



Firewalk Ceremony

Presented by

Igniting Spirit

In conjunction with

The Goddess Festival

www.goddessfestival.com

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The path of the soul is a path of movement and transformation. To transform is to release fear and open to the pure potential that awaits our call. It begins with intention, and grows as an honored awareness of who we are and who we can become. Transformation represents a transition from one state to another, much like the butterfly emerging from the chrysalis, or the Phoenix rising from the ashes.

Firewalking is one of the oldest transformational tools known. It is most often used as a ritual of purification and healing. In native cultures, shamans walked on hot coals to purify their communities, and in the Middle Ages, Christianity embraced the mysteries of the firewalk ritual. This ritual is designed to transform and empower us. The act of walking on fire informs us, on a primal level, that we have the power to change.

The event will begin with a Gratitude Ceremony to honor the spirits. The Talisman Ritual will follow, helping to bring the concept of transformation to life by creating a Talisman, then dancing it into the fire. From the shamanic perspective, a Talisman is an object created to hold or embody a belief. As we create it, we focus our intention on the thought, attitude, belief, or feeling we wish to release. Ritualistically speaking, the Talisman is not just the symbol of an attitude or belief, but it actually becomes the attitude or belief. Burning the Talisman releases this energy, in a good way.

Karen Hefner is a certified firewalk facilitator, trained by Tolly Burkan and the Firewalking Institute of Research and Education. The Talisman Ritual is based on an ancient, Native American tradition, and was taught to Karen by Jan Engels-Smith, founder of LightSong Shamanic School of Studies.

For more information and instructions on creating a Talisman, refer to the Firewalk Ceremony on my website under Services

Igniting Spirit

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Each person is a perfect being, a bright, shining light, a beautiful soul wrapped in human form.

Our experiences in this life can be challenging and empowering when approached from a place of love and balance.

Igniting Spirit strives to offer assistance in finding that balance.

Shamanism has seen a resurgence in recent years as many seek to form personal, spiritual identities and connections beyond the tenets that traditional, organized religions have offered.

On an individual level, these practices can be easily integrated into daily life for improved health, emotional balance, and a stronger connection to Spirit. On a community level, these practices promote building relationships and joining together in ritual and ceremony.

This type of healing and strengthening can change the world's culture by reshaping our collective spiritual identities to include a common understanding of the natural and spiritual worlds.



After studying, experiencing, and practicing alternative modes of healing and shamanism for the past decade, Karen has dedicated herself to being in service as a catalyst for personal growth, expansion and healing. She is an Associate Teacher for the LightSong School of Shamanic Studies, an Usui/Tibetan Reiki Master, holds Master's degrees in Science and the Arts, and is a Certified F.I.R.E.-walk Facilitator. Karen's strong teaching background dates back to the mid 1980s. She is also a minister, cancer survivor, mother, and grandmother.

Deeply invested in the areas of healing and personal growth, Karen gently guides people toward their own innate health and happiness through education, ceremony, soul retrieval, extraction work, and Reiki. Karen's intention is to assist clients and students in finding their soul's path, their true self, their source of power and freedom. She offers this with deep gratitude to her teachers, spirit guides, and the native healers and communities who have been so generous with their teaching, healing, and ceremonies.