

**From the book:**  
**LIBERATING LYME by Vir McCoy and Kara Zahl**

**FIRE-LOVE EXERCISE**

We are going to work with “Fire” in the belly (Hara, Tan Tien, Prana, Chi center etc.) and love for healing ourselves. The first part of our meditation is a modified “microcosmic orbit” (see Matak Chia’s excellent book (Awaken Healing Light) for further study. I call this the “Fire-Love” exercise.

To get the fire in your belly started we are going to use the analogy of a car engine. Imagine that the liver is an oil tank with fuel oil – the gall bladder the regulator with a valve – and the fuel pump will squirt fuel oil onto the spark plug located in your belly or hara center where oxygen from your breath will ignite the fire and get your engine going. Then once the engine is running and the fires burning in the belly we will bring the fire up the spine (transmission) to the head and then bring it back down the front of the body through the heart (the radiator) cooling the energy, back through the belly and out the tailbone (exhaust). From the side it will look like a large loop. Fire up, Cool down. It is helpful to gaze at a fire, a candle, or best is the sun during sunset and/or sunrise.

**Part 1: The Fire Love Generator**

1. Find a quiet place and sit upright, either cross-legged, in a chair or on your back.
2. Warm Up. Gently rock the lower part of your body back and forth like a cat stretch but not as intense. As your back arches forward inhale, and as your back arches back exhale. This loosens up the lower spine and gets the breath ready. 60 times. Rest for a moment and focus on your upper body. Place the tips of your fingers on the outside of your shoulders like wings. Begin to flap them back and forth like butterfly wings. Opening the chest and coming forward, touching the elbows together. This warms the upper body. Notice the natural exhale as arms come together, inhale as they come back. 60X. Rest
3. Begin by breathing in and out slowly from your belly. Start by exhaling all your air out and flattening your belly. Sit straight up. Now bring the inhalation as low into your belly as you can. On inhalation your belly becomes a big balloon. Then again on exhalation bring the abdominal muscles tight to the back as much as you can. Continue this slow belly breath for 15 breaths. As

you are doing this begin to expand on the breath by exaggerating the movement of lower part of your body (like cat stretch- where your back arches forward on the inhale and back on the exhale) back and forth with the inhalation and exhalation.

4. As you're doing this imagine and feel with your senses and focus with your mind into a spot just below your navel and towards the back of the spine where your "spark plug" or little fire is. Focus the heat you are creating to this hot spot. This is the center of chi or your Tan-Tien. Another image is to imagine you are going to make a fire by twirling a stick back and forth on a little bit of tinder the traditional native way. See it burst into flames and create a fire in your "inner stove". Feel the heat.
5. Touch your thumbs together and the tips of all your fingers together and place over your fire center (looks like a triangle). These are liver mudras to open the "valves" of your gallbladder so the "fuel oil" can move through into your fire.
6. Rest for a moment from this and begin to pulse the mulabanda or "root lock". These are the perineal muscles or your "poopoo and peepee" muscles. Squeeze as if you were trying not to pee or poop. This is the "oil pump" to get the oil moving and hold in the fire once we get the engine going. Squeeze root lock back and forth for 15x.
7. Breath of Fire or Kopalabati. Begin a series of quick exhales and thrusts of breath through the nose. The belly will come back and the stomach muscles tighten during the exhale. The inhale will be a byproduct of the exhale as the belly will naturally come back out. Now add in the Liver mudra as above and add in Root lock holding it the whole time. 15x. This is "oxygen" to help ignite the spark plugs and get the fires burning. If you feel sexually aroused let that happen and add in the energy to your fire focus spot.
8. Now do the same thing but slow the breath. Breathing slowly as before, rock the hips back and forth, add in the liver mudra, and Root Lock. The difference is only do the root lock on inhalation as your abdomen and belly come forward. Continue this for 15x.
9. Now that the belly fires are hot and burning and the "engine" is running, we are going to bring the fire up the spine. Imagine that each vertebra is like a tea candle and that your fire from the belly is going to light each candle all the way up to your head.
10. Start to take a belly breath; squeezing Root lock, arching your back forward and focus the fire spot coming to the spine near the kidneys and lighting the vertebra like "tea candles". Keep inhaling. As we inhale bring the breath all the way up from the belly into the chest and as high up as you can. Let the breath move your body as you inhale. The chest will expand at the peak of the inhalation and the belly will flatten out some. Visualize or see the fire

following the breath up the spine all the way to the center of the head. Imagine each tea candle lighting another as the fire goes up the vertebra to the pineal and pituitary glands. Fill your body with as much breath as you can. Root lock should be held the whole time. This is the fire up.

