

Fire Kasina

- The Fire Kasina Meditation Site -

Fire Kasina Safety Recommendations

The practice of fire kasina, particularly in high dose as we do on these retreats, meaning generally 6-18 hours per day, can produce remarkable benefits and experiences, as mentioned elsewhere, but it can also produce a wide range of challenging, destabilizing, and unwanted experiences and effects, some of which can linger for weeks, months, or, potentially, years.

Here are the general recommendations we have for attempting these practices in doses high enough to get out past the Murk to the deep end effects but while attempting to minimize the risks. **However, be warned that we do not know how to make these practices entirely safe, even at low doses, which may also sometimes produces some very strange, challenging, and destabilizing effects.**

As with any high-intensity sport — e.g. high-altitude mountain climbing, deep sea scuba diving, sky diving, space missions, or Olympic-level power lifting — good gear, good practices, and good people are not enough to prevent all difficulties, even for the most experienced, best equipped and trained professionals. Fire Kasina is just like this: high reward, potentially high risk.

The safety recommendations below are not medical or other professional advice, nor are they guaranteed or warranted to prevent difficulties. Instead, they are presented in the spirit of fellow adventurers on the path trying to figure out how help it go better for others on the path and presenting advice that they feel might hopefully help. Good luck exploring.

The recommendations:

- **Informed Consent:** Be sure that everyone participating has thoroughly researched fire kasina and what it might lead to before they begin such that they have a sense of the risks, benefits, and alternatives. This website and the book are good places to start, and we have produced a lot of content here in various forms to help people know what they are getting themselves into, but, as the realms of fire kasina are vast, we cannot even come close to claiming that we know the whole territory or what this might do, so recognizing this is a developing field, and people should be able to choose if they really want to be a part of that development, which involves uncertainties and risks. In meta-Rumsfeldian terms, we know that there are many Unknown Unknowns.
- **Choose Your Adventure Party Wisely:** As with any high adventure activity, you want to carefully choose who you wish to travel with, having a sense of:
 - how psychologically healthy they are and have been,
 - their personality style,
 - how they handle difficult states of mind,
 - what their primary coping mechanisms are in times of stress,
 - any medications they are taking now or in the last few years that might relate to the effects of fire kasina,
 - if and how they have related to psychedelics, particularly any “bad trips”,

- their meditation retreat history and skills they have learned,
- the most challenging experiences they have gotten into in meditation and what they learned from those,
- their relationship to orthodoxies and divergences from orthodoxy,
- if they have or identify as having trauma in their past or symptoms that might be in the category of PTSD or cPTSD, and how they handle and plan to handle those on retreat,
- if they have or suspect they have a personality disorder, particularly of the Cluster B neighborhood of symptoms and traits, and, if so, how they handle and plan to handle that on retreat,
- what gifts of support they can bring to the group, such:
 - psychological sophistication,
 - healing energy,
 - experience with challenging magical realms and effects,
 - trip-sitting expertise (particularly when tripping themselves),
 - movement-based practices, such as dance, yoga, tai chi, etc.
 - preparing health foods,
 - holding safe spaces for those undergoing challenges,
 - adding gender-based perspectives and diversity,
 - adding cultural competence,
 - common sense and practicality,
 - a embodied sense of calm groundedness,
 - a depth of maturity regarding the spiritual path earned by decades of experience,
 - attitudes towards magical effects, maps of meditation progress, and the balance of intuition vs technique,
 - a healthy attitude related to safe exploration,
 - a realistic sense of their own limits and strengths,
 - an ability to stay calm and functional in an emergency.
- why they are motivated to do a fire kasina retreat and what they expect to get out of it.
- **Appreciate that Fire Kasina is Powerful:** Most of the next entries about silence, sleep, diet, movement, finding your right dose and rhythm, and being careful with substances are all about the greater theme of people failing to appreciate how very powerful fire kasina is, particularly if you have patience with the Murk (<https://firekasina.org/glossary/>) and time enough to get out past it (meaning typically at least 7-12 days or so, or 80-120 hours of quality practice to cross it (your mileage and rate of progress may vary)).
 - So, in that theme, if you want enough time to explore the deep end of what this can do, meaning out past the Murk, we recommend that you choose durations of fire kasina that are long enough to get out past the Murk without feeling like you have to push too hard or be tempted to augment your practice somehow in ways that create further risk.
 - This practically means fire kasina retreat of at least 2 weeks, or up to 3 weeks. Past 3 weeks, one risks being “kicked out”, see the Glossary (<https://firekasina.org/glossary/>).
- **Be Careful with Silence:** It is very common for people to want to increase the intensity of fire kasina through becoming silent such that the rapidity of progress increases. We have found that silence, meaning not talking during meals and sometimes in periods in between, can cause people to be at much higher risk of not processing what is happening and to get into patterns of practice and states of mind that are too tight, effortful, dark, weird, altered in a bad way, paranoid, elevated, dysfunctional, dangerous, etc. So, we strongly recommend that:

