

Class 6 – Fire 3

Covered in This Class

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1. Preparation for This Class

- *Video Clips:* Energy Circling with Fire and Air, Pulling Fire Energy

2. Commentary on Healing Techniques

In working with yourself or others using the general healing techniques described below, remember these key points:

- Anything that will carry electricity will carry fire energies, even psychic energies. (It's important to get an electrical ground).
- Relative to helping others, do not change another person's balances without their permission unless they are endangering you.
- Remember that normal body flows are top to bottom, back to front in head and trunk areas, and from head to extremities.
- All body pain or fever or frustration is in the flame bands (red orange to yellow orange, but mostly red orange). Study the fire colors carefully and keep their uses in mind as you work on yourself or others.
- When working with another person and pulling fire energy, ask them how they feel every 30 seconds or so. Fire energy is radiative and moves quickly, so if you pull too much fire too quickly, you can knock them out.
- The well trained practitioner does not hold the energy he or she pulls, but grounds it, and does not give energy from their own store except in an emergency.
- In general, you want to use your input hand to pull energy and your output hand to ground it out or flow fire energy out. However, if the situation does not permit that, you can reverse input and output hands. You can also use other body parts to pull and ground energy provided you have practiced. Remember, the Universe doesn't care what you meant to do; it cares what you actually do.

- When working with another person, you may want to ask them to let go or let the energy flow, since they may resist it. You may even want to ask them to close their eyes.
- Refer to the fire shortages and excesses information in earlier classes if you aren't sure which color to work with.
- Take your time, think it through and do it right – BUT DO IT.

3. General Healing Techniques

General Tensions, Angers, Pain, and Fevers

Go to ground first (for yourself or anyone else). If it is general, all over the body, you want to pull from their feet since you want to respect the body flows from top to bottom. If for some reason you can't pull from their feet, the second choice would be to pull from the hands, and that would make sense if most of the pain were in the upper body or head. You don't want to pull from the hands if the pain is in the stomach area, since pulling through the hands would be back flowing and contrary to general body flows. The third choice for pulling fire energy would be from the base of the spine or from the full length of the spine. If you're dealing with an angry person invading your space, you can just go to ground and pull their fire energy without asking.

Localized Pain in Arms, Hands, Legs or Feet

Keeping in mind the body flow patterns, start pulling fire energy from below the area of pain. If the pain has stagnant fire, as is often the case with chronic pain, stuck energy, or fire that's been iced, you may have to change the color bands you are pulling – you may have to pull several different colors before you get the right one or right combination to get it flowing. Have all of the fire colors handy before you start to pull so that it will be easy to change colors. Check in with the person every 30 seconds or so, and have them tell you when the area feels better. That way you'll know when you have the right color combination, and when you have pulled enough fire. If you pull with one color for a while (be patient – sometimes you have to pull for a few minutes – just make sure you don't knock the person out by pulling too much fire energy) and if the pain doesn't lessen, switch to another color (perhaps from red orange to deep red), and then check in with the person again to see if the situation has improved. If the blood is stagnant, for instance, deep red will be more effective than red orange.

To verify whether the fire energy is stuck, place your output hand about 3 inches above the area in pain, and push a little fire energy at the area. If the fire energy is stuck, the fire energy you push with your hand will come back at you. We call this a "hot spot," and it often feels like a "ridge" of energy. If you don't get a hot spot in one area, move your hand up, down, and around the area, still pushing fire

energy out of your hand, and see if you can find a hot spot somewhere else. Sometimes the hot spot will be where the pain is, and sometimes not, but keep in mind that the hot spot is always the cause of the blockage. When you find a hot spot, start pulling and grounding fire energy from below the hot spot. If it doesn't move, you can also try pulling directly from the hot spot.

If you pull from below and on the hot spot and the energy is still stuck, you can sometimes get it moving by building a box of sun yellow energy and smashing it directly into the hot spot. You can safely put fireboxes anywhere on the extremities, but be careful not to put fire energy directly into the lungs, which do not accept fire energy well. Be careful about putting fireboxes into the torso area in general.

Localized Pain in Trunk Area

Using the same “hot spot” technique described above to locate the source of pain, go to ground first and then begin to pull fire energy through both the legs and the feet. Do not pull energy through the hands, as that would be back flowing the energy.

Head Aches

Headaches are often related to stagnant fire in the head or neck area. Most often the stagnant fire is in the flame bands – yellow orange or red orange. Sometimes, however, headaches are the result of stagnant blood, in which case you want to pull deep red or red purple. As with all pains of this type, you may want to switch between several colors until you get the right color. Most muscular “knots” or tension in the head or neck area will be in the red orange or yellow orange color bands. As with all pulling and grounding, be sure to consider general body flows, making sure you flow energy down the body and from back to front.

