

COLD FIRE WALK WITH THE EM3

INTRODUCTION

Firewalking refers to the activity of walking on hot coals, rocks or cinders without burning the sole of one's foot. Firewalking has its origin in pre-history. In many countries the ancients fire walked in powerful rituals of renewal. Throughout the ages firewalking has been used for emotional, physical and spiritual healing. Today firewalking is used worldwide as a tool for self-empowerment. Tony Robbins popularized firewalking as an activity for demonstrating that it is possible for people to do things that seemed impossible to them.

The Cold Fire Walk is an indoor activity developed by Interel, Inc., which uses the Electric Maze EM3 in a configuration that resembles a fire-walking pit. Participants must walk across a maze, set up as an arrangement of 3 by 16 squares without stepping on a hot spot. The activity has high emotional impact without the physical risk and logistical inconvenience of a traditional firewalking activity.

PARTICIPANT INSTRUCTIONS

We invite your team to meet with the other teams at the Cold Fire Walk area. Your challenge is to move all of your team members safely through the Cold Fire Walk during the time allotted.

After reading the following rules for the activity, work with your team members, in your meeting/planning area, to decide how best to successfully undertake the challenge. Complete this task and assemble at the Fire Walk area in 15 minutes.

Discovery Period Rules

You will have 15 minutes to discover a *Safe Path* across the Fire Walk, and decide how to guide each member of your team across the Fire Walk, during the Walk Period of the activity. You will be sharing the Fire Walk area with other teams.

During the Discovery Period, one, and only one member from each team may be on the Fire Walk at the same time.

You must walk in the following way when you are on the Fire Walk. You must start from your team's end of the Fire Walk and select one of the three squares in each row to step on as you move forward.

If you step on a *Hot Spot*, as you move forward, an alarm will sound. If this happens, you must stop, step off the Fire Walk and let another member of your team, starting from your team's end of the Fire Walk, continue the discovery.

During the following Walk Period of the activity, no talking is allowed. Therefore you should plan accordingly, during the Discovery Period, and complete all verbal discussions to decide how you will support each member of your team to traverse the Fire Walk safely.

Walk Period Rules

You will have 30 minutes to get the members of your team safely across the Fire Walk.

One team must start from one end of the Fire Walk and the remaining one or two teams must start from the opposite end of the Fire Walk.

During the Walk Phase, one and only one person can be on the Fire Walk. This is an individual challenge supported by other team members.

The individual on the Fire Walk must move in the same way as in the Discovery Period. You must start from your team's end of the Fire Walk and step on one, and only one, square in each row as you move forward. You may not skip a row.

If a team member, crossing the Fire Walk, steps on a Hot Spot, an alarm will sound. If this happens they must stop and step off the Fire Walk. They must then wait until the other members of their team have attempted the Fire Walk before they try again.

Remember; no talking allowed. You may, however, use other forms of communication such as sign language, body language, extra sensory perception, channeling and so on.

Do not use writing materials such as pen and paper to communicate.

Do not use any materials to mark the *safe* Fire Walk path. This includes bits of paper, breadcrumbs and so on.

Team members not crossing the Fire Walk must stand one or more feet back from the edge of the Walk. Do not touch the Fire Walk when assisting a team member attempting the Walk.