- everyone talk during meals, and have spaces and people to talk with in between meals if they wish to,
- everyone checks in at least once per meal and explains how their practice is going, how their mood is,
- everyone **formally promises to report the following** soon after they start happening to at least one trusted member of the adventure party or, way better, the whole group:
 - Command hallucinations (voices telling you what to do or how things are)
 - Entities (visions or the sense of the presence of beings of various sorts, more on these later),
 - Suicidal ideation or strong sadness, depression, grief, regret, etc.
 - Homicidal ideation or strong paranoia, agitation, anger, rage, disgust, etc.
 - High highs, such as not sleeping (more on that later), the sense of elevated status (e.g. being Specially Anointed as the next Avatar of the Divine or whatever), having a special mission or manifesto, powerful energy in the body, not wanting to eat, thinking or speaking rapidly, and other signs that would typically be associated with full on mania.
 - Anything else that seems off, wrong, confusing, destabilizing, unwanted, or problematic.
- That one trusted member of the party will then report to the group, and the group will make recommendations: more on those below.
- **Realize that anything on that list above may be a severe warning sign of things going wrong and potentially going much more wrong, particularly suicidal and homicidal ideation, paranoia, agitation, command hallucinations, and experiences of strongly altered thought patterns leading to dangerous dysfunction and impairment. It may be entirely reasonable at that point to get professional help and emergency stabilization, so you should know where the nearest emergency department or facility with psychiatric stabilization capabilities is.**
- **In that theme, it is important to have agreements in place that, should a person become a threat to themselves and/or others, that calling for emergency psychiatric support is agreed to ahead of time.**
- We have generally kept the main meditation area and the area just outside of it as silent areas except during retreat setup, takedown, and emergencies, with all other areas possibly being places to chat at respectful volumes.
- **Get Enough Sleep:** Fire Kasina practices are powerful enough without sleep deprivation, so everyone must promise to get at least 4 hours of sleep per 24-hour period, which may include naps. Anyone not getting at least 4 hours of sleep per 24-hour period will immediately report this to the group.
- **Eat Enough Food:** We have generally kept to a standard 3-meal per day schedule on fire kasina retreats, except in certain monastic contexts where we did 2 meals per day, and found that eating a nourishing, healthy diet helps support people not getting too far out too fast when doing fire kasina. Adding heavier foods to the diet is a standard way to help people get more grounded when they are getting too far out too fast to stay in what we call the realm of “good crazy” vs “bad crazy”.
- **Drink Enough Water:** Sometimes, in retreat contexts, people can forget to drink enough water, or not want to drink as much to enable longer sessions without having to pee, etc. While there is no need to drink more water than necessary, dehydration can also lead to destabilizing effects, so hydrate properly, and, if someone is starting to get too weird, perhaps ask about the color of their pee and consider a glass of water or two if it is dark or they haven’t been drinking much.
- **Move The Body:** We generally advise at least a few hours of movement of some kind per day, be that walking, yoga, exercise, jogging, tai chi, or whatever people like and want to do. This can be done mindfully and in an embodied way, and this can help people to be more grounded in the face of fire kasina and what it can produce. You can even do fire kasina while walking: look at the light, put the

