

be of the type that light with friction upon any surface, and of wood rather than impregnated cardboard. One match ought to be sufficient, but two others are set there in case the first one breaks or burns out before the candle is lit. Should more than three be needed then the implication is that conditions within yourself are not appropriate and some other activity should be found.

The appropriateness of creating fire by friction on actual wood should be borne in mind. Although a flame might with efficiency be produced by gas lighter it is not immediately "fitting." In all of this, it is not meticulous rules that we seek to provide, but a developed sense of symbolic appropriateness. We seek efficient function that is a clear expression of a spiritual intention within consciousness. It also has to be within the bounds of practicality. The latter is a containing factor. Ideally, for example, an altar flame might best be kindled by the friction of a fire stick. The rapid twirling of a rod within a depression in a surface with perhaps the use of a bow is one that epitomizes within itself the function of all four quarters (bow of the east, rod of the south, cup of the west, shield or disc of the north). However, except in highly skilled and practiced hands, the length of time it would take to produce fire and the uncertainty of the operation would render it inappropriate, except perhaps in very special circumstances. A wooden match being struck on stone is in our suggestion, a satisfactory compromise.

Flame Meditation

The match should be ignited with due intention and realization of the miracle that is occurring. Were you alone in a wilderness you would the more readily appreciate the wonder of the flame, so easily taken for granted in the midst of modern civilization.

As you strike that match and bring to birth the living flame be aware that you are participating in the lighting of all the flames and fires that ever existed, from the hearthstones of the most primitive men to the great solar fires that shine upon you as stars from the deeps of the cosmic heavens. And be aware that it is all part of the single living flame, that has its originating spark in the heart of God.

In skilled and practiced hands, the lighting of a match and a simple candle can bring with it reverberations and realizations of the very primal creation—of the original *Fiat Lux*. The power rests entirely within your own imagination and depth of spiritual intention.

As fire is struck from the stone, banish from your mind all negative