

Fire Walk: The Awareness

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With more than two million Fire Walkers in the world today - the world does not need more Fire Walkers!

Or does it?

The world *does* have an urgent need for more people who 'feel powerful' and 'understand how powerful they are'. The world *does* need more people who confront their fears and challenge limiting beliefs, whether their own or the product of others. So what does this have to do with Fire Walking?

Fire walking is a metaphor for the fears and challenges we face in life. Very simply, when we are afraid we will fall down on the ice and break a hip or ankle, the fear is falling; the challenge is our belief of breaking something when we fall. We overcome this fear by facing it, 'yes I may fall' and challenging it, 'I've fallen before and was fine, or I know many people who have fallen and they stood up and were fine.' Fire walking is about changing the beliefs we have about ourselves, others and the world.

When you believe it's flu season, that is what you experience - the flu.

When you believe people are dishonest, that is what you experience - dishonest people, lies, loss.

When you believe you are powerful, that is what you experience - confidence, success, fulfillment.

Henry Ford understood this truth when he said: **'If you think you can do a thing or you think you can't do a thing; you're right.'**

As a Fire Walk Instructor, I am trained to help you experience personal power. I help instill confidence, and inspire faith; the qualities required to walk safely and confidently across a bed of red hot coals with temperatures exceeding 700 degrees Celsius! The exercises you participate in during a Fire Walk Workshop empower you by helping you to let go of self defeating and disempowering beliefs, transforming you into a more powerful and confident individual. You will stride through the red hot coals. Your every step is a release of the negative conditionings and fears of the past. You walk forth confidently awakening to your full potential, embracing your power.

In this world where far too often fears influence and rule us, where negative thinking impacts our lives daily, it is more vitally important than ever before, to be as powerful as we can possibly be. Fire Walking does just that.

Does the world need more Fire Walkers? The answer is a resounding YES!

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