- dot on the wall or a tree or rock or whatever, walk towards it, turn around, place it on something else, walk towards it, refresh on the light as needed.
- **Be Careful with Eyes Closed Practices and Darkness:** If one is beginning to get too far, too fast, more open-eyed practice and time can help, as can avoiding practicing in the dark.
 - Specifically, you can do fire kasina with eyes open after you refresh on the light source by placing the image between your hands, or out in space, or on a surface, as with walking above.
 - Just as dark retreats can create more powerful experiences, so can keeping your eyes closed more or practicing in darkened rooms, meaning that a way to ground is to have more light in your surroundings as you practice.
 - **Find Your Rhythm:** Nearly all of these retreats reported here have been done as “retreats for adults”, meaning that there is not some authority telling you when to sit, when to walk, for how long, when to exercise, when to sleep.
 - While there have been designated mealtimes and general rules about getting enough sleep, food, water, and talking, as to practice dose and depth and timing, part of this style of practice is feeling into what you need in that moment, to sit, stretch, lay down, talk, sleep, walk, exercise, eat.
 - So, generally, one’s practice timing and posture has been up to the person, as they learn in each phase of the day, retreat, and their own life what feels right to them, what is enough, what is too much, and how to find their way skillfully and at their pace.
 - However, as we will see below, there may be phases of practice when the group feels that a person is going too fast, too much, and they don’t seem to be able to recognize that, and, if the group comes to you and says, “Hey, this is too much, you are starting to destabilize too much, you need to back off, move more, sit/recline less, eat more, sleep/rest more, talk more, walking nature more, get some elemental balance (see below), etc.” **then there has to be a general agreement and promise made at the beginning to follow those sorts of wise, skillful recommendations for everyone’s wellbeing.**
 - While it is true that we can’t always know the exact line between “good crazy” and “bad crazy”, if you are making the group nervous, and the group has been well chosen as recommended above, then there is good reason to believe that their intuitions are correct, and better safe than sorry.
 - Just as it is the wise mountain climber who knows when to descend when they start to get signs of altitude sickness, or to stop advancing and seek stable shelter when a storm is coming in, or to read the ice and know that it might be unstable and so go another route or just abandon the climb, just so with skilled fire kasina practitioners.
 - **Be Careful with Substances:** The very understandable question has often arisen, “What if I combine fire kasina with psychedelics or other attention-enhancing substances?” We have relatively little data on this, so please, do not take this as authoritative medical advice, and instead take it as friends trying to help friends have good outcomes based on relatively little data. We also are not in any way promoting any illegal behavior, so consult the regulations of your country or state and make appropriate choices.
 - As regards caffeine, the general recommendation that has arisen is to maintain usual daily doses and schedule and definitely avoid increasing the dose, particularly in the Murk, as it can lead to agitation.
 - With regard to things like SSRIs and other routine psychiatric medications, the general recommendation has been to continue them as usual.
 - With regard specifically to medications such as those for ADHD, which can have some up to them, maintaining standard doses and definitely not increasing them in the Murk is recommended, similar to the recommendations for caffeine.

- We have very little data on more powerful substances, such as classical psychedelics, beyond a few case reports. Some have noted the predictable increase in visual intensity and other effects with psychedelics, but these have often been followed by a day or two of decreased access to the more magical effects of fire kasina, so they appear to build a temporary tolerance to fire kasina effects in the same way that substances such as psilocybin taken the next day after a trip don't do nearly as much at the same dose as they did the first day. Psychedelics are also often reported to be “less clean” than fire kasina effects on their own, being more buzzy, edgy, “artificial feeling”, etc.
- We have a general intuition that taking psychedelics in the darker, Murkier phases of practice would not be a good idea, and, were one to decide to take them (again, we are not in any way promoting this, particularly in areas where they are illegal), it is speculated to be better farther out in the more advanced, equanimous, post-Murk phases where the access and control and maturation in regard to the weird is better.
- We do not have any data yet on substances such as MDMA, etc. and fire kasina so have no recommendations beyond concerns about legality.
- There is a general concern that psychedelics, particularly in high dose and added to fire kasina, might be able to bypass some of the ordinary safety mechanisms that the body / mind / heart may have on its own.
- **We do know for certain from countless reports of those who have done many doses of psychedelics and also high dose fire kasina (but not together), that fire kasina, on its own and in high dose, can produce experiences that rival or sometimes even exceed very high dose psychedelic experiences, and are often described as “cleaner”, “more natural feeling”, “more easily integrated”, “less alien”, and, ultimately, more beneficial and transformational.**
- So, we generally recommend patience, faith, curiosity, and allowing the process of fire kasina to unfold naturally in its time in its own way, with appropriate safety guidelines as above.
- **Elemental Balance:** fire and light kasina effects can be “hot”, “energetic”, “up”, sometimes too hot, energetic, and up. While this may sound a touch “woo woo” to some, practically, and through experience, we have realized that kasina practices can have some very powerful elemental effects that can benefit from practices designed to bring in other elements and help attain to what we call “elemental balance”. In fact, we have commonly chosen both venues that have easy access to water, nice views, and the like, as well as sometimes times of year that are wintry and colder or rainier for just this reason. So, if you feel too hot, too agitated, too “fiery” or “illuminated”, strongly consider one or combination of these done in a safe fashion (don't get your hands or body too cold, for example):
 - a cool bath or shower,
 - laying on the earth,
 - putting your hands in a cool stream, pond, pool, river or the ocean,
 - going swimming (water safety recommendations obviously apply),
 - hugging a tree or boulder,
 - pulling the energy down to your feet and into the Earth,
 - focusing your gaze and hearing on flowing water or the ground or open space or clouds,
 - taking a walk in the rain or cold mist if you have that available and it isn't too cold,
 - walking or sitting quietly in nature.
- **Be Careful with Fire:** While this may be obvious, these retreats have involved strong rules around fire safety, very specifically:
 - not using fire in rented venues that don't allow it (we have used low-power light bulbs instead, like 10-25 incandescent watt equivalent, see below, and they work just as well),
 - not leaving candles burning when nobody is in the room,

