



## **BLAZE, THE FIREWALKING EXPERTS FABULOUS FIREWALKER'S FAQs**



# WELCOME TO BLAZE, WE'RE THE FIREWALKING EXPERTS

**We work with organisations who truly value their supporters, they know how hard they work to raise awareness and much needed funds for a cause that is close to their heart.**

Organisations show appreciation of their supporters by asking Blaze to provide their event knowing that we will give them not only an amazing firewalking experience, but we'll also share techniques they can use in their lives to get better results.

All that, and laughter too.

**The Blaze Firewalk is waiting for you...**

[Video link - This is how Blaze firewalks](#)



## CONTENTS

The History of Blaze .....	3
What is firewalking.....	3
Frequently Asked Questions .....	4
Blaze on Your TV .....	7





## The History of Blaze

The sole creator of Blaze was Martin Sterling. A career martial artist, he learnt the art and science of firewalking on a research trip into Indian martial arts in 1983. He studied the art at the feet of the masters in India for many months before returning to the UK in 1984.

Blaze has been running events involving firewalking since that time. The first fundraising firewalk in the world was held by Martin Sterling on the 5th of November 1984 for his martial arts group.

Blaze is now being managed by Karen Sterling, Martin's wife.

Karen has been firewalking for 25 years and with Blaze for 14 years and managing Blaze for the last 10 years. She has nearly 2500 firewalking events under her feet. If you watch any Blaze firewalks you'll probably hear her distinctive Scottish accent and/or see her red hair (due to a forfeit 8 years ago, we love forfeits!) as she'll either be the firewalking instructor or will be tending the fire as part of the fire team.

Karen was a Registered Nurse for 22 years working in Accident & Emergency, Trauma, Surgical Admissions and for 11 years was a Sister in an Intensive Care Unit. Her other interests include Psychology, Human Behavioural Studies, Hypnotherapy, NLP, Havening and EFT Practitioner. She is presently trying to talk herself out of doing a Masters in Psychology!



## What is Firewalking?

It's the practice of walking barefoot on hot embers. A Blaze Firewalk is designed to help transform fear and to inspire people to do things they didn't think possible. It can show you that there is more to reality than you think, that many limitations we experience in life are self-imposed.

Can you imagine how great it would feel when you are able to overcome your self-limiting beliefs?



## So much more than just a Firewalk.

Blending no-nonsense, easily explainable scientific principals with proven motivational skills, it will take walkers from chewing their finger nails, wondering why on earth they ever agreed to do a firewalk, to wanting to take that first step (quickly followed by many others) onto the fire lane.

*Please note: It is essential that all walkers attend the training prior to the firewalk.*

The decision 'to walk' or 'not to walk' is a powerful one and we ask that you save making that decision until you have completed the pre firewalk training.



Everyone taking part must be over the age of 14 and be capable of making that decision to firewalk without influence from drugs or alcohol.

Participants will be refused entry to the firewalk if this is suspected.

## FREQUENTLY ASKED QUESTIONS

**What happens on the night?** Once you have registered and everyone is ready, you will undergo a training session in a private room away from family and friends. Everyone must take part in this training, it's the best part, and the firewalk is a bonus!

The training is based around proven motivational and psychological methods. It doesn't involve any elements of hypnosis, spiritual training, chanting, 'brainwashing', voodoo or any similar methodologies. It's great fun!

The Instructor is a world class authorised Blaze 'Fire Master' Instructor who has undergone a minimum of 200 separate firewalking events at different locations at different times of the year and with varying weather conditions as part of the fire team **before** being invited to train as a Blaze Instructor.

It can take three years to become an Instructor with Blaze.

Each trainer is continually assessed. Since we started our training programme for firewalking instructors, we have qualified only nine people to that position in 34 years.

**I'm bringing friends/family to watch, is that ok?** Friends and family are encouraged to come along and support you and the other walkers. We know that you'll want them to take lots of photographs and video of your firewalk.

We're sorry but friends and family won't be allowed to watch the training.

### **We've factored the following into the timings of our firewalks:**

People arriving late – there may be heavy traffic leading to the venue. Or sometimes people are just late.

I'm sure that we all know someone who comes running in at the last moment. You both agree to meet at 18.00 and they come running in at 18.30. My late husband kept to his own timetable, he was even late for his own funeral!

30 plus people all going to the loo at the same time.

Someone always wanders off during the break (just before we go outside to light the fire) They've spotted a loved one and go for a wee quick hello and then start chatting.

