



Kindling *Brighid's* *Fíre*

RECOVERING
FROM
BURNOUT

*step-by-step instructions
for re-igniting your
internal Fire*

BY KATIE CAREY, M.A.

Kindling Brighid's Fire

RECOVERING FROM BURNOUT

step-by-step instructions
for re-igniting your internal Fire

by Katie Carey, M.A.

E-Book Edition

Copyright ©2014 Katie Carey

All rights reserved.

!AHHA! Publications

ahomeforhealingarts@gmail.com

Introduction

Fire.
Burning.
Bright.
Flames licking up life,
Thirsty and passionate.

Fire.
Waning.
Still bright.
Warm breath awakens
The ebbing light.

Fire.
Extinguished.
A pile of stones and sticks
And ashes where once was flame.
Embers fading into stillness.
No breath, no light.
Just darkness.

And a match.

How to Use This Book

The steps provided in the following pages are meant to be taken figuratively and adapted to each individual. What is important is the essence of the steps. So if you have no interest in making a collage or singing a song, that is absolutely fine—substitute what resonates with you.

It is okay to approach each task without knowledge of how it will be completed. Simply be aware that the capability to complete it lies within you and will present itself when required.

Take your time. Each step may take you a week, a month, a year, or more. There is no deadline, no need to rush. Your time is the right time. Internal work happens when it happens, in its own time and in its own space.

There is a candle in your heart, ready to be kindled.

There is a void in your soul, ready to be filled.

You feel it, don't you?

RUMI

STEP ONE

Burn Out

There is a reason you are reading these words. You may feel exhausted, depressed, or disappointed. You may feel let down, stressed, put upon, or disconnected from your life. You may feel distant, like you are simply going through the motions, too exhausted to infuse your art with passion and joy. You may feel like you don't want to have to answer to anyone else, you don't want to please anyone else, you don't want to obey anyone else's rules or ideas of what is right or necessary. You may feel emptied, like you have no more available to give. You may feel like you are fizzled out, dwindling or extinguished. You may feel like a pile of cinders that are scorched and singed, blistered by the energy required to keep the final embers glowing.

If you feel like the fire of passion and excitement which used to burn so deep inside of you is being smothered—like you have no more wood to burn as energy and no more wind to breathe it into life—you may be burnt (or burning) out.

No one wants to burn out. How sad and depressing. How much like failure. How cold. How much like death.

But if there is one lesson that has been taught in stories, myths, and fairy tales across time, space, and cultures, it is:

Out of death, comes new life.

(Just picture a phoenix. Yeah, like that.)

You have two choices:

Choice One: Furiously fan your fire in hopes that it will blaze back up.

Choice Two: Build a new fire using the embers and ashes of your old fire.

Let's take a look at each of these choices.

Choice One: Fan Furiously

If the idea of letting your fire burn out terrifies you, you may choose this first choice: you may try to breathe new life into your old internal fire. This is a difficult endeavor and one that requires radical honesty with yourself because it requires answering the question: what will bring your fire back to life?

Maybe you just need some time off. Maybe you just need some rest or a vacation. It could be that after some quality "You-time" your fire will return to its beautiful blazing fiery passion. If so, hooray! Take some time off, get some rest, take a vacation, get some "You-time." Fan those flames back into life!

But maybe your fire is more high-maintenance. Perhaps the honest answer to what will reignite your fire includes one or more of the following:

everyone* loving me

everyone* telling me how great / talented / smart / wonderful I am

everyone* approving of me

everyone* telling me how happy s/he is to be a part of my life

everyone* stopping complaining and appreciating what I do

*everyone = a particular person, several people, or literally everyone

If so, it is going to be profoundly difficult—and most likely profoundly frustrating—to keep your fire ablaze. Approval is not enough to keep a fire going and your burning cannot depend on others (keep in mind that others have their own fires to tend to). You and you alone are responsible for your fire. Certainly, you can receive help; but when it comes down to it, you are your Fire-watcher.

Choice Two: Burn Out & Build a New Fire

Perhaps you are intrigued by the idea that you could just let the embers of your dying fire fade, that you could allow your fire to burn out and then build and light a new fire, one that holds the best remnants of your old fire.

You can take comfort in these 4 Truths:

Truth one:

This fire is not the only fire you have or were meant to have.

Truth two:

This fire was not meant to burn forever.

Truth three:

You have not “failed” if this fire dies.

Truth four:

You are not bound by the thoughts, dreams, and aspirations of your younger self. Dreams as well as the manifestation of dreams can change.

By consciously allowing your fire to burn out, you are not discounting the burning of the current (or previous) fire; you are not disregarding the teachings and instructions that were learned and the explorations and discoveries made. In fact:

only by allowing the old fire to die
can you create a new one.

Allowing for death and re-birth is scary. It could be that you are so exhausted that you are inclined to give in to the exhaustion, but so fearful of the death that exhaustion symbolizes that you fight against it. The invitation here is to surrender to the exhaustion, to the death of your fire.

Trust that you are not lost, you are not forgotten: you are being invited to get ever closer to both your true Self and the Divine. You can do it.

Building a new fire is an adventure, and like all adventures it requires you to be brave and courageous. Being brave and courageous doesn't mean you don't feel fear; it means you feel the fear and do it anyway. Life is filled with cycles of death and rebirth and though these cycles are often painful and disconcerting (and sometimes even seemingly absurd), they bring clarity and vision to those who allow them.

You may get dirty, but you will be okay.

About the Author

Katie Carey knows nothing and is interested in Everything. She lives in a hand-built hobbit hole in Montana with her husband and two small children, where she writes, knits, and offers spiritual direction, presentations, workshops, and celebrations. She loves to be creative, theatrical, musical, and centered. She hopes to someday be very lazy.

You can contact Katie at ahomeforhealingarts@gmail.com. Visit her online at <http://ahomeforhealingarts.wix.com/ahha>.

.....