- putting all candles on large plates or trays or in wide stands that can't burn,
- and following standard safety practices when we have had either outdoor, fireplace or wood stove fires burning.
- **Be Careful with Lights:** Strong light sources, such as LED lights on smartphones, flashlights, room lights, lamps and the like can be very bright, much brighter than a candle, and can potentially damage your retinas in your eyes.
 - We have noticed no issues using candles for the light source, particularly if you are just looking at them for a minute or so to get the afterimage and then closing your eyes and following what you see.
 - If you are using a light source other than a candle, use the minimum dose that you can to get an afterimage, which might be as low as second or so.
 - If you start to see any dark, persistent, or otherwise altered aspects to your vision that don't change with the phase of practice, you may be damaging your eyes and so should stop doing whatever it was you were doing that did this.
 - Be extremely careful with the Sun!
 - While there may be phases of practice when looking at the sun with your eyelids closed can enhance the colors you see, we strongly recommend that you never use the Sun as the open-eyed kasina object, as it can definitely damage your retina.
 - **While we are aware of some traditional Sun-gazing practices and their advocates, we recommend against this here**, following conventional medical recommendations.
- **Be Careful with Expectations:** As those who have done multiple fire kasina retreats all report, every retreat is different.
 - Amazing effects that showed up one retreat may not show up again in others, and the same is true for challenges and weird experiences.
 - Themes, effects, materials, screens, encounters, lessons, patterns, elements, visuals, capabilities, access, and the like may vary widely between retreats in ways that can be quite unpredictable, even in the same practitioner.
 - Some fire kasina retreats are truly revolutionary, and others, even in the same dose, can be much less spectacular.
 - Knowing this can help manage the challenges from expectations, and, if these are still challenging for you, consider talking with experienced people in the group about this.
- **Be Careful with Comparison:** As the range of how fast people progress, what they are capable of, and what shows up on retreat, particularly past the Murk, are so wide, just as with expectations, comparison can be a real problem.
 - We may be profoundly envious or even jealous of the experiences of others on the retreat. We may compare our practice to them in ways that can derail our own practice, causing us to focus much more on what we wish would be happening rather than what is actually happening.
 - However, as focusing on what is actually happening is the way to make progress in fire kasina, this comparison can create the very situation it is dreading, that we don't do as well, go as far, have as much insight, jhanas, magick, healing, etc. as someone else as fast and easily as they do.
 - Envy and Jealousy can keep effort tight, effortful, anxious, and cultivate frustration and tension rather than the curious, open ease that benefits deep fire kasina practice.
 - If this is happening, as with expectations, it is definitely good to talk about it with the group and realize that unevenness is par for the course in fire kasina.
 - Again, patience, faith, and curiosity, as well as cultivating a sense of appreciation for the success of others, as well as careful, bodily and emotional exploration of what we are experiencing and feeling, can help turn comparison into something more productive and salutary.

