

Direct Flowing Fire

In addition to the box technique and Dragon's Breath technique, you can use the direct flow fire technique to adjust the balance of fire energies in yourself, in other people, and in your environment.

You can use the direct flow technique in several ways:

- *To increase your fire energies:* Pull fire energies from a color source in through your input hand and holding the energies in your body.
- *To decrease your fire energies:* Push fire energies out through your output hand into an electrical ground.
- *To decrease the fire energy in another person or your environment:* Pull fire energies from another person or from your environment in through your input hand, flow it across your shoulders, and push it out through your output hand into an electrical ground.
- *To increase the fire energy in another person or your environment:* Pull fire energies from a color source in through your input hand, flow it across your shoulders, and push it out through your output hand toward another person or your environment.

Ways of Doing Direct Flow

There are several ways to do direct flow.

1. In the beginning, practice the direct flow by touching the color source with your input hand and the target with your output hand. This takes less effort in the beginning than flowing from a distance. You may want to start with yellow, yellow orange, red orange or red as source candles, since they seem to push the most energy. You may also want to use white candles as your target since white is reactive air and will be more responsive to your energy flows.

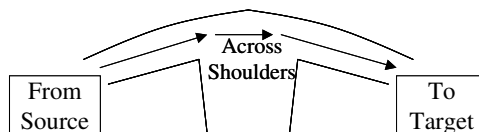


Figure 5.1

2. With practice, you can begin to flow fire energies at targets at a distance (point at your target with the index and middle finger of your output hand). You may want to consider using a lit candle as a target since candle flames are reactive to energies. You can also use a lit candle as a color source from which to pull. The

outer color of the candle is the color you will pull from since the flame radiates or “pushes” the color to you (even if the inside of the candle is white).

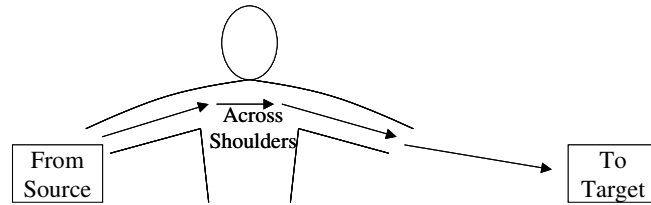


Figure 5.2

3. With more practice, you can begin to pull from distance sources and flow to distance targets.

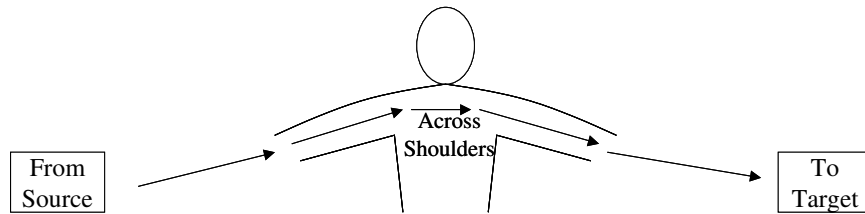


Figure 5.3

4. Eventually, you should be able to pull color with any part of your body and flow it out with any part of your body.

REMEMBER TO TAKE YOUR TIME, THINK IT THROUGH, AND DO IT RIGHT!!