
THE FIRE MANTRA

Sacred Practice for Transformation, Third Eye Activation and Soul Purification

**Om Hreem Hessraim Hreem
Om Dheem Dheem
Kleem Kleem
Sauom Sauom
Maha Agni Swarupa-nyana Namaha**

Elemental Essence: Transformation, purification, willpower

*Angelic Stream: Angels of transformation and illumination
Connected sound: MA - connection with the Holy Mother
Agni works on soul level and burns away all that holds us here*

*Based on the teachings of Sri Kaleshwar
Enriched with Sacred Womb Oil practices*

WHAT THIS MANTRA DOES FOR YOU

This is one of the most powerful mantras that exist. The fire element works on **soul level** and transforms you from within.

TRANSFORMATION	WHAT IT HEALS
<ul style="list-style-type: none">• Burns negative energy• Destroys negative desires• Burns negative karma• Opens the third eye• Purifies the soul on soul level• Good for vitality• Activates your willpower• Gives courage and drive	<ul style="list-style-type: none">• Black magic and dark magic• Desires of the soul• Negative karma seals• Alien reversals• Past life traumas• Hooks and loops (attachments)• Emotional blockages• Lack of direction

Shiva is the only being who holds the full sun in his third eye.

This mantra brings universal wisdom, protection, removes emotions and cleanses traumas.

Activate this first in yourself. It activates the third eye.

IN BALANCE, FIRE GIVES

- Clarity and focus
- Courage to speak your truth
- Self-confidence
- Healthy boundaries
- Zest for life and vitality
- Ability to manifest
- Willpower and perseverance

WHY THE SACRED WOMB OILS AND MANTRAS?

I named the anointing oils the Womb Oils because I receive through inspiration that they want to be connected to the elementals from a pure form. There is much disturbance in the elementals and it is time we become aware of this. The oils are therefore dedicated to these mantras.

If you want to activate the Womb Mantra, it is best to have at least the Fire and Earth mantra activated.

Then the whole process simply has more effect on your total being. This is the reason I put so much time and effort into explaining this separately alongside the oil ceremonies.

If you only want to do two: Earth and Fire are the most important. Water, Air and Ether are extra. There is nothing wrong with only doing these two - they form the essential foundation.

RETURN TO YOUR INNER SUN

The oils help you remember what you essentially already are: **life force**. They bring awareness back to your body, to your solar plexus, the energy center just above the navel that is connected to the element of fire.

Manipura - Your Inner Sun

This center is about willpower, drive, boundaries, digestion — literally and emotionally — and the ability to make choices from inner strength rather than fear.

Manipura, as this center is called in the yoga tradition, is your inner sun — **the point where experience is transformed into strength and wisdom.**

FIRE IN YOUR BEING

Fire is the element of transformation, warmth and direction. It lives in many layers of your existence:

- The fire in your **atoms**
- The electrical impulses in your **cells**
- The metabolic fire that converts food into **energy**
- The fire of your **energy system**
- Your **nervous system**
- Your **passion** and your **creative power**

You are built from fire.

WHEN THE FIRE BECOMES DISTURBED

But the connection with this fire often becomes disturbed. We lose the connection through upbringing, rejection, shame or suppressing our power. When we are taught that we are 'too much', the fire withdraws or burns uncontrollably.

Too much fire:	Too little fire:
Irritation, impatience Control, anger Always being 'on' Burning yourself out	Fatigue, doubt Little direction Difficulty setting boundaries Lack of motivation

WHY RECONNECT?

Why do you want to reconnect with your body and the fire element?

Because you long for **balance**. Because you feel that you either burn yourself out or keep yourself small. Because deep down you know that your fire is not an enemy, but a **compass**.

When you become aware of this element again, you recognize where you push too hard and where you hold yourself back. You learn to carry your power without exploding and feel warmth without freezing.

HOW DO YOU CONNECT WITH FIRE?

You connect with fire by consciously breathing into your belly, by allowing sunlight and movement, by practicing clear 'yes' and 'no', by discipline and focused action. **Fire requires presence and choice**.

The oils support this process by bringing your attention back to your body, your breath and your warmth. They help you not to suppress the fire and not let it derail, but to **carry it consciously**.

In balance, fire gives: clarity, courage, self-confidence, healthy boundaries and zest for life.

You want to reconnect with your fire because you want to be **alive** in your body — not cut off, not overheated, but present, powerful and attuned.

It is not a search for more energy, but a return to your own inner sun.