- **Be Careful with Effort:** It is very common for inexperienced fire kasina practitioners to keep their effort narrow and effortful way past the point when this is at all helpful, and particularly in the Murk, which doesn't respond at all well to this, and instead benefits from an open, wide, diffuse, easy, gentle, natural, spacious qualities attention.
 - High sustained imbalanced effort and narrowness can also create agitation, irritability, strain, eye pain, face pain, headaches, and other difficulties.
 - If these are happening to you, try backing off the effort, laying down rather than sitting or standing, relaxing, appreciating this moment now, working to find calm in the body, bringing the attention down out of the head to the heart, belly, or feet, etc., presuming those are safe spaces for you, see the discussion of trauma below.
 - Many advanced experiences, particularly in the late Murk and out past it, require a high degree of looseness, delicacy, subtlety, an ability to almost daydream across some vague barrier, almost like falling asleep, in order to access them.
- **Be Careful with a Powerful Mind:** A mind that is far into a fire kasina retreat is powerful, so, just as one would direct a powerful tool, direct it towards skillful states of mind, those of bliss, peace, kindness, equanimity, balance, compassion, poise, gracefulness, ease, wellbeing, healing, patience, generosity, and the like.
 - It is also true that, sometimes by skillfully going into our issues, our fears, hurts, anger, sadness, grief, regret, desire, and the like, we will also learn important lessons and transform, heal, and grow.
 - There is no clear answer to this apparent paradox, but, if you find that your concentrated mind is starting to direct you rather than the other way around, and if what it is directing you towards is clearly unskillful, then recognizing this, adding skillful resolutions, adding effort to get things back on track, and the support of the group can be very helpful.
- **Trauma Sensitivity:** If you are a person who knows you have a trauma history and certain areas of your body, words, themes, etc. that are triggering or feel unsafe, first, it is very good to let any potential group know this ahead of time.
 - While not a book that generally advocates for deep-end practices such as fire kasina, *Trauma Sensitive Mindfulness* (<https://davidtreleaven.com>) contains wisdom and advice that might be very helpful to assimilate as you carefully consider the risks, benefits and alternatives to such activities as an intensive fire kasina retreat.
 - You could also consider the resources available at [Cheetah House](https://cheetahhouse.org/) (<https://cheetahhouse.org/>).
 - **We have noted both profound and lasting trauma healings and also profound trauma exacerbations on fire kasina retreats**, so realize that this sort of practice is a very mixed blessing when it comes to trauma, with unpredictable results.
 - This is too large a topic to do justice to here, but hopefully the above resources will lend some additional depth of advice and guidance, and we recommend that you carefully consider all of this when making good, informed decisions for yourself about what might be right for you.
- **Be Careful with Money:** These retreats generally discussed here were not about making money. Instead, costs for lodging and food and the like were shared equally, or, in some cases, a retreat member volunteered to help another less financially endowed member that they wished to be part of the group who otherwise couldn't have afforded it. Issues around money are a perennial source of complexity in practice communities, and we recommend a high degree of transparency and ethics around money.
- **Be Careful with Power:** Fire kasina practices, like psychedelics, can produce highly altered, sometimes extremely suggestible states of mind.
 - Differential levels of experience, capability, charisma, attractiveness, prestige, and “personal

- power” can also create situations that are imbalanced and lead to temptations to exploit these power differentials.
- We recommend a high degree of care around power and the typical things that arise from power, not just around money and sex, which are the obvious ones, but also around disempowering others around central authorities, or raising up those not ready to handle such situations of role elevation skillfully, etc.
 - These retreats mentioned here have generally been conducted in the spirit of “going together”, rather than having a specified leader on a front cushion, not that there aren’t situations where such roles and designations of authority can’t be very skillful, as they can be.
 - **Be Careful with Interpretations:** It is very tempting to come to strong ontological interpretations of experiences that have a potent “noetic” or “knowing quality”, that sense of certainty, profundity, not only about the raw sensations of the experience, but what it “means”, what it “is” in some deeper sense.
 - We have found benefit in holding such interpretations lightly, with a sense of humor, a sense of possibility of a range of potentially skillful interpretations, with a sense of openness to those opinions possibly changing as such experiences are integrated and processed, all of these can be very helpful and skillful.
 - There are many possible maps, conceptual frameworks, and terms that one might choose to use for various experiences and effects, and so keep an open mind about what terms you use and see if they are adding value or causing difficulties and be willing to re-evaluate as you go.
 - Contraction around fixed views of “what something was” have been noted to often lead to difficulties, though not always.
 - The various maps and terms we offer here that we have found helpful, such as in the [Glossary \(https://firekasina.org/glossary/\)](https://firekasina.org/glossary/), may or may not be helpful for you, so hold these lightly.
 - However, sometimes interpretations can help the process of normalizing, processing, handling, and making good use of various experiences as well.
 - This is a delicate balance that can often, though not always, benefit from group discussion.
 - **Keep a Diary:** Many fire kasina retreatants have found it very helpful to keep a diary somehow, either written, typed, audio, video, or a mix of these media formats.
 - It can be amazing how we can forget experiences and perspectives we may have had just a few days before, or fail to appreciate how much our practice may have progressed, or how far we are diverting from something skillful and useful without recording it somehow and reviewing this periodically.
 - Diaries can also help us process experiences that we have had, as there is something about writing these down and then reading it back that can engage other parts of our wisdom and experience to good effect.
 - **Public Outings:** If you are deep into a fire kasina retreat and you are all pretty far along into the weird, and you have to go out of the retreat space, such as to buy more groceries, strongly consider having 2 people go together, rather than one person go alone, as that can help things to go better.
 - **Don’t End Murky:** We have some experience with those who did shorter duration fire kasina retreats where they ended the retreat in the depth of the Murk, and they have all said that they wished they hadn’t.
 - So, if you are going to do this, consider either a very small dose, like 1-2 days so that you hopefully don’t get to the depths of the Murk, or longer, such as 2-3 weeks with enough hours per day to have a good chance of getting out past the Murk, as noted above.
 - Those who have left retreat after 5-9 days have often had a range of lingering complaints, including darker mood, depression, anxiety, dizziness, irritability, reduced motivation, impaired