Sometimes someone comes straight from work and hasn't had a chance to eat before the training begins. They nip off to the food stall during the break and end up in a queue

Lots and lots of photographic opportunities which take time - the group picture before the training begins, the group and individual pictures once the fire is lit and more after the firewalk has finished.

**Do I have to do it if I sign up now?** No. You may decide not to walk at any time. In fact it is much more courageous to take that decision on the night than it is to be swept along with the body of feeling at the time.



**Are there age limits?** The minimum age is 14 years of age. There is no upper age limit. The oldest person that has firewalked with us was 89 years young.

**Does it hurt?** Everyone's firewalking experience is unique. There are very obvious physical reasons why firewalking is possible. These will be explained during the training. We'll also tell you about firewalking myths.... there lots of them. The hardest thing to overcome is the fear of taking the first step as it is a new experience!

**What does it feel like?** A number of people don't remember having any physical sensation at all about the experience. Some say it was cold, some say it was warm. Our favourite was that it felt 'fluffy'

**Is it real fire?** Yes, burning at an average temperature of 1236 degrees Fahrenheit! To put it into perspective: paper combusts at 451 degrees Fahrenheit, aluminium melts at 1100 degrees Fahrenheit!

**What do you burn?** We burn wood, which is broken down into a smooth path of embers 20' long by 2' wide.

**Do I have to run?** Not at all, running pushes your feet deeper into the embers. A quick walking pace is sufficient. You'll be shown the correct pace in the training.

**Why should I do this?** We all have to face things we are uncertain about. Use this event to set up resources that will always be available for you. If you can conquer fear in the very real form of walking across hot embers, then you can use this experience for any other situations in the future.

**What happens if it rains?** We get wet.

Provisions are made for all types of weather conditions and if the wood is kept dry prior to lighting, the event will go ahead.

**Do I actually walk on a flaming fire?** No, you walk on the fire bed itself, by the time you come out of the training seminar the fire will have burnt down to embers. If there are any flames they will be down the sides of the fire lane.

**What happens if I stop halfway through?** Don't worry, you won't! There will be someone walking beside you. We all need help and support at some points of our lives, we'll support you on your firewalk.

**What's the best thing to wear on the night?** There are no special requirements regarding clothing. Casual clothing is best and something that you are not bothered if it goes up in flames! Just kidding, all you need to do is roll up the bottom of your trousers so they don't get dirty. Tights and stockings would need to be removed before the walk itself.





Your feet are going to be sooty afterwards. This is the best time to wear those odd socks we all have lingering in our sock drawer.

Wear light coloured clothing as this shows up better in photographs and videos. Blaze team wear black clothing to blend into the background of photographs and videos. We want you to stand out not us.

**I have a medical condition; will I be able to firewalk?** We do everything we can to be as inclusive as possible. If you need support when walking on the firewalk that is what we are here for. One of the Blaze team

walks beside every firewalker. We can have someone on either side if you wish. If we need to adapt the firewalk to enable you to take part, we can talk about all the options there are. We've had people taking part in our firewalks that were often told they wouldn't be able to take part in activities.

**Give us a call on either 0115 840 4329 or 07712048042** and ask to speak to Karen as she was a registered nurse for over 20 years, she will be able to talk to you about taking part in the firewalk.

All calls and correspondence will be treated in the strictest confidence.

We all need help and support at times in our lives, we'll support you every step of the way during your firewalk.

**I'm pregnant, can I take part?** Congratulations!

All that we will be physically doing in the training is standing up, sitting down and practising the correct pace to walk when firewalking.

If you are physically well, your blood pressure is stable, and you can still see your feet when standing up, you will be able to firewalk. There comes a point when you realise that you can no longer see your feet and that you've developed the pregnancy walk when your centre of gravity changes as your baby grows. Its usually about the same time that everyone wants to rub your tum as though you are the Happy Buddha.

**Can I have an alcoholic drink for some Dutch courage?** No, you won't be allowed to take part if you have consumed alcohol or taken recreational drugs. It's only for a couple of hours and that glass of wine or beer tastes so much better afterwards. You know that nothing good ever happens following the words "Here, hold my beer, watch this"

Please wait until after the firewalk to have your pedicure. Don't use creams and/or foot sprays on the day of the firewalk.

**NAIL VARNISH ON TOENAILS IS SAFE!! There is no need to remove it.**



**CONTACT:**



[karen@blazefirewalking.com](mailto:karen@blazefirewalking.com)



**0115 840 4329**

**07712048042**



**BLAZE ON YOUR TV**

Occasionally, (well, 40 times with another one about to be filmed) we get asked to do television programmes.

Below is a small selection from UK television.



