

On September 22, in Red Deer, Alberta, a group of people will participate in a seminar where they will learn that the awesome power of fear can be literally transformed into an unstoppable force which will propel them into the manifestation of their dreams.

Those who participate will be forever changed.

Are you going to be one of them?

Often the first response I receive when I tell people about the fire walk is a perplexed look coming across their face and the inevitable question "Why do you walk on fire?"

In the past I must admit I would, on occasion, struggle for words that could accurately communicate what drew me to the fire and the changes I've experienced since. After a time of reflection on the fundamental changes in my attitudes about my capabilities and myself I've constructed the following.

The fire walk has nothing to do with fire. It has everything to do with fear. Fear is the common denominator in every one of us. We have all felt fear. Now remember fear wears many masks. Low self esteem, rejection, depression, anger, and many other emotions and limiting personal belief systems have their roots in fear. Many of us do not like to admit we ever feel afraid. After all in our western society, and especially for us males, fear is too often perceived as a sign of weakness.

Fear has power. We have all felt it. At times it manifests in to an uncomfortable stirring in the pit of our stomachs. Other times it clamps on our heart in a death like grip and literally paralyzes on the spot. I know. I've been there. But here's the secret. Even though I still feel fear I now have the opportunity, and ability, to respond differently than before. Now, instead of allowing fear to be a millstone around my neck I can choose to use it's inherent power to propel me forward.

The real freedom comes, not in not feeling the fear, but embracing it and in that moment transforming it to power. In so many ways fear is our friend and not our enemy. It is our biggest cheerleader. It is where our power lies. It is the doorway through which we transcend our perceived limitations and enter into a world filled with possibilities and promise. It is the opportunity to become everything we are designed to be.

That is why I walk on fire.

Through the information provided in the seminar and the fire walk experience I now know that instead of running from fear I can turn and embrace it as the friend that it is and together step forward into the future I know I always desired but so many times thought I would never achieve.

When you stand at the precipice of the glowing bed of coals, feel the fear, and use that energy to take the first step onto the welcoming embers before you. In that moment you know. Beyond a shadow of a doubt. That you are changed.

That is why I walk on fire.

Russ Littau is a certified Reiki Master/Teacher and operates ^{The} Healing Center located in downtown Red Deer offering education and personal healing treatments. Russ also conducts Reiki certification courses. He can be reached at www.healingcenter.ca - russ@healingcenter.ca
- Ph. 403-302-8902