Imagine:
Take a few breaths where you are
Feel your body's tension and openness
Imagine you are entering an outdoor fire circle with other beings, there is a space just for you/for us.

Journal Questions:
What is fire teaching me/us?
How does fire show up in my life and work/our world?
Where do I/we need more fire?
What are the spaces I feel deepest belonging? How might I grow those in 2021?

Embodied Action:
Take a few breaths where you are
Feel your body's tension and openness
Imagine you are entering an outdoor fire circle with other beings, there is a space just for you/for us.

Be the fuel: What fuel are you to the fire? Move the question into your body and shape shift your response.

Be the fire: What nourishment does the fire offer? Move the question into your body and shape shift your response.

Take time to journal, draw, dance or cook.
Make something, get messy, be quiet or loud.
Thank you for the ways you feed the fire, the ways you receive nourishment from the circle.
We honor you.