relationships, dissatisfaction with life, headaches, and the like. These typically faded after a week or two, but a few lingered longer.

- These and related symptoms can also happen even if you got way past the Murk on retreat, but they appear to be less likely.
- **Integration/Power-down Days:** Strongly consider building in a few integration/power-down days onto the end of your retreat, particularly if participants have to head back to intense travel, jobs, family situations, etc. after the retreat ends.
 - We recommend at least 1 power down day per week of retreat.
 - If you were doing a 2-week retreat, consider making it a 16-17 day retreat, with the last 2-3 days being at reduced dose, with more talking, more non-meditation activities, periods of reflection, journaling, starting to re-integrate online content if you were digitally dark, etc.
- **Post-retreat Connection:** Strongly consider maintaining a group chat, social media circle, or other way to stay in touch with the group for anything that might come up post-retreat, as all sorts of effects may not manifest until the retreat has ended and may persist for weeks or months, benefitting from the safe space of the group and the wisdom of those who know this territory.
- **Post-retreat Self-Care:** In addition to the support of the group, we strongly recommend skillful self-care in the days and weeks following fire kasina retreat.
 - Even with power-down days, the re-entry to ordinary life, social situations, driving, work, family, etc. can sometimes be jarring, irritating, and difficult. This is not always the case, and many report re-entry going just fine. However, plenty of others have recommended the following:
 - Alone time where you can just rest, chill, take a bath, take a walk, and process what happened and what you may still be experiencing.
 - Care in the language you use when discussing fire kasina experiences with others who haven't done this or something similar (such as intense ceremonial practices, for example), as it can often go badly and cause profound concerns and complexities.
 - Skillful distraction, such as movies, videos, listening to music, can also be valuable if whatever is going on is too much.
 - Again, elemental balance recommendations above may still be valuable after the retreat.
 - Questions of whether to practice more or less, or what practices to do, are not always easy to answer, and may benefit from group discussion.
 - If you find yourself in a situation where ordinary self-care is not easy, such as a profoundly stressful work or family situation, then at least having someone to talk with about this can sometimes help.
 - If this is all going badly, and you really feel you need professional help, then sometimes that can also be very helpful. Recognize that not all professionals will have a nuanced appreciation of the deep end of human experience and the effects of fire kasina, and, in fact, such expertise is currently quite rare, and what to disclose to such professionals that will lead to them adding value to care and not causing undue harm is not always clear.
 - The perspectives of various alternative practitioners, such as those who do energy healing, ceremonies, or transpersonal psychology, also may or may not be helpful in the face of various challenges, so keep your wits about you, and be ready to accept the possible limitations of any person helping you with.
- If you choose to engage in these practices, we offer best wishes for a safe, productive, and healthy fire kasina experience.
- If you care about COVID risk reduction, [this video \(https://vimeo.com/997943622\)](https://vimeo.com/997943622) from the Kissimmee 2024 retreat may be helpful, as well as [this page \(https://www.integrateddaniel.info/covid\)](https://www.integrateddaniel.info/covid).

- **Disclaimer: Again, none of the above is professional, medical, or legal advice, and simply represents one more set of potentially flawed and incomplete opinions on the internet based on limited information.**
- If you believe that you have additional insights, materials, or tips that might help this safety recommendations page be better, or simply wish to connect to the community, you can reach out to the Fire Kasino (misspelling intentional) Discord Community here: <https://discord.gg/rRBJg2X66M> (<https://discord.gg/rRBJg2X66M>)

[BLOG AT WORDPRESS.COM.](#)