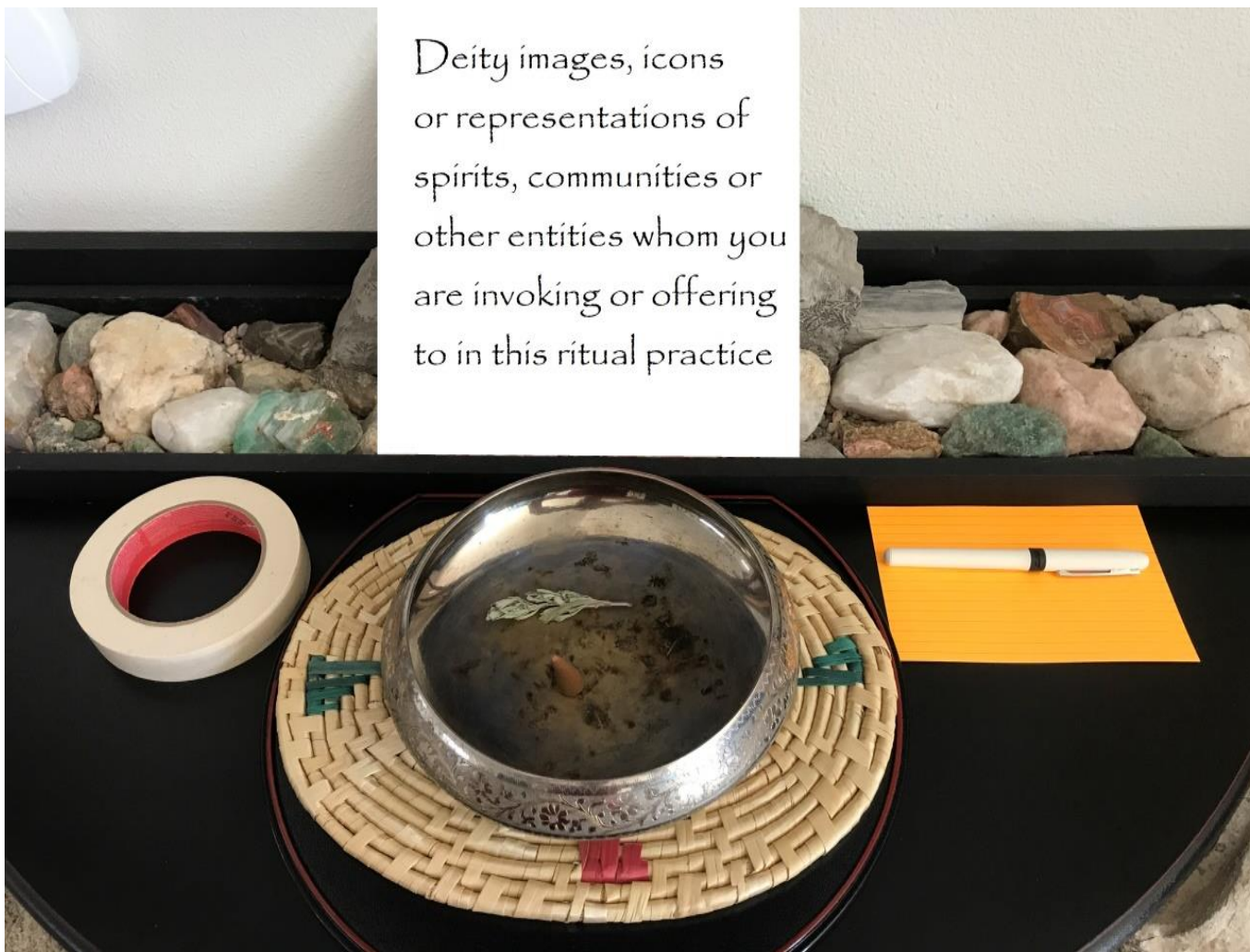


Transfiguration of the Flame



A Self-Guided Fire Cleansing Ritual by Athne Machdane

Setup (see image below for example): Fire bowl, pit or place in which to burn offering during ritual practice. Notecard, pen/pencil, masking tape, sage or other similar smudge, incense offering, deity icons if desired. Prepare an appropriate outdoor ritual space to conduct burning following invocations and offerings. All specific details about altar and materials may vary to suit personal circumstances.



Invocation (aloud or silently): Invite deities, elementals, ancestors, protector spirits and other esoteric forces or beings familiar to you and whom you feel are appropriate to receive and empower your specific devotional content. This ritual is intended as a practice of blessing, protection and absolution through love and compassion. Be sure to include yourself and all sentient beings as beneficiaries.

Offerings: Write devotional statements on notecard following invocation, may be prayers, joys, concerns, confessions, vows or any other material you wish to offer and/or attest to. Also include sage smudge or other esoteric cleansing agent and incense with a pleasant fragrance. Perform invocation and prepare offerings from home altar as part of your daily spiritual practices when and where possible.

Preparation (see cover image for example): Fold notecard into thirds equally with writing facing inward to form a small triangular chimney. Wrap outside of chimney at midsection with one ribbon of masking tape. Mark tape with one or more symbols that convey personal meaning and empowerment to you. Place chimney at center of fire bowl, place incense and smudge in center of chimney.

If open flame and incense are a problem in your ritual space or for personal and/or health issues, use LED candle and/or visualize a symbolic fire. Visualize card being dissolved by symbolic fire then dispose of card in a reverent manner.

Burning: Move fire bowl to a fireplace if available or to an appropriate outdoor ritual space. Try to minimize wind exposure and avoid burning near vegetation or during high fire danger. Use a candle lighter to light fire. The fire should only be big enough and last long enough to consume the paper chimney and a small amount of smudge and incense. Keep water nearby to quench the fire if needed.

Visualization: As the flame consumes the physical substances, visualize their spiritual essence transforming into brilliant, luminous rainbow light. Offer this esoteric energy to the deities, other spirit beings and/or forces you invited during the invocation. Receive from them their blessings and energy, allowing the cycle of sending and receiving to continue for some time until all are fully satisfied.

If you are familiar with and practice visualization-based meditation techniques as part of your routine spirituality, consider offering this ritual as part of these as appropriate according to their specific teachings, composition and methods.

Cleanup and Disposal: If possible, once the fire has completely consumed the chimney and died down to embers move the bowl to a safe location and allow the remaining incense and sage smudge to keep smoldering. This may be used for personal or household smudging and censuring. After all materials are reduced to ash, douse the bowl with clean fresh water and reverently pour contents outside.