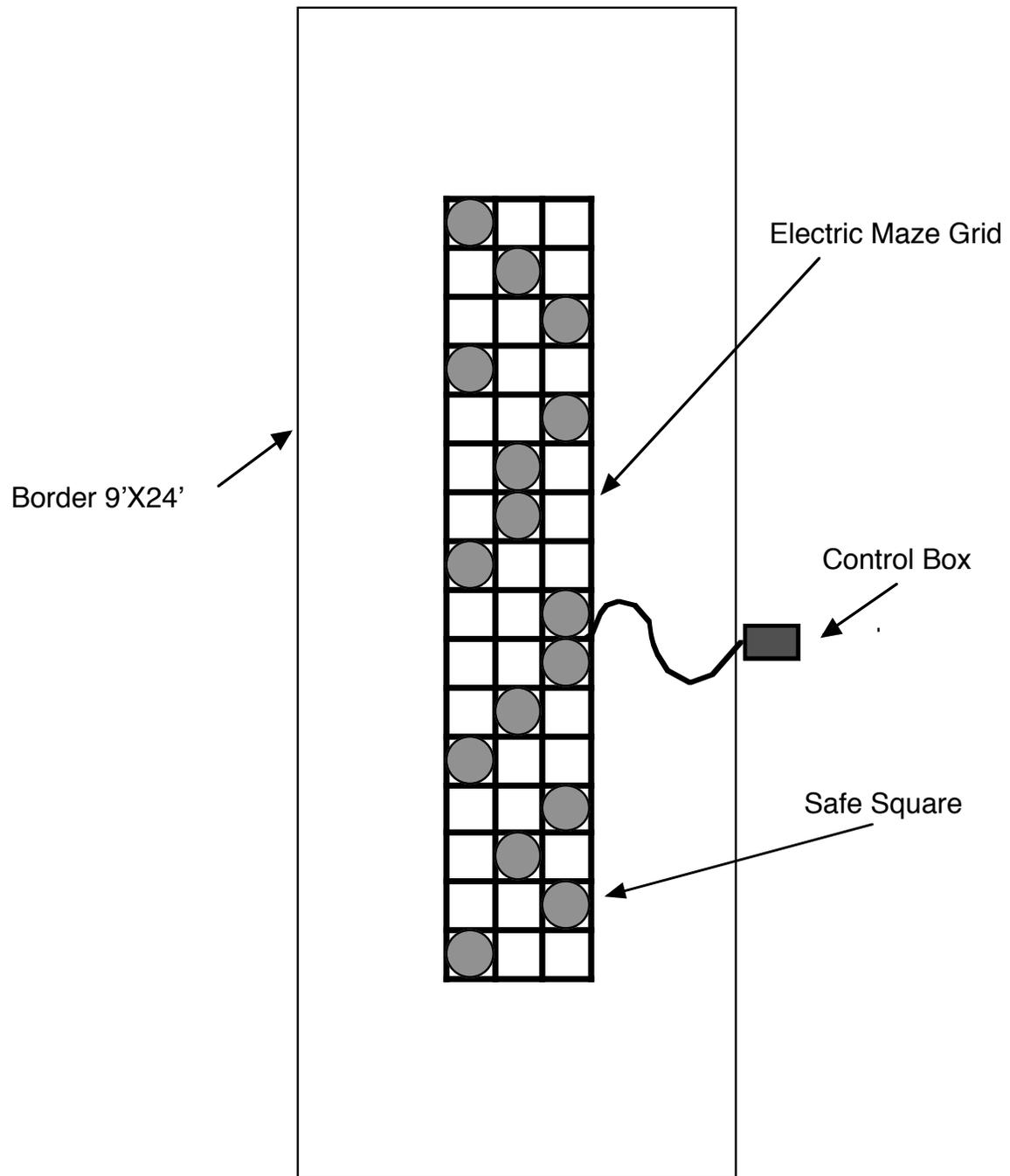
Note: If an individual requires assistance to stand or walk, other team members may physically support them as they traverse the Fire Walk.