If someone has a headache in the front of their head, you can have them ground it out on a refrigerator. Ask the person you are helping to put their forehead on the refrigerator, and to flow the pain into the refrigerator. You can assist them by pushing a little white or powder blue from behind, or you can add a box or two of white or powder blue to replace the energy they are flowing out. Be sure and check with the person as to how they are feeling after 15 or 30 seconds because the fire will flow out very quickly – a refrigerator is a very large grounding source.

If someone has a headache low in the back of his or her head, don't have them ground it out on the refrigerator because that will cause a backflow. Pull the headache out through their hands, feet, or spine, since the top to bottom body flows are stronger than the back to front body flows.

Bruised or Wrenched Muscles

Bruised or wrenched muscles are high in yellow orange, and will have residual deep red blockages. To pull the excess yellow orange, take your output hand and run it about an inch off the skin above, below, around and on the bruised area until you feel a spiky energy ridge. If you have difficulty locating the energy ridge or “hot spot” push a little red orange out of your output hand, which will cause the energy ridge to push back at you. Pull for 30 to 45 seconds at a time, pausing periodically to see how the area feels. Once the area feels better and the energy ridge is no longer present, wait a day or so then pull deep red to remove any remaining energy blockages.

Energy Recircling

One other way to ground out a headache is to both pull the fire out with one hand and push white or powder blue in with another hand. This also works if someone has burning or tired eyes. Have the person sit in a comfortable and stable position, and have your color chips handy for reference. If their headache is low and in the back of the head, put your input hand on the lower back part of their head, and your output hand on their forehead. If their headache is in their forehead, reverse the hand positions. Begin pulling fire energy in with your input hand. As the fire energy reaches your shoulders, look at the sky blue or white color chips and transform the fire energy into either of those colors. Then flow the powder blue or white energy back into the person with your output hand. Check in with the person every 15 or 30 seconds to see how they feel. As soon as the person feels better, take your input hand off their head, and flow the remaining energy out through your output hand before taking your output hand away. See the video clip referenced in Section 1. Preparation for This Class, page 121, for a visual reference on this procedure.

Note that in the above procedure you are transmuting fire to air, even though we say that fire is not mutable. As magicians, we are alchemists and we are changing one element to another. By itself, fire will not change into another element.

With sinus headaches, you want to be careful about either putting in fire or grounding it out, since the sinuses are heavy in water and air. If the sinuses are definitely inflamed, you can pull a little fire. Avoid putting in fire, since it will usually cause sinus infections or a head cold.

If the person has a migraine headache, you can't totally cure the headache using the techniques given thus far, although you can make them feel better. The reason you can't get rid of the headache is because migraines are related to bank issues (buried unconscious issues of suppressed fear, anger and grief that are spirit to mind conflicts). To give you an idea of how much energy is involved in a migraine headache, consider that if and when the full force of a migraine headache were to enter the physical body, the person could incandesce.

With ulcers, pull flame bands out from the front and push sky blue or water blue (you will learn about water blue in Class 7) in the back.

Burns and Pinches or Getting a Hand Caught in the Door

With burns, pinches, or getting your hand caught in the door, you want to immediately jerk red orange as fast as you can and spread it throughout your body to lessen its intensity. We tend to resist the pain, which actually produces more heat. Instead, you want to spread it quickly, then go to ground and ground out the built up energies. Finally, pull fire energy from the local areas to reduce any residual inflammation.

If someone else has a burn or pinch, they will generally resist you touching the local area. Instead, it is better to take his or her opposite hand (if they have been burned on one hand) and jerk the fire energy throughout their body, and then let go before the fire energy reaches you. Then go to ground to get rid of built up energies, and finally pull fire energy from the local area.

Chest or Stomach Pain

You can use the energy recircling procedure for chest and stomach pain also. For chest pain, you will want to pull red orange from the front of the chest, and put clear air back in through the back of the trunk area. For stomach pain you don't want to put clear air back in since it will cause gas pain. Instead, flow water blue or deep red back in (deep red is especially good for PMS type symptoms).

Pushing Old Pain Out with Sun Yellow

Any form of pain, especially old wounds or injuries, but also including cramps, toothaches or joint pain, represents an energy blockage. Slamming a box of sun yellow through them can explode these blockages. Put your foot on an electrical ground and slam sun yellow boxes from above the area of pain, following the body flows through the blocked area, and down the leg into the ground. Alternatively, you can also lean up against the refrigerator and push sun yellow through your body into the refrigerator.

4. Exit Ritual

This week's Exit Ritual is:

Sky Above and
Earth Below
Walking In Beauty
I Greet You.