

A Phoenix Fire Ceremony



The Phoenix Bird, in Greek mythology, rises from its own ashes to be reborn. A Phoenix Fire Ceremony is designed to be used as a powerful self-help tool for letting go of old hurts, anger, or disappointments and being "reborn" without them. As a therapist, I have seen this be very effective.

Susan M. Mumm, MA

Phoenix Fire Ceremony

**(For Moving on From Loss,
Disappointment or Anger)**

A Phoenix Fire Ceremony is a ceremony to help a person move on from a loss, disappointment, anger, etc. It is meant to be done after you have worked on the issue for awhile, and are feeling in the state of mind to let it go, and move on. Examples of things I've known to people to use this ceremony for are: a divorce or ending of a serious relationship, career aspirations that did not work out, losing a friendship, an accident that resulted in a physical disability, an estranged family relationship, etc. There are of course many instances of loss, disappointment, or anger that this kind of ceremony can be used for. The name comes from the Phoenix bird which in Greek mythology is able to rise from its own ashes and be reborn.

This ceremony can be done alone or with a support person. If you are a dog person, you can bring your dog. It should be done in a place where it is safe to have a fire without being interrupted, and a place that feels special to you. It should be done fairly late at night so that when you finish the ceremony, you can go directly to bed without seeing or talking to anyone to let the effect of the ceremony take root. If finances permit, you might want to rent a cabin and spend the night alone after the ceremony. But it can just be an evening ceremony.

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Ahead of time prepare as follows:

Put down in writing what you are wanting to let go of and move on from. This can be one piece of paper with a simple sentence written in large magic marker, or it can be twenty typed pages outlining your thoughts and feeling in detail. It could also be journal pages spanning a period of time where you wrote about this particular issue.

Gather together materials for making a fire; kindling, small branches and a couple small logs. Base the volume of your materials on how long you want to sit by the fire for your ceremony; some people might just want a half hour and others may want several hours. If you are not experienced at making fires, feel free to bring rolled up newspaper and lighter fluid-- you don't want it to be stressful getting the fire started.

If you like, you can bring recorded music to play during the ceremony perhaps flute or drum or harp music. Some people just prefer quiet. Make sure you are dressed warmly enough for the weather. If you are older, bring something to sit on where you will be comfortable i.e. a low lawn chair or a cushion; you want to be able to feel really relaxed.

Also bring a small metal or ceramic bowl and a tablespoon.

Start your fire. Put the appropriate amount of wood in the fire based on how long you want to stay. You want most everything to be

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turned to ashes before you leave, so don't put too much in. When your fire is nice and stable, and you feel ready, begin your ceremony. Say something like the following:

"I have come here tonight to let go of the [hurt, disappointment, anger] I have about _____.

It is time to let it go and move on. To hold on to this any longer would keep me from moving forward with my life and would sap energy that I need to give me strength and focus in the here and now. I hereby relinquish this [hurt, disappointment, anger]."

Then put your paper or papers in the middle of the fire.

Either sit quietly, or play your music and watch your fire burn. When most everything has been turned to ashes, take your spoon and scoop out about a half teaspoon of the finest ashes from the middle of the pile of ashes and put it in the bowl, and let them cool. Set it aside. Take whatever steps are necessary to snuff out any embers.

When you are ready to complete your ceremony:

Sit the bowl with the ashes next to you. Sit quietly. Close your eyes and take a deep breath. Open your eyes and dip your hand into the cooled ashes and smudge your

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forehead with the ashes. Recite something like the following:

"Like the Phoenix, who rises and is reborn from his ashes, I hereby rise a cleansed and different person, no longer burdened with this (anger), (hurt) (disappointment) (etc.)."

Go to sleep with the ashes on your forehead.