Discussion Period

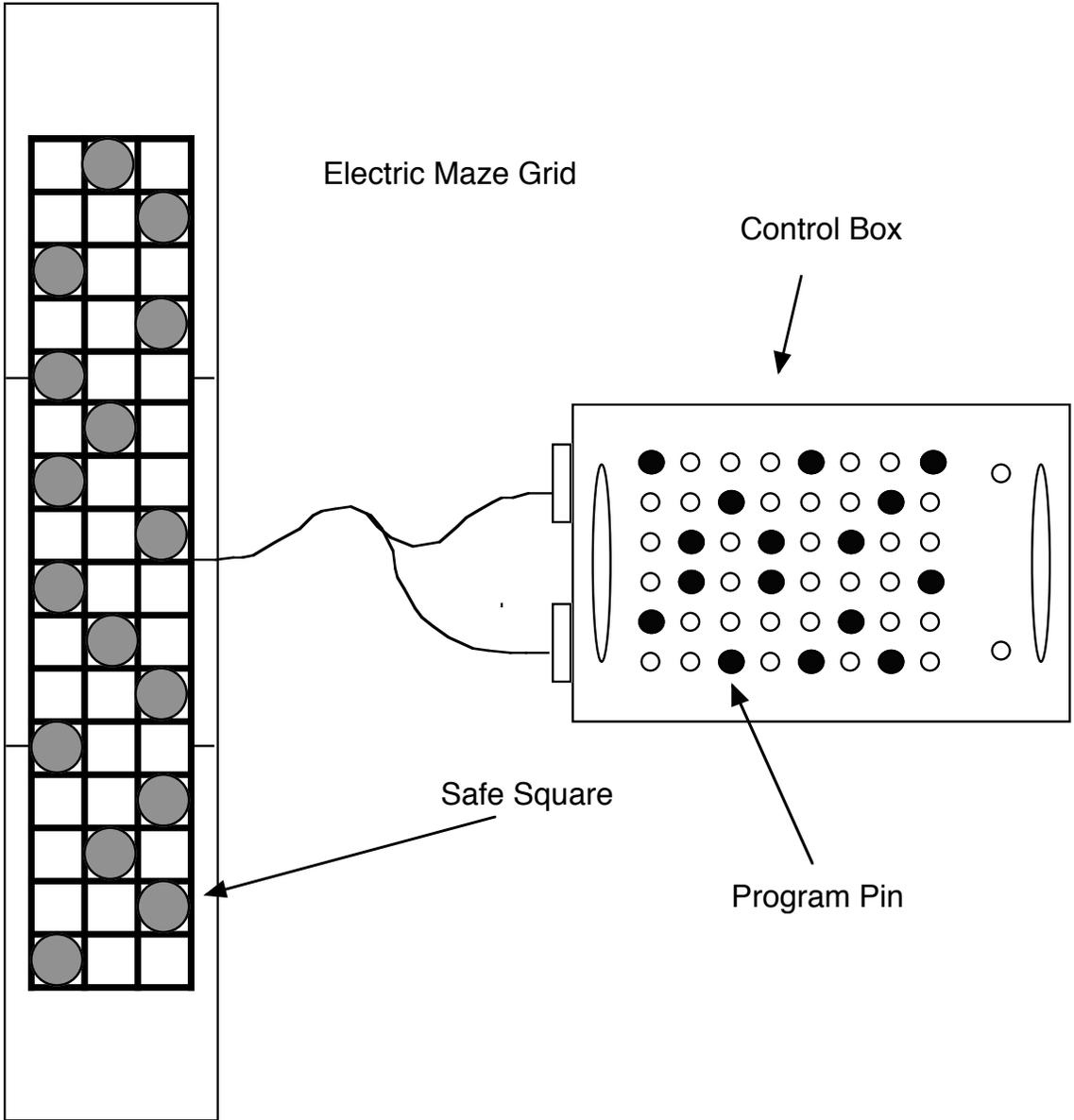
After the Fire Walk conclusion, please return to your planning area to discuss the topics and questions included with the Fire Walk instruction hand out.