FIRE ON ALL LEVELS

We work with the fire mantra on ALL levels of our soul and the earth:

- The **core of the earth** - the primal fire that nourishes all
- Your **cells** - the fire of life in every cell
- Your **digestion** - the digestive fire (Jatara Agni)
- Your **meridians** - the energy channels connected to fire
- The **higher dimensions** - cosmic fire

We build a bridge from **outside to inside** - from carbon to soul level.

Where do you have too much or too little? Fire brings balance.

SHADOW ELEMENTS AND DISTURBANCE

There has been much disturbance from shadow elements.

The elements on earth have become disturbed. The fire mantra helps to purify these disturbances and restore the original pure fire energy.

When we work with fire, we honor the **cosmic life force** down to the core of the earth. This also opens the door to higher forms of healing with our hands.

MY PERSONAL EXPERIENCE

I want to share with you what this mantra has meant for me personally.

My personal experience with this mantra was so strong that it prompted me to implement major changes in my attitude towards others. I had more fire, more grit, more courage and decisiveness.

I literally activated several planets in my astrological birth chart so they could come into their own. Planets that had always been in my chart, but which I had never fully utilized. This mantra gave me the strength to activate them.

PURIFICATION SYMPTOMS

You may wake up in the middle of the night or sweat heavily.

This is purification. I experienced this myself for weeks and it comes in waves. It burns away old layers and old things that need to be resolved.

You know you're doing it right when this happens!

The fire is doing exactly what it's supposed to do - it digests what no longer serves. Get to know the fire - **it really wants to burn and digest**. That's exactly what we want for our healing!

THE ELEMENTALS

The elementals have always been a part of our consciousness as long as we incarnate in matter. We deal with elementals on every level and dimension: on etheric level, soul level and oversoul level.

External Elementals (outer elements):

The greater cosmic forces outside of us

Internal Elementals:

Reside in our body and in nature

To work with oil it is important that you have a bond - or learn to develop one - with the elementals to understand them. You learn to harvest them and keep them around you once you learn to work with mantras.

THE MATRIX AND THE ELEMENTS

The elements are the construction within this matrix. In the beginning there was sound and light. The further this light reaches, the denser the form becomes. You could also say: in the lower dimensions 1-2-3 that consist of carbon.

So we work with the elementals that keep us in form. If there were no form or body, the soul would immediately withdraw directly. Because it is absolutely not dependent on an element at this carbon level.

To experience this incarnation there must be a magnetic energy with enough illusion to keep us here. Here we must learn to transcend so that we have total mastery and understand the maya.

FIRE - AGNI

The sun gives us light, energy and warmth forever. We can see the cosmic energy in its entirety in the sun. Without the sun, the fire, there would be no light, no creation, no circulation of energy.

The sun energy is equal to a part of the highest universal energy. The sun is both masculine and feminine - just like The Source itself.

Sri Kaleshwar could make fire come from his hands.

This is described in his books and there are witness accounts. The fire element, when fully activated, gives access to extraordinary healing abilities.

THE THIRD EYE - GURUSTAN

Your Spiritual Eye

Everyone has a third eye, a spiritual eye, called gurustan, between our two eyebrows. When you close your eyes to sleep, that energy spot automatically opens to radiate the highest energy. It is our 'inner' eye.

When we open our two eyes, our inner eye closes. When we close our two eyes in meditation, our third eye automatically begins to open. It is the main flame, the largest energy spot in the human body.

Through that eye you can heal anyone, you can send energy, you can do any work, and you can create your own protection circles.

WHEN DO WE ACTIVATE FIRE?

We use the Fire Mantra when Venus is in a fire sign:

- Venus in **Aries**
- Venus in **Leo**
- Venus in **Sagittarius**

Then we use her in the ceremony. The fire energy is extra powerful then and the connection with Agni and the Holy Mother (MA) is strengthened.

ORDER OF THE ELEMENTS

ELEMENT	FINGER	SOUND
Earth (Prithvi)	Thumb	NA
Fire (Agni)	Index finger	MA
Water (Jala)	Little finger	SI
Air (Vayu)	Ring finger	VA
Ether (Akasha)	Middle finger	YA

Important for your practice:

1. Start with FIRE or EARTH (choose one)
2. Complete 41 days before moving to the next element
3. After about a week you can start with Womb Chakra work
4. Complete FIRE and EARTH both before going to ETHER or WATER
5. **AIR MUST ALWAYS BE LAST**

Always follow your own intuition - your Higher Self knows best.

THE FIRE ELEMENT MANTRA

Agni (Fire) - The Sacred Energy of Fire

Om Hreem Hessraim Hreem

Om Dheem Dheem

Kleem Kleem

Sauom Sauom

Maha Agni Swarupa-nyana Namaha

THE ESOTERIC MEANING

Om Hreem Hessraim Hreem

The primordial vibration of creation (Om) activates the sacred fire of transformation (Hreem). Hessraim opens the gate to the solar plexus where the inner fire burns.

