



“The Flame”

By Sarah Dunkley

I have been taught that there are special fires in this world. There are sacred fires used in ceremony, fires that provide heat, those that cook our food and the bonfires, where we create memories with our loved ones. But there is one very special fire, which lies within each of us. It is the most sacred of all fires. They say it was placed in the centre of our being by the Creator. I believe that we all carry a piece of the goodness of the Creator. If you place your hand over your heart, and breathe slowly and deeply, searching within your soul, you will be able to feel the fire. It reminds us that we have a purpose. We were sent here with a beauty that no one else has because we are all unique and different in our own special way.

The fire needs to be tended to, just as all other fires. If the flames get low, we must add to the fire to keep it going. It is at the times when we feel our lowest, saddest, most unsure or insecure, when we need to tend the fire, but it is very important to maintain the fire throughout the year so that we do not get that low. We can't rely on other people to build our fire up. It is *our* sacred fire. These are the times when we need to sit in silence, have conversations with our inner child, our soul and being, even spirit helpers if you will.

We need to listen to what it is telling us that we need. Do we need nourishment, to feed our body? Sleep? Are we missing time with our friends or family? Do we need to sit and read, draw, sew, go dancing, belly laugh with some good company? Remember to take time to renew, refresh and rebuild your fire by following your heart to all things that you are passionate about in life. This is what nourishes our flame; it is what brings it back from the embers. When we nourish our flame, it is easier for us to remind others to take care of theirs as well. Our children need this teaching from you – that “I” comes first sometimes.