

## Fire Transmutation Ritual

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### What you'll need:

- A container for your fire; wood stove, fire pit, cooking pot large enough to fit your talisman or sink.
- Ingredients to create a fire; kindling, newspaper, etc. or candle if using cooking pot or sink
- Offering for the spirit of the fire (tobacco, sage, cedar, flower, etc.)
- Clear intentions of what you're releasing and/or are giving an honorable death to.
- A talisman made of natural materials, piece of artwork or handwritten list of what you're releasing.

This ritual can be as simple or as complex as you wish. I open my rituals with an invocation to call in the directions, my helping spirits and healed ancestors. For this particular ritual I also call in the spirit of the fire and the spirit of Death to support the release process, however it's not necessary and your ritual will be powerful regardless of complexity, because you will have taken the time to organize what you're releasing and are taking an action to mark the release.

1. **Talisman/Representation of Release:** There are a few ways to craft what you're releasing so that you have a representation to give to the fire to be transmuted. You can create a talisman out of natural (burnable) materials examples of natural materials are sticks, hemp, flowers, etc. as you create your talisman it's customary to name what each piece of your talisman represents as you create it. For example this stick represents the release of my self-judgement and so on. Another option is to create a drawing with symbols, words or pictures that represent and carry the energy of what you're releasing and lastly you can simply make a list on a piece of paper of what you are releasing. Take as much time as you need to create your representation of what you are releasing.
2. **Build your Fire:** If using a wood stove or fire pit; begin building your fire and give your offering to the spirit of the fire in gratitude, which you can do before you ignite the fire or after it's going. As you give the offering call in the spirit of the fire and thank the fire for helping you to release that which is no longer serving you. If you're using a cooking pot or sink then light a candle, call in the spirit of the fire and sprinkle a tiny bit of your offering into the candle in gratitude to the fire.
3. **Release:** You may want to drum or rattle to build up some momentum leading up to the moment when you burn your representation of what you're releasing or you can just simply throw your object into the fire (or ignite and drop it into your cook pot or sink, make sure there is adequate ventilation) as your object burns focus your attention on what you're releasing and when you feel complete thank the fire.
4. **(Optional) Re-birth:** When you feel complete with your release you can either turn back to the fire or go and spend some time in Nature and if it feels right declare what you are welcoming into your life in place of what you have released. For example, I released to the fire thoughts and attitudes of self-judgment and self-doubt, so my declaration may include something like "I agree to love myself unconditionally and to trust my inner voice above all other voices."