

Fire up a Campfire



Imagine (see, hear, feel, smell) to fire up a campfire in a part of your body. Expand the fire over the whole body and beyond to maximal size, heat and inclusion.

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Start a fire in any cold part of your body, like feet, belly or arms. Really see, hear, feel and smell it. Enjoy the warm and cozy feeling. Later grow the fire in size and heat. Imagine dry wood or gasoline dropping from top of your head into the fire and every outbreath blowing fresh air into it from below. Let it grow until your whole body is burning, then include just everything in your mind and then the whole world. Finally, there is nothing left but hot bright, sizzling fire.

Nice Videos: [Inner Fire](#)