11. When you have filled the body with as much oxygen as you can bring the chin down to the chest (chin lock) and hold this lock and the root lock with a full body of air. Hold the breath and locks for a moment in effect “sealing” your body with energy and oxygen. This is a good moment to set a prayer or intention for what it is you want. Rest and go on to 12 when comfortable with the inhalation part.
12. Repeat the inhalation and with the Locks in place and breath full, place the tip of your tongue to the roof of your mouth. This will be the channel for the fire energy that rises up to come down. Imagine the hot energy is now being pulled down the front of the body or swallowed. Let go of the Root Lock and begin to gently exhale out your mouth around the tongue still placed as the energy comes down your tongue and into your chest. Smile.
13. Continue exhaling as the exhalation and energy now comes down the front of your body. Imagine the hot fire that we brought up is now passing into the heart to be cooled in the “radiator”. Any negative thoughts can come down here from the mind as well. Allow a gentle sigh of release and relaxation to naturally occur.
14. Let the breath and exhale continue down the front of the body into the solar plexus and intestines with the love feeling generated from your heart. Imagine you are cradling the internal organs and belly gentle as you continue to exhale with this blessed energy.
15. Allow for anything that has passed through your heart to now be “digested” in the fire in your belly. Feel the fires burn through and melt any impurities.
16. Let all the air come out and slump back a bit naturally as you finish the exhalation. Feel the energy loop back and cross over to your tailbone as you very gently push the root as if you were going to the bathroom and letting any excess energy pass back into the earth to be recycled.
17. Continue from step 10 again and repeat this cycle as much as you like. When we let the breath guide the movement it ends up looking like a figure eight (from the side) so if it helps you can imagine or emphasize the figure eight movement as you follow the natural course of the breath.
18. This exercise is powerful and very healing as we use the power of fire and the energy of love to heal ourselves.

## Part 2: Liberating With Love

After working with the FIRE-LOVE exercise we are now going to apply it to working with Lyme disease or any other “disease”.

Many Lyme sufferers have felt the energy of the Lyme as an “entity” or crude intelligence that can suck the energy out of you. I have felt this before and have seen the Lyme as a “baby alien spider” on an energetic level. Physically we know the Lyme looks like a spiral or corkscrew. However you see it energetically or physically find an image of what Lyme (or any “disease”) looks and feels like to you, separate from yourself.

Our initial response when getting ill with Lyme is to both be disgusted and want it out and killed or we go into a fear space and get really afraid of it. In this meditation we are going to look at from a different angle. We are going to **thank the Lyme as our teacher, bless the Lyme with all our love and liberate it with our fire.**

After you have warmed up with the FIRE-LOVE exercise picture the Lyme however you choose – see it as a spider, corkscrew, entity or whatever works for you. Take this image and begin to feel how it is separate from you. See how it might be similar. Sense the differences. Also sense the connection and the interconnectedness that all life has. See it as a teacher for a moment. What’s it trying to tell you? Come from a place of a nonjudgmental witness. Just watching as best as you can. Is it possible to actually consider thanking it? Is it possible it is showing where we have been out of balance?

1. Imagine there is a bright candle in the center of your heart. This is your love, your uniqueness, your spirit center, and the place of light that no one can ever take from you. Keep breathing and increasing the heart fire through the breath and felt sense in the center of your heart. *Feel* the things you love for a moment. Picture babies, people you love, trees, rivers, pets, Jesus, whatever it is you know you just love. Imagine cradling your own heart as if it’s the most sacred beautiful thing in the world. Keep generating the feeling of unconditional love.
2. BLESS THE ENEMY. Now when you have created love and are centered in your heart take the image of the Lyme again and *love the Lyme with all your heart*. Either on the cool down part of the FIRE –LOVE exercise or just with your heart *invite the Lyme in to be blessed*. Invite it in to your heart to get all the love you can give it. Take the image you have of the Lyme and hold it like

a baby. Cradle it, kiss it, bless it, cherish it, rock it, *and melt* it in love. Take your hands and gently brush your body as well. No matter how disgusting, how vile, how much fear or separation there is, hold it. See it as part of the universe with a purpose. Keep returning to this again and again. Keep loving it with all your heart. Invite it in to be *liberated* or freed in the love of your heart. *Picture it and feel it melting in your love.*

