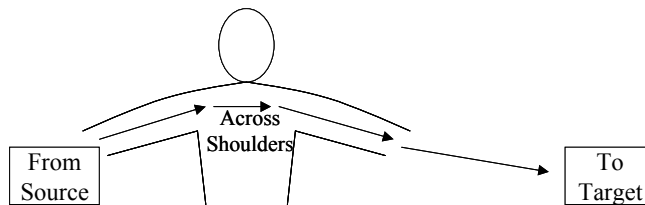


Figure 5.2

3. With more practice, you can begin to pull from distance sources and flow to distance targets.

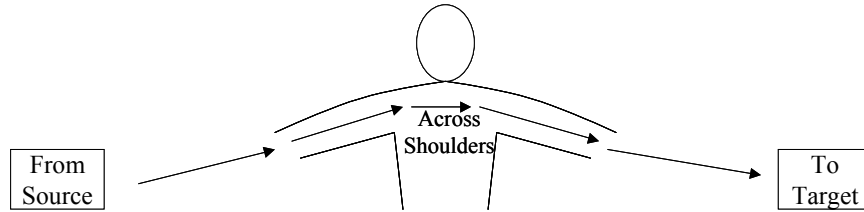


Figure 5.3

4. Eventually, you should be able to pull color with any part of your body and flow it out with any part of your body.

REMEMBER TO TAKE YOUR TIME, THINK IT THROUGH, AND DO IT RIGHT!!

#### Additional Notes on Direct Flow

Note that direct flow can take some practice so don't get frustrated. Here are some tips that might help:

- Check your aim to make sure you are really pointing at the flame. You may want to point at the flame, and move your hand from left to right and right to left and up and down across the flame to see where your energy flows “catch” the flame.
- You may want to bend your output arm at the elbow and store the energies in the elbow of your output arm until it gathers. Then, with an exhalation, straighten your arm and release the energies in a burst at the target candle flame.
- If you are pulling from a source and sending to a target, sometimes it's easier to start flowing into the target first, and then begin pulling from the source. Flowing into the target first sets up a “pull” that will help the energy flow more easily.
- Put a candle in a hurricane globe and at close range repeatedly store energy in your elbow and straighten your arm, sending bursts of energy at the candle over and over. The repetition gives you a feel of when you are really flowing energy, and when you're not. This practice also helps you improve your timing.
- Try using different fire colors – some colors may be easier for you than others.
- If you feel a blockage across your shoulders, have someone throw a box of bright red or sun yellow POWER energy between your shoulders to release the blockage.

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- If you throw a bolt with 3 fingers you will produce a flat blade. Using 2 fingers produces a round beam.
- Practice without expectation – pushing on the results tends to stop your flow of energies.

### **7. Exit Ritual**

This week's Exit Ritual is:

Sky Above and  
Earth Below  
In Beauty  
I Greet You.