

Flames.

Sometimes, we forget the obvious, our happiness, and get charmed by family, friends, or loved ones into accepting a sphere of life that restricts or doesn't allow air into our inner fire. Without air, your fire will smolder until it gets air and revives or until it dies.

I'm sure we should seek out those who fan our flame, thus making it burn hotter. Sometimes, we should also seek out those who not only fan our flame but who can also add fuel, thus making our fire burn hotter and longer.

The flame inside us, the source of our creativity and love, is crucial in getting us up in the morning. Perhaps finding someone who listens when you're talking fans your flame, or possibly another person or persons fan your flame. Or you've learned that walking away during drama and meanness fans your flame and stops your tears from extinguishing it.

Fanning the flame of your inner fire is necessary for unlocking your life's potential.

The times your flame erupts into a blazing fire answers two recurring existential questions:

Who am I, and Why am I here?

If your flame is little more than a smoldering spark amidst the ashes of your life, open yourself up again and let a breeze in. A breeze of life will change that spark to a flickering flame. Tending to your flickering flame requires careful nurturing while not smothering it.

Getting your inner fire back to burning brightly often begins by allowing a fresh breeze in.

Written by Peter Skeels © 5-7-2024