

Within each of us is a divine spark. This fire burns at your core and is a continual source of light and warmth. All fire is both creative and destructive in nature. As a creative force, it can provide the spark that ignites a new path, and the warmth and heat to sustain you. As a destructive force, it can burn away what no longer serves you, consuming it completely.

Today, connect with your inner fire by breathing into your core. Let your breath stoke your eternally burning flame. Bring to it whatever you're ready to let go of. Ask it to burn away the beliefs, emotional programming, relational contracts and ancestral patterns that no longer serve you. Let it destroy what is done. Ask it to guide you on your path forward. Let its warmth and heat sustain you.

Whenever life feels uncertain, dark or heavy, know that your divine spark is steadily burning within you as a beacon to light your way. Connect with your inner fire by saying,

"My inner light will guide me."