3. The mind will rebel against this exercise but keep returning again and again to this idea. This is a powerful exercise. Love heals. Love the Lyme again and again. Whenever you feel fear, frustration, anger, and hopelessness stop and feel your heart. Think of what you love and *pull the thoughts and the Lyme into the center of your heart to be blessed and transformed by love.* When we do this exercise the Lyme begins to lose power over you. How can something hurt you when you love it so much? This is an ancient exercise used by many monks, priests, holy ones, avatars, Jesus, Buddha etc. “Love thy enemy”.

In my own experience with this it took some time but I kept returning to this again and again. At a certain point I actually began to feel *compassion* for it. You can use this exercise for other “enemies” including thoughts and beliefs that you find are disempowering. Pull them into your heart to be transformed. *Then we can liberate it with our Fire.* Then it is much easier to pull out the “sword of liberation”(see below). Always bless the “enemy” first as a part of creation, then if it still wants to hurt you we in a sense “free” it back to the universe.

### **Part 3: Liberating With Fire**

This exercise focuses on the hot fire coming up the spine and down to “burn” away disease.

After doing the FIRE-LOVE exercise and the LYME BLESSING exercise return to the feeling of hot fire in your belly. In the center of our earth is a hot molten ball of lava. In the core of our belly is a fiery molten core of lava that can *transmute* or melt anything back into its base. Imagine you are Frodo from Lord of The Rings dropping the ring (Lyme) from your heart back into the fire of your core to melt away. This is why exercise and any herbs or other tools that get the fire in the body going are so important.

1. Do the FIRE up exercise with Fire breath, Root Lock, Mudra and Spine rocking. Allow yourself to feel *Angry* if it helps as a motivator. Set your intention. Imagine you are a tiger about to pounce on a Gazelle. Feel this warrior fire or liberating flame in the belly and when you're ready, hold the root lock, inhale and bring the energy up the spine.
2. With an image of "golden sword of transmutation" inhale and bring the energy up the spine as before, pause and set your intention, and on the exhale open your mouth wide and exhale like a dragon. As if you were breathing pure fire. Now drop whatever is left into the belly fire. See all the hot fire you have generated, burning and melting the Lyme. Cut through it with your "golden sword of liberation". Another great image is picturing your belly like a giant composting digester (it is) and see whatever you have dropped in it being transmuted in this hot compost.
3. On the exhale out exhale through your mouth. Imagine you are a dragon or tiger and growl, hiss, gurgle (as if you were vomiting) on the exhale. Feel the sensation of warrior burning anything in your way. You may feel like vomiting and so on the final part of the exhalation curl up forward and *feel* how disgusting the Lyme makes you feel and go through the motions of a vomit if needed and be sure to spit out what comes up.
4. This is where you "liberate" anything that wants to harm you. State your boundaries. Claim your body. Guard your temple. Light your fire. Stand firm against anything that would harm you. Stomp the ground. Roar. Go warrior/shaman-use your sword. Push it off you. Kick it in the ass. Burn it. Men *feel* your testicles like a bull and women *feel* your ovaries like Kali.
5. As before let any excess energy drain out the tailbone at the end of the exhale back into the earth for composting.
6. Rest and see this fire you have generated pour into the red marrow in your bones, and see the immune system with all the white blood cells and other warrior cells come to eat and digest any Lyme invaders.
7. Return to the FIRE-LOVE part of the exercise and again bring the energy down into the heart again blessing and loving the Lyme with all your heart as described before.
8. As the energy comes back down into your belly see whatever that may be left melted in the hot lava core in the belly. Digest it. Break it back down. Gently cool down.
9. Alternate back and forth on the exhalation part of the exercise between liberating with love and liberating with fire.

We have described two ways of "Liberating" Lyme disease: love and fire. Use these tools often and you will begin to notice changes in yourself. These are

powerful physical and energetic exercises and when used in conjunction with exercise, diet and medicines can help heal you of Lyme disease.

Further practices for Fire.

Yoga, Drumming, Dancing, Exercise, Martial Arts, Pilates, Weight Lifting, Pranayama, Kundalini Yoga.