

STILL

Fire



BURN BRIGHT
WