

S Ø M Ā R A
SCHOOL OF BEING



THE NIGHT FIRE RITUAL

A nightly practice for the woman who carries fire

*"This is not something you learn.
It is something you remember."*

SUMMER · THE SEASON OF FIRE

THE COMPLETE GUIDE · INCLUDING THE DEEPER LAYER

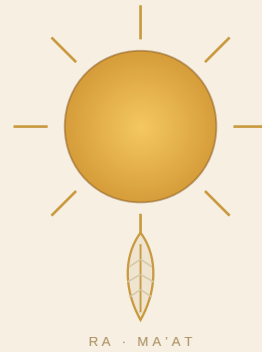
Fire is not passion.

Fire is radiation aligned with truth.

In the Egyptian way of seeing the world, the sun does not rule alone. Ra moves in accordance with Ma'at — the law that holds the cosmos together. Fire with a center warms and illuminates. Fire without a center destroys, and the first thing it destroys is the woman carrying it.

The ancients told this as the story of *Sekhmet*: the Eye of Ra, sent out on a mission, so magnificent at burning that she could not stop — until she was given, not force, but pleasure. Red beer poured over the fields. She drank, she slept, and she woke as *Hathor*: the same fire, now radiance that nurtures.

This ritual is that story, made into a nightly practice.



ONE HONEST NOTE BEFORE WE START

The myth is documented — you can read it in the *Book of the Heavenly Cow*. The reading of it as a map for burnout is my own interpretation, born of lived experience. Take it as a lens, not a dogma. And everything in the Deeper Layer is taught the same way: as tradition and as my own experience — never as claims of physics.

WHAT YOU NEED

Ten minutes. One flame.

FOR THE BASE PRACTICE

One candle · a pen · paper · ten minutes at the end of your day.

FOR THE DEEPER LAYER, ADD

A small bowl · water · something to turn it red — dried hibiscus flowers are ideal (they make the water drinkable), or a pinch of red ochre pigment if you will offer the water to the earth instead · a fireproof dish for burning paper.

THE BASE PRACTICE FOUR STEPS

The nightly circle

I

LIGHT THE FIRE

At the end of your day, turn off every screen. Light a single candle. One flame — your fire, scaled down to something that cannot burn you. Watch it for three slow breaths. Notice: it radiates from a center. It does not try to be a bigger flame.

II

ASK THE QUESTION OF THE SEASON

Out loud or in silence: “*Where did I expand today without truth?*” Where did my fire go hunting out of fear, habit, or someone else’s mission — instead of moving from my center? Don’t force an answer. Ask, and listen. The first honest image is usually the one.

III

WRITE — THREE LINES ONLY

Where my fire served my truth today — one line.

Where my fire burned without center — one line.

What I offer it tonight — your “red beer.” One act of real rest or pleasure you will actually give yourself: a bath, music, slow food, sleep, skin, silence. Name it and keep the promise.

IV

CLOSE THE CIRCLE

One final sentence, spoken to the flame: “*What did summer teach me today?*” Answer in one sentence — not a paragraph. Then blow out the candle and watch the smoke rise. The fire isn’t gone. It’s banked — held in its center until tomorrow.

They don't make the ritual longer. They make it denser.

Add them one at a time, or all at once, as your practice asks.



FIRST KEY — FACE THE SOUTH

Before lighting the candle, turn your body toward the south: the direction of fire, of maximum light, of the sun at its height. It costs nothing and changes everything — it turns a habit into an orientation. Your body learns, night after night, that when it faces this way, it is entering the territory of fire.



SECOND KEY — THE RED BOWL

Place a small bowl of red water beside the flame — water with hibiscus, red as the beer poured over the fields of Egypt. The medicine beside the fire; pleasure standing guard over power. When you close the circle, drink it slowly (hibiscus) or pour it onto the earth (pigment — never drink pigment). What returns the fire home is not force. It is sweetness, received without shame.



THIRD KEY — THE OFFERING TO THE FLAME

Write your third line — your “red beer,” the rest you promise yourself — on a separate strip of paper, and burn it in the flame. Fire is the great transformer: what it consumes, it seals. You are not throwing the promise away — you are giving it to the fire to hold you to it. Tonight, your rest is not an option pending willpower. It is an offering already made.



FOURTH KEY — READING THE FLAME

After you ask the question, don't reach for the pen yet. Watch the flame for thirty seconds. Flame-gazing is one of the oldest forms of listening.

A still, tall flame — the fire is centered. So, likely, are you — more than you think.

A dancing, restless flame — dispersion. Ask where your fire scattered today.

A sputtering, smoking flame — something asks to be released. Let your second line be braver tonight.

Yes — drafts and wick length move a flame. That is the point: thirty seconds of true attention lets what you already know rise to the surface. The flame is the mirror; you are the oracle.

SEVEN NIGHTS

A map of your fire no course could give you

Do this for seven consecutive nights before you judge it. The first nights, the mind negotiates. Around the fourth, the body starts arriving on its own — you'll want the candle the way you want water. By the seventh, read your twenty-one lines back in one sitting: where your fire serves your truth, where it burns without center, and what actually brings it home.

KEEP THE FIRE SAFE

Never leave a flame unattended. Burn paper only over a fireproof dish. If an open flame isn't possible where you live, a single candle-sized lamp and the same attention will carry the practice — the fire you're really tending is not on the table.



TIWAZ · THE RUNE OF
FIRE

THE QUESTION OF THE SEASON

How do I expand without losing my center?

Carry it until the autumn equinox — not as a problem to solve, but as a companion to walk with. The fire was never your enemy. Sekhmet and Hathor are the same goddess; the same Eye, the same power, the same you. The only question is whether your radiance has a center to radiate from.

Welcome to the season of fire.

— Alin · Sømāra

WWW.SOMARA.EARTH

NEXT IN THE SUMMER ARC

“The Days Outside Time” — the five days that don't belong to the calendar, and what the sky is doing this August. On YouTube in early August.