

Welcome to Blaze, *The* Firewalking Experts

Your Questions Answered



The History of Blaze

The first fundraising firewalk in the world was held by Martin Sterling on the 5th of November 1984 for his martial arts group.

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.

Blaze is now being managed by Karen Sterling

Karen and Martin were married in the Queen's Medical Centre in Nottingham in January 2008 before Martin went to theatre to remove a GBM brain tumour. When Martin died in November 2008 Karen had a decision to make, to return to Scotland and nursing, or to remain in Nottingham to carry on the amazing legacy that Martin left with Blaze.

Karen has been firewalking for over 32 years, with Blaze since 2005 and has personally provided over 2700 firewalking events.

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. She has degrees in psychology and biochemistry. Her other interests include 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.

This is so much more than just a Firewalk

Please note: It is essential that all participants 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 been fully trained

Is it real fire?

Yes, we burn a light – medium density wood, which we break down into a smooth glowing twinkling path of embers 20' long by 2' wide.

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.

No trees are cut down for our firewalks

We work with local timber based businesses.

They give us their offcuts that they used to pay to get destroyed



What happens on the night?

Once you have registered and everyone is ready, you will undergo a training session in a private room

Everyone must take part in this training, it's the best part, 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.

Once the training is completed, we go straight out to firewalk

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 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; parental consent is required for 14–15 year olds.

There is no upper age limit. The oldest person that has firewalked with us was a spritely 89 years young.



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 at this exciting event.

We know that you'll want them to take lots of photographs and video of your firewalk.

We're sorry but friends and family, including your children, won't be allowed to watch the training

What does it feel like?

Many don't remember having any physical sensation at all about the experience. Some say it was cold, some say it was warm and crunchy. Our favourite was that it felt 'fluffy'

What you think it going to feel like and what it actually feels like are completely different.

There are physical reasons why firewalking is possible, all will be explained during the training

What's the best thing to wear on the night?

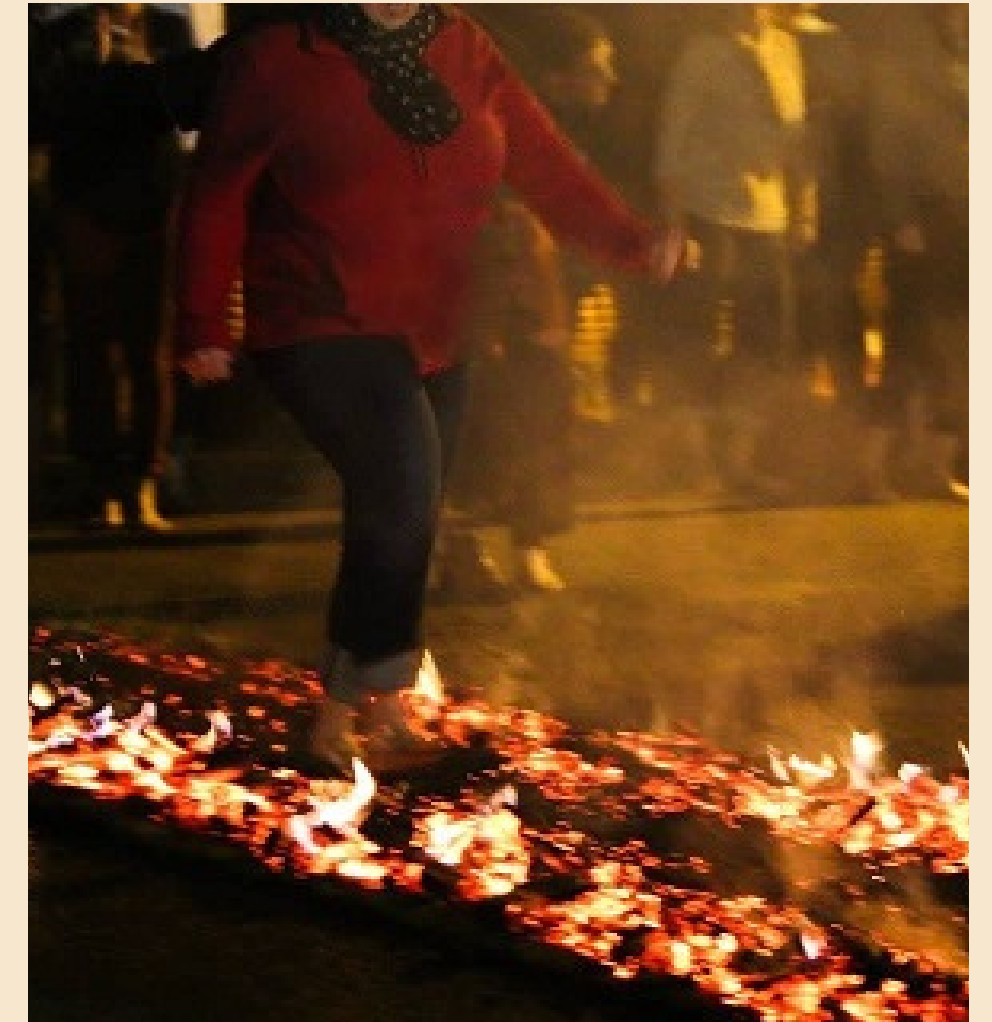
There are no special requirements regarding clothing. Casual clothing is best and something that you are not bothered if it goes up in flames! Just kidding, all you need to do is roll up the bottom of your trousers so they don't get dirty. Tights and stockings would need to be removed before the walk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

NAIL VARNISH ON TOENAILS IS SAFE!!

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



I have a medical condition; will I be able to firewalk?

We'd love to support you during your firewalk with BLAZE, if there is a way to firewalk safely, we will.

One of the BLAZE team walks beside every person when they firewalk, you can hold onto their arm and/or the Trainer's arm when you are walking.

We all need help and support at some times in our lives, that's what we are here for, to support you when you're firewalking

Give Karen a call, text, or WhatsApp on 07712048042, email karen@blazefirewalking.co.uk, as she was a registered nurse for 22 years, working in areas such as A&E, Trauma care and was a Sister in an Intensive Care Unit for 11 years.

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



I'm pregnant, can I take part?

Congratulations!

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

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.

One of the Blaze team walks beside everyone when they are firewalking, you can hold onto their arm for support.

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 nothing good ever happens following the words "Here, hold my beer, watch this"

What happens if it rains?

We get wet!

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

Your certificate

We provide personalised certificates for your firewalk

Please let your organiser know how you would like your name to be printed onto the certificate; formal name, nickname etc.

Check that they have the correct spelling





BLAZE on the telly...

BLAZE are regularly asked to provide firewalks for television and film, 45 times, so far.

We're very proud of our 2 Blue Peter badges. The first time was pre-recorded, the second time was live! 19 minutes from lighting the fire to the presenter firewalking. We will firewalk with Blue Peter any time, any place, any where. They are lovely to work with.

So are BBC Earth, we spent 2 days in a haunted mansion in Somerset with them a few years ago

Most of the time media firewalks are a jolly day out, something different for us to do. But sometimes, they are a pain in the!

The TV sports panel show director who wanted us to create a 30mX5m sandpit of embers and said "if the celebrities get burnt, they get burnt" When we refused, they gave us an ultimatum, do it his way or go home. We chose to go home

When we were packing up a producer appeared agreeing to do the firewalk our way, safely

The scripted reality show never aired their firewalk because their "talent" firewalked confidently when they wanted them to be terrified? Big old bust up with the director followed!

We firewalk safely not sensationally

Thank You

See you very soon

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