

What causes someone to persist when another will give up?

What causes a person to focus and achieve the impossible?

What ultimately creates the difference between happiness and despair?

The answer is BELIEFS.

*“If you change
the belief first,
changing the
action is easier.”*

Therefore what you want to do is... consciously select the beliefs you want working for you. To choose the lens you will view the world through. For there will be limiting beliefs that will seriously hold you back and control your thoughts and behaviors, enough to curtail your results.

HR Anexi uses the 4000 year old tradition of firewalking - the practice of walking barefoot over beds of red hot coals; powerful belief changing tool for self-realization and empowerment.

The transformative energy of the Fire, and the magical potential of our own indomitable spirit helps to do the impossible.

FireWalk provides individuals an opportunity to evaluate current strategies to make subtle but powerful shifts in their mindset.

FireWalk is one of the most impactful learning metaphors in our experiential learning laboratory Small Change Big Difference.

WHO IS IT FOR?

Anyone who wants to empower themselves to move beyond resistance towards their goals and unleash their full potential.

CERTIFIED FIREWALK FACILITATORS

HR Anexi has internationally Certified FireWalk Instructors and Empowerment Coaches from Sundoor (www.sundoor.com).



WHY WALK ON FIRE?

- Overcome fears and phobias
- Change limiting beliefs/ attitudes
- Create lasting change & increasing clarity about life's purpose
- Achieve the impossible
- Encouragement to live your dreams

FAQs

- Do we really walk on fire?

Yes. Together we build and light a fire using seasoned, local firewood. The coals we walk on are glowing embers typically 900° – 1500°.

- Is there a risk involved?

Yes, as with any challenge, there is a risk; and your safety is our utmost concern and intention.

WORKSHOP CONTENT

- **Power talk before the walk:** Build their relationship with the fire
- **The theory behind FireWalking:** Understand the history behind firewalking in the context of emotional, physical or spiritual healing
- **Breaking self limiting beliefs:** Experience a source of energy which helps them to reach beyond their self perceived barriers
- **Controlling the state of mind:** Create an electrifying atmosphere through Rhythmic drum beats and soul stirring chants
- **Sustain the energy levels:** Participate in other intense metaphors like Tile breaking and Iron rod bending
- **Debrief and experience sharing:** Realign your inner strength and leverage on your hidden potential through a powerful debrief



HR Anexi holds the Guinness World Record of 'Most People Firewalking Consecutively at a Single Venue'. On 15th February, 2017, at Imagica Khopoli, 1356 people walked the fire to set this record. HR Anexi, conducted the record-setting attempt with the guidance of their 6 internationally certified Firewalk Instructors And Empowerment Coaches.



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