



Sacred Ceremonies

A celebration of life

“Many people feel that fire walking is a tool but it isn’t a tool, it is a ‘sacred ceremony’ that has been around for centuries.”

– Roberta Brunin

Do you celebrate birthdays, weddings or anniversaries? Do you attend graduations or baptisms? If you answered yes to either of these questions then you are participating in rituals and ceremonies, which create special memories you, will always remember.

These celebrations have become rituals because they have our unique imprint on them; they define who we are and how connected we are to one another. These celebrations are geared to the way our personalities are and personalized with our family traits; a certain type of cake for a birthday, a different cake for Christmas, renting the honeymoon suite for our anniversaries, pancake breakfasts for our family reunions, or decorating Easter eggs a certain way.

However we choose to celebrate, we are creating a ritual or ceremony for these special events in our lives and at the same time we are anchoring in these memories with the ritual. We always remember the times when something special happens in our lives. What I am talking about here are predictable activities and patterns in your life that serve as psychological and behavioral anchors for your values and beliefs, providing you with a sense of stability and identity, reinforcing your sense of self, giving you a sense of meaning, community and continuity in your life. For example, your family may celebrate rite-of-passage rituals such as graduations, bedtime rituals of a bath followed by a story, or special ways of celebrating birthdays. Rituals are activities that are repeated, deliberate, coordinated and have meaning. You make a personal commitment to do the activity. You don’t do them only when it is convenient. The power of rituals is found in the ceremony and repetition. Without these defining characteristics, a ritual loses its power and is just a routine.

Many in the community who are familiar with my journey will remember when I first walked on hot coals at a Tony Robbins ‘Unleash the Power Within’ seminar back in 1999. It terrified me, but it also amazed me so much that in 2002 I attended Sundoor Fire Walk training in California and became a Certified Fire Walk Instructor. Many

people feel that fire walking is a tool but it isn’t a tool, it is a ‘sacred ceremony’ that has been around for centuries. It is a ritual steeped in mystery and power and for me it is a way of life.

How do you feel when you say no to someone who has been too demanding? How do you feel when you have had the confidence to tell your boss you need a day off just because? How do you feel when you have the confidence to tell someone that his or her behavior is rude or impolite? Fire walking rituals helped me understand how to honor myself and anchored my beliefs and values so I stood up for myself with quiet confidence.

How would you feel if you could take a year off work? How would you feel if you walked 767 kilometer on a spiritual path called the El Camino? How would you feel if you could spend three months in Ecuador and teach English as a volunteer? Fire walking rituals empowered me to do things I previously only dreamed about.

Fire walking is a ceremony or ritual that helps anchor and stabilize your values and beliefs; deepens your sense of identity; enhances your sense of self; gives you a sense of meaning, community and rhythm in your life; gives you a more profound sense of the incredible person you are; reinforces the confidence, strength and personal power which you may experience in everyday life; makes you more self aware and understanding of yourself; helps you more clearly express trust and independence; helps you build a community of friends that share your fear, courage and joy.

My excitement mounts as I watch the snow disappear; the geese return and the ground heat up, as I know that before the end of May, I will be outside with customers, friends and family, all of us eager to dance through the hot coals. This year I encourage you to participate in rituals, which build confidence and personal power. Find the confidence within yourself to be truly unique and powerful!

Roberta Brunin is a Hypnotherapist, Reiki Master and Fire Walk Instructor and is operating out of Grande Prairie under the name Power Strategies for Life.

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