Om Dheem Dheem

Dheem is the seed sound of wisdom and inner light. The repetition strengthens the flame of consciousness in the third eye.

Kleem Kleem

Kleem is the seed sound of attraction and magnetism. It draws the cosmic fire energy towards you and activates your ability to manifest.

Sauom Sauom

Sauom connects the soul (Sau) with the infinite (Om). It merges the individual fire with the universal fire of The Source.

Maha Agni Swarupa-nyana Namaha

I bow to the great form of cosmic fire. MA connects with the Holy Mother. Agni is the sacred fire that burns all karma and illusion.

SHIVA AND THE THIRD EYE

Shiva is the only being who holds the full sun in his third eye.

This mantra brings universal wisdom, protection, removes emotions and cleanses traumas. It is a good tip to hold a flame in your mind when working with this mantra.

This mantra can heal:

- Black magic and dark magic
- Desires of the soul (impure soul desires)
- Negative karma seals
- Alien reversals
- Past life traumas
- Hooks and loops (energetic attachments)

Activate this first in yourself. It activates the third eye.

THE DHUNI, TAPAS AND KUNDALINI

The Dhuni - The Eternally Burning Fire: Shirdi Sai Baba kept a Dhuni (sacred fire) eternally burning. This fire still burns, more than 125 years later. The Dhuni symbolizes the burning of worldly desires. But there is more: the Dhuni in the temple reflects the Dhuni WITHIN US.

Tapas - Your Inner Fire: Tapas literally means 'creating heat' - but an inner heat. It is the fiery passion needed for spiritual transformation. The root 'ag' of Agni means: 'That which moves you forward, lifts you out of darkness and inertia.'

Kundalini and the Fire: The word Kundalini comes from two words: Kunda = fire bowl, fire pit (the place for a fire ritual). Ini = the power that dwells within it. Kundalini IS therefore literally: the living force that dwells in the fire bowl.

THE ART OF FLAME GAZING

Nostradamus also did flame gazing before doing hypnosis on others.

Gazing into the flame is an ancient practice that connects you with the consciousness of fire. Try to play with what works for you.

HOW TO PLAY WITH THE FLAME

Do it your way:

- Bring the flame **closer** or set it **further away**
- Play with it - discover what works for you
- Make sure your eyes **feel soft** - be gentle with yourself

The goal is to see multiple colors: green, blue, purple, red

This is PLASMA LIGHT wanting to come through!

These spectrums link you to the consciousness of the flame so you connect with multiple layers or dimensions.

THE AFTERIMAGE AND THE THIRD EYE

Try to see the afterimage of the fire in your mind: Look at the flame, close your eyes, you still see an afterimage in your third eye. There you also see beautiful colors and dancing merkabas. If you hold this long, you see the colors and vibrations. Play with this in your own way! **If you succeed, you can also visualize the flame in your chakras - that is very powerful!**

You don't have to look at the flame if that doesn't work. I do it just as often with my eyes closed. But the fire element gets bored quickly - **fire wants to dance!** You have to learn to play together. Only then do you experience true healing.

THE RHYTHM AND THE EGO

Try to maintain a stable rhythm and not speed up!

When you want to speed up, that is the **Ego** interfering. The ego is still stuck in time and space. Actually, the ego often has no desire or looks at time negatively.

If you break through this, you will also break this pattern in other places in your daily life!

This is exactly what we want to overwrite: that we learn again to take time for rest and calm without wanting to run away.

SHADOW ELEMENTS AND RESISTANCE

This cannot be built at once if you are not used to it.

Give yourself space, but see what happens. Notice that your personality has opinions when something takes too long or wants to do other things.

Remember well: YOU are the master over the mind, not the other way around!

It can also be shadow elements or thoughts that don't want you to train this. Recognize them and continue.

Try changing the rhythm of the mantra to see if you get a deeper experience.

THE MOTHER ENERGY AND THE LEFT PATH

The fire mantra connects you with the **left path - the Mother energy**. The left path is the path of the Divine Mother, of Shakti, the feminine cosmic force that transforms and purifies.

INSTRUCTIONS FOR CHARGING

We work on it this long to overwrite your subconscious.

- To teach a **new state of thinking**
- To teach **new habits**
- To **burn** old patterns

This is an exercise to bring people who know nothing about the elements to a higher level.

