

A SEVEN-DAY PRACTICE / ENGLISH

The Fire Protocol

Choose a direction



Give the force somewhere to go.

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Choose a direction

Fire appears here as energy asking for direction: the unfinished work, the sentence you keep swallowing, the irritation of spending your day on everything except what matters to you. The practice begins by choosing one small action with a visible end.

A question to carry

What do I want this energy to do?

- You have several beginnings and no place to direct your attention.
- You keep waiting for permission to start something small.
- You need a stopping point as much as you need momentum.

The figure beside this element

Brigid accompanies Fire in the Magia Botanica map. We work with the image of making: a word shaped, a material worked, a task brought into form. This guide uses that image to bring attention to the action you choose and the point at which you stop.

Use this guide as an optional reflective practice. An element is a starting point for attention, not a diagnosis or a fixed identity. Change position, shorten a step or stop whenever you need to.