

The Fire in the Belly

By Carolyn Reynolds

Caroline Myss is a wonderfully witty, insightful writer and speaker. On one of her tape series she chants in a soft whispering voice, “*Don’t go back to sleep. Don’t go back to sleep. Don’t go back to sleep.*” She is telling us to WAKE UP. Shake off the lazy old habits of hibernating in comfort. If you want to have the exhilarating experience of meeting yourself in your full breathtaking potential, then “*Don’t go back to sleep.*”

Kindle the fire in the belly, the fire of desire, and the fire of creation itself. Wake up while the house is asleep and thoroughly enjoy your daily appointment with your destiny. In this quiet time, bath your body and lovingly take care of it as it is the earth suit of your spirit. Stretch into your hatha yoga, do your pranayama practice and be ever amazed how the breath affects the physical, emotional and mental body. Go to the silent space within and explore. Bring up an emotion and examine it until it transmutes into understanding so that you know yourself more fully. This is an aspect of self-study or svadhyaya. On another morning you might bring to mind the events, people, or functions in your life like a parade, just watching them come and go. When one of them puts a smile on your face and makes your heart swell, examine that and bring that aspect more fully into your life. Spend more time there. Nourish it before it withers. That is you talking to you. Then go into the stillness again...until the timer goes off and you must reenter the world. But when you do, you will go there with a sense of peace and joy, perhaps even bliss.

Fire manifests in many ways in the body. There is the fire of digestion, the fire that keeps the body warm, the fire of a fever that kills invaders, neurons that fire in the brain creating our thoughts, perceptions, emotions, and ideas. The fire of determination is a prerequisite for your journey. It is a prerequisite for the kundalini energy to journey upward through the energy centers called the chakras, purifying them. Fire is purifying. Fire is creative. Fire is energy. Fire transmutes. Fan your fire of determination called Sankalpa Shakti in Yoga, and don’t go back to sleep.