Duration:	41 days
Repetitions:	108 times per session
Time:	In the evening or when it is dark (sun down)
Location:	A place without wind (no fan, windows closed)
Technique:	Gaze into a flame with SOFT EYES like the yogis

What if you don't have a real flame?

Try to light a candle if it is safe. If that is not possible, make sure you have a representation: a fire on a screen, an electric fire, or **visualize** and be creative!

STEP-BY-STEP

Do what feels safe for your eyes. Stay gentle and don't overdo it.

This is an ancient yogi technique, but if it doesn't suit you, do it your own way.

Safety and love for your eyes come first.

1. Wait until evening or until it is dark (sun down)
2. Go to a place without wind (no fan, windows closed)
3. Anoint your third eye and your solar plexus with Sacred Womb Oil
4. Light a candle (or ghee lamp) and place it at eye level
5. Sit comfortably, take deep breaths
6. Intention: 'Let me get to know the fire element. Let this sacred fire burn all negativity, karma and traumas. Open my third eye.'
7. Hold a flame in your mind - visualize the fire
8. Gaze at the flame with SOFT EYES like the yogis
9. Chant the mantra 108 times while looking at the flame - STABLE RHYTHM
10. Keep looking until 2-3 tears come - this opens your third eye
11. Close your eyes and feel the flame burning in your third eye
12. See the afterimage and the colors in your third eye

SACRED WOMB OIL RITUAL

The oil cannot be without the flame.

This mantra activates YOU so that you can activate the oil. Sing the mantra into the oil, connect yourself with it. The Sacred Womb Oils come to life when you are charged with the fire element.

Preparation:

- Anoint your forehead (third eye) with Sacred Womb Oil
- Also anoint your solar plexus (just above your navel) - the seat of Agni
- Anoint your mala with the fire-connecting oils
- Place your bottle of oil next to the candle to charge together
- Sing the mantra INTO the oil - connect yourself with it

Fire-connecting oils (ESSENTIAL):

- **Rose** (the heart, love, Holy Mother)
- **Angelica** (angel connection, protection)
- **Myrrh** (sacred burning, purification)
- **Myrtle** (spiritual protection)

Additional oils for extra fire power:

- Ginger (willpower, inner warmth)
- Cinnamon (ignites the internal fire)
- Black Pepper (activates energy)
- Bergamot (uplifting and warming)

YOUR MALA FOR THE ELEMENTS

Your mala serves to keep count.

Try to make one or acquire one.

How to chant:

- Use your thumb and middle finger to move the beads
- NEVER touch the mala with your index finger - this discharges the power of the mantra
- (The index finger is the fire finger for healing, but not for the mala)

Protect your mala:

- Never wet your mala under the tap - this discharges it
- Bless your mala with Sacred Womb Oil to charge and protect it

HEALING WITH THE FIRE MANTRA

Healing Technique:

1. Light a candle and burn incense next to the person
2. Dip your fire finger (index finger) in the smoke of the incense
3. Touch the person's third eye with your fire finger
4. Concentrate your eyes on the person's eyes until 2-3 tears come
5. Recite the mantra silently while touching the third eye
6. When the patient becomes drowsy or tired - that is the sign it is working
7. Do this for a maximum of 10-15 minutes

Decharging (optional):

After a healing you can place your fire finger on the earth and recite the fire mantra to return the energy to Mother Earth.

BENEFITS

TRANSFORMATION	WHAT IT HEALS
Burns negative energy Destroys negative desires Burns negative karma Opens the third eye Purifies the soul on soul level Good for vitality	Black magic and dark magic Desires of the soul Negative karma seals Alien reversals Past life traumas Hooks and loops (attachments)

SYMPTOMS WHEN YOU ARE CHARGED

- When you sleep or drive, the candle flame comes before your third eye
- An inner sound like buzzing
- You feel warmth in your third eye
- Increased intuition and clarity
- Vivid dreams
- You wake up in the middle of the night
- You sweat a lot (sometimes for weeks, in waves)
- You see colors in the flame: green, blue, purple, red
- You see dancing merkabas in the afterimage

BLESSINGS ON YOUR PATH

May the sacred fire burn all negativity within you.

May your third eye open and show you the truth.

May Agni transform and purify you.

Everything here is a guideline. Your Higher Self always knows best.

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Disclaimer: The mantras in this guide come from the public Vedic tradition and have been passed down through the teachings of Sri Kaleshwar. This guide is intended as a personal study aid and contains the author's own interpretations, experiences and additions, including the integration with Sacred Womb Oils. For the original, complete teachings, please refer to the books of Sri Kaleshwar and recognized teachers in the Divine Lineage. This guide is not intended as a substitute for professional medical or psychological advice.