Suggested Questions for Cold Fire Walk Activity Discussions

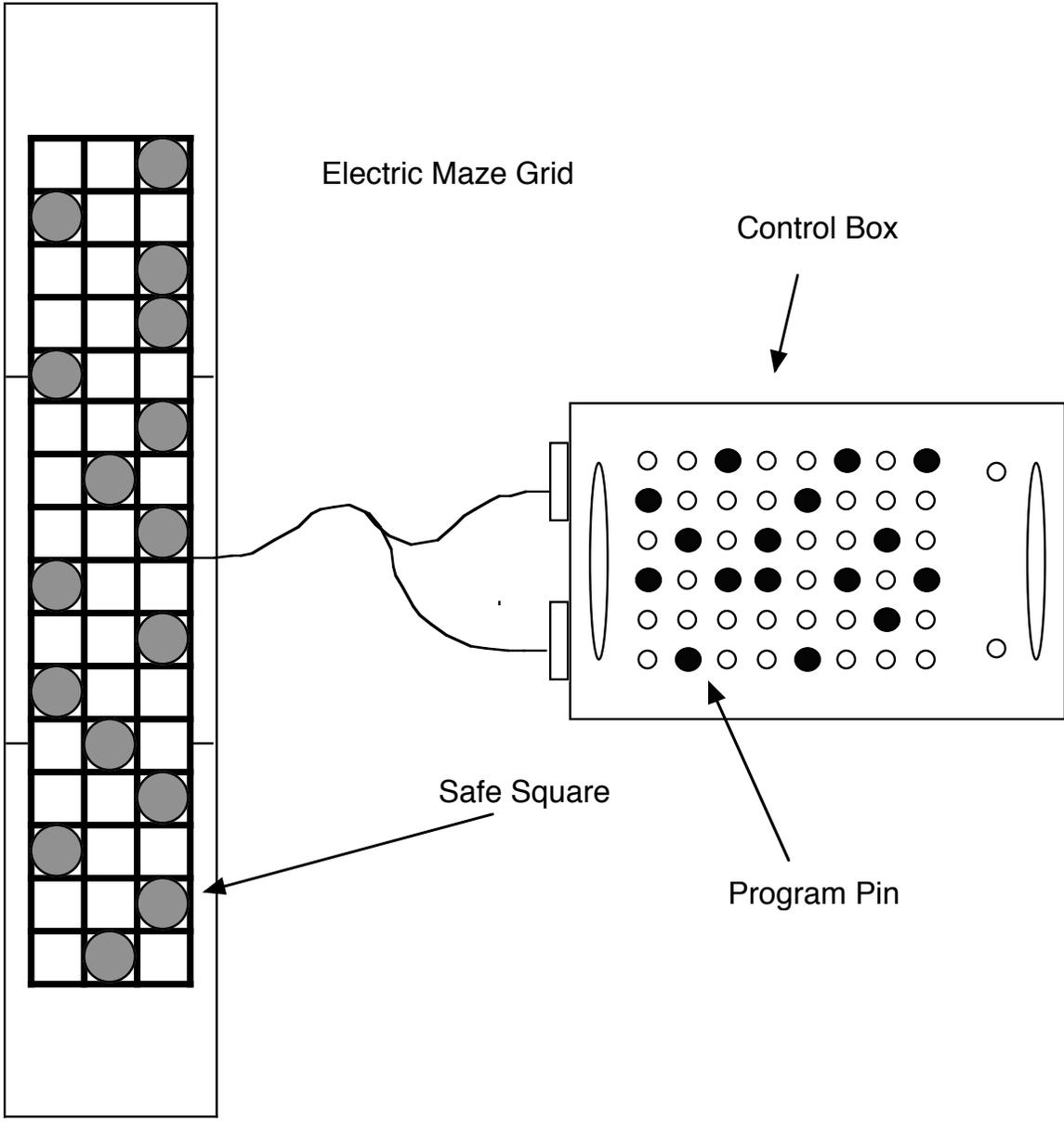
- What did you observe happening on the Maze?
- What feelings did you notice in yourself?
- Describe your planning sessions.
- How effective were your planning sessions? Did you have agreement?
- Were all voices heard in the planning?
- Did your plans hold up?
- Did you abandon your plans? When? Why?
- Did you talk about what it means to win? To lose?
- Did you consider partnering with the other team? In planning? In play?
- Did you consider learning from the other team?
- Did you consider sharing what you've learned with the other team?
- Did you discuss any larger goals such as developing team skills?
- Did you discuss your individual or collective vision of working together?
- How did it feel when you stepped on an "unsafe square." Why?
- Did you pay attention to the time? Why?
- What did you notice about the way you positioned yourselves around the Maze? How did this change over time?



ELECTRIC MAZE SET UP



MAZE PROGRAM A



MAZE PROGRAM B