



Sacred Order of Living Paganism

Lesson Outline

Shanddaramon

Level Two Class Four: Fire Meditation

Preparation

review the meditation procedure
review the element Fire and its correspondences

Questions to consider:

What is the element Fire?
What does it represent to you in your life?

Study:

Fire Meditation

Activity:

Do a Fire element meditation through your regular practice

Recommended Reading:

Sacred Fire: The Power of the First Element to Change Your Life by Maril Crabtree

Follow-Up

Submit the answers to the above questions
Send a report on the results of your fire meditation
Enter all information in your BoS

Fire Meditation

begin your normal meditation procedure

Once inside your inner temple:

face south, it is noon

feel the warmth of the sun

light a fire or candle in your space

see the sun above you shining down warmth and light

you are coming face to face with the element of Fire

consider your outer emotions, energies, and relationships

how does the element of Fire relate to you and your life?

listen and learn to what it teaches you

set an object in the south of your altar to honor Fire

exit your temple and return