

Moving Into Harmony

Fire: The Element of Sustainable Health





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THE INNER FIRE IS WHAT
TRANSMUTES AND
TRANSFORMS EVERY
LIVING BEING SO THEY
MAY BECOME MORE
FULLY AWAKE, VIBRANT,
AND ALIVE.

THE CONSCIOUS DIVA PODCAST
ON ITUNES + SPOTIFY

What is the reference of
the inner fire?

On the level of the body,
the fire is represented in
the digestive system.

The organs of
the Stomach &
the Small Intestine.

The subtle fire exists in
the cauldron of the belly.

And the deep central
force of the fire is the Yin
Fire of Kundalini, or
Shakti, in the central
pathways within the
spine.

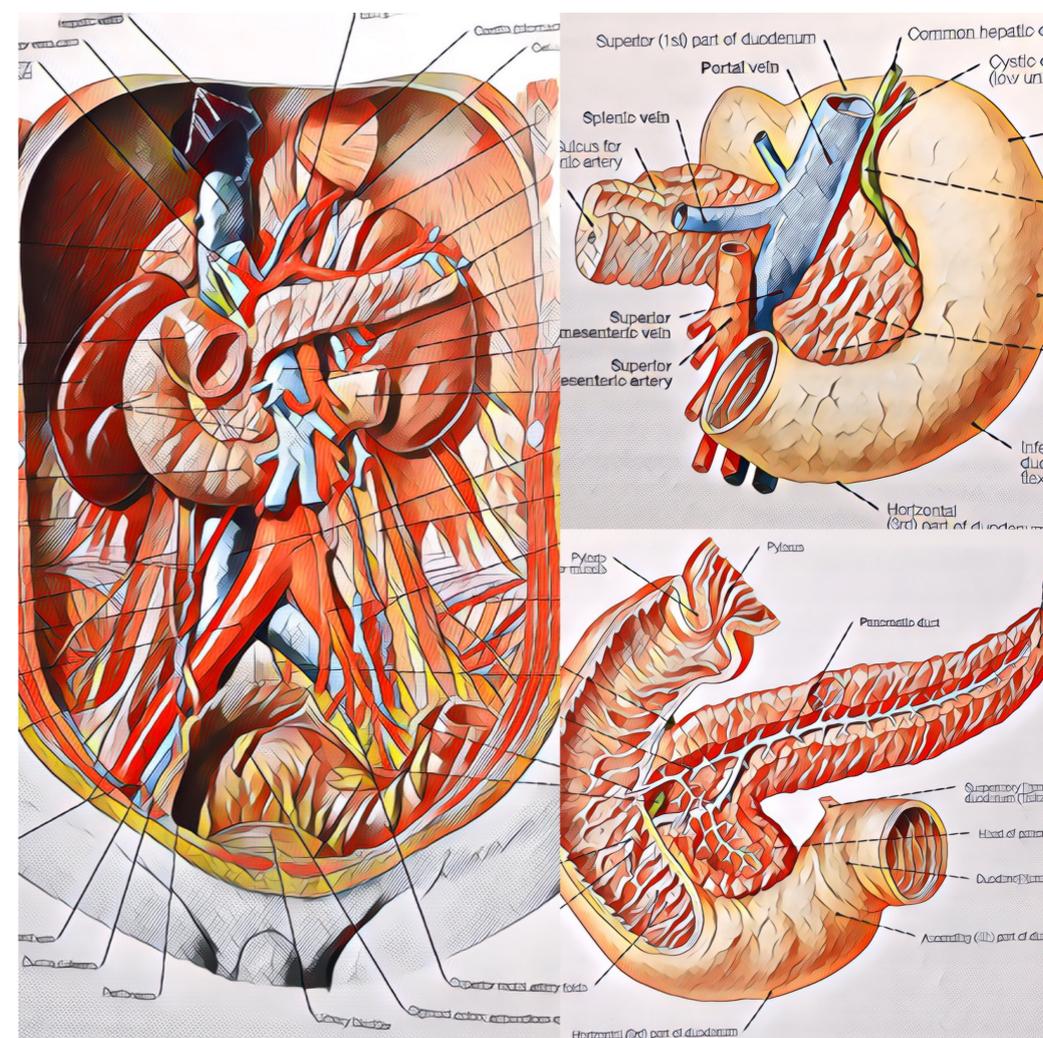
Digestive Fire

The Digestive Fire has its center in the small intestine.

The origin of digestion starts in the tongue. The tongue is vitally important, as this is the bridge from physical to physiological processes. Tongue tension is a stress response, either mentally, emotionally, or physiologically in the body. The tongue has its root in the digestive tube that enters the stomach, below the diaphragm.

The diaphragm is also important! If tension develops due to stress, breathing dysfunctions, maladapted postural holding, inhalants that scar and harden the tissues, and other relational structures that relate to the diaphragm such as pelvic floor, cranial base, elbows, knees, hands and feet can all contribute to the tension and ease of the respiratory diaphragm. If tension persists, the fire that lives in the shoulders and neck of the physical body can not descend properly setting up exaggeration and inability to root, or ground (see following pages).

Also if the activities remain on the surface or peripheral living, the digestive fire can not operate efficiently. The digestive fire includes the activity of digestion, transformation of physical to chemical metabolically, absorption, assimilation into tissues, and elimination of waste, or un-needed/unnecessary materials. If not accomplished well, fat will develop and become the storage of undigested and unprocessed material.



credit - Netter's anatomy drawings

Also the Liver is key processing what is digested. The liver has many functions in these processes, AND is also the primary operator to the coolant in the blood. IF the liver is overwhelmed, loses capacity to function, or confused - digestion is suboptimal and the health of the body suffers.

All external information and substances are digested and processed. The organs need to optimally function with least burden to do what they can. Therefore, all mental, emotional and physical qualities of ease are necessary for proper organic function.

The Subtle Fire

“Let nature work on you, and give it time”

Terry Tempest Williams



image credit: Agniyogana/Emma Balvanes



The subtle inner fire, Agni, is one that lives in the lower realms of the belly (centered at the navel, and in front of the lower sacral plate). As the images illustrate, the sun is lower than the moon - the belly is lower than the head. As this is true of the qualities that exist for all transformative processes - food, energy, life. Often the bones, the breath (inhalation), and the tongue are aspects to work with the inner fire.

The inner heat is what the mind associates with safety. The mundane mind of everyday thoughts and activities tend to exaggerate or deplete the subtle fire and its ability to transform all things.

The image of fire is the flame. The highest quality of fire, Tejas, is the illumination or brilliance. It is the glow that exists around the flame. One can meditate on this for developing relationship. Nature's most powerful element for transformative processes is easy to disturb, and patience is required to cultivate steadiness, like the steadiness of one's life that allows the flame to illuminate fully. © 2020 Moving into Harmony

How to relate to Fire

“A man too busy to take care of his body is like a man too busy to care for his tools” – Spanish proverb

This quote is important to consider. In these days there is a lot of activities with self-help methods, and a primary focus on trying to fix what is wrong or bothering you. This attitude, or belief that something is wrong, is stealing from your awareness and trust in the intrinsic nature and qualities of who you are. These are the tools to encourage your growth, and sustainability of well-being.

Rejoicing in what is available is essential. Acknowledge, and put forth your focus on what you want, or how you want to be. The mind can focus on many things. How do you want to direct your attention?

Understanding the attributes of the fire element can be helpful. Qualities of warmth, hot, sharp, light, dry and subtle is a start. Then the actions of fire (or karmas, not all karmas are bad) are brilliance, luminous, penetrating, radiance of real intelligence (not what is on the book shelves). Fire’s natural direction is up, and spreads with the winds and fuel.

Fire helps to see form, produce sound and speech, burn memories into our minds, perceive touch and assimilate with our perceptive minds to make sense of the information we gather from inside and out. Fire holds the distinct energy of brilliance and radiant energy when stabilized and utilized in rhythmically routine ways. Association to these qualities and actions will help you to avoid the traps of what’s wrong with you.

“Where there is movement there is friction, and where there is friction there is Fire.”

- Dr. Vasant Lad



With simple practices that cultivate a relationship to the fore-mentioned attributes serves as a direct experience. This allows the mind to observe, rather than create or make-up fantasy and story around fire.

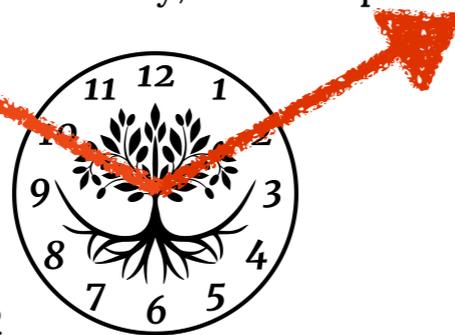
- * Can you feel the gentle warmth in your belly, around the navel and back toward your spine?**
- * Can you feel the warmth emanating from the bones in the limbs?**
- * How does your own voice sound?**
- * What are your passions that propel you with compassionate action of how you use your body?**
- * How is your digestion? assimilation? elimination?**

Seasonal variations

All of Nature, therefore all living beings, has it's seasons”

Seasonally, first start with the first signs of increasing and decreasing light. The peak of light is the Summer Solstice, and cyclicly the rise and fall of the strongest fire is Spring Equinox to Fall Equinox. During this time the internal fire is making its way from deep inside, and then making its way back inward starting as Fall approaches. The doctors of ancient medicines will say to prepare in the winter for spring's rising, and in the summer for the fall's inward journey. Therefore spring prepares one for the summer, and fall prepares one for winter. This understanding carries wisdom and can be directly experienced as you feel light and lite and warmer as spring arises, and you begin to feel a bit cooler and damper as fall approaches.

Then look at the daily cycle. The time of fire is 10 to 2 on both sides of the 24 hour cycle. This coincides with the peak of the sun and digestion in the day, and the peak of healthy repair at night.



*TIME OF HEALTHY REPAIR

Gall Bladder(GBl) 11pm-2am; **Triple Heater(TH)** 9-11pm

*Initial tissue cleansing begins in the **GBl**.

*Vessels start repair process(pm) through **TH**.

***GBl** and **Lv** go into action to remove waste & cleanse the blood.



As with seasonal changes and daily routines, rhythms are the key to making the best use of your elemental being. What is important to realize with daily cycles, is the physiology of your body, and the regulation of key functions is dependent on circadian rhythms throughout the day. This starts with a relationship to sleep. It is recommended to prepare for sleep before going to sleep. One of the best suggestions is to have a regular eating schedule with biggest meal midday, and eat a light meal before the sun goes down. Shut down all glowing screens you engage with by 7pm. Try to be asleep by 10pm, which means be in bed before. Lessen the mental activity by reading during the day, not night. And rise in the dawning hours of 5-6am depending on the season.

How to manage the Fire

“Health is about managing life well, as prevention is driven by fear” - a wise practitioner

The health of the Fire element is based in stabilization, or rooting, steadiness, rhythm and routine, space, gentle calm wind, and good fuel to burn.

Stabilization, or rooting - The bones are the best physical counterbalance to life’s activities that uproot you. By nature fire rises, therefore it rises to the shoulder in the physical body. Countering this tendency and potential exaggeration requires practice.

Practices that cultivate stability, grounding, calm, space and openness, equanimity, gentle heat that allows the skin to feel the permeating deep internal nature of good heat, clarity of lightness, lite in weight, and coolness of the head and neck are what to reference in practice. The most efficient ways to cultivate the above qualities is actually with a standing practice first. Seated practices are challenging and often early short comings disturb the health of the fire and the body, if the legs are not capable of supporting and circulating the body’s activities. This can be felt with freedom and ease in the spine; as any notion or mind strategy to hold or stabilize the spine from core condensing exercises does not allow the subtle aspects of fire to work for you. In fact holding in the spine actually forces the fire up and lessens the possibilities of it descending. This can wreak havoc on the body systems, tissues and physiology over time if goes un-noticed.



The senses must be withdrawn during parts of the day and especially as night approaches. The pathways of the senses, in particular the eyes, nose, mouth, ears and tongue and the spaces they occupy are like chimneys and unless managed will pull the fire upward more. This creates a condition the body does not like, as the brain and nervous system are the most susceptible to the fire. And the body will protect. Exaggerated fire is the inflammatory state of the body. So what is inflaming you? What is contributing to the inflamed nature of your being-ness.....trust me, it is less about the food you eat. Consider lifestyle, mental activity, how much space on the day’s plate, between your thoughts and breaths, how is the length and quality of your breath (inhale is heating, exhale is space.)

Guidance may be required to determine the best ways to help you manage.

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Fire



Consider:

- *Overindulgence/overstimulated/over-eating.
- *What can you digest? What fuels your fire?
- *Reducing alcohol, caffeine, sugar.
- *Mental and Emotional stability.
- *What inflames you? What constricts you? What ignites your passion for life?
- *How your eyes feel rising, day, night.

PRACTICES

there are links to some of these -

- *Hatha Yoga - Moving Into Harmony
- *QiGong - Matt Pesendian (also Hatha Yoga)
- *Trataka (Halo of flame gazing)
- *Take care of your skin! oiling and sun exposure
- *Balancing work and play
- *Cool to Cold showers; or a cool swim in a clean body of water
- *Warm foot baths and foot rubs,
- *Evening walks without mental activity
- *Grounding activities - barefoot safe walking
- *Dancing - swaying and spiraling; gentle in the evening
- *Write down to do list for next day before going to bed
- *Food choices - will vary for the season. Here is a good download from my teachers - Seasonal Mandala E-book
- *A well-developed and led course for the Fall (and one will happen for Spring) by Scott Blossom and peers.

Free Workshop - September 21st 6:00-8:00pm (Pacific) - more information here

Guidance - sessions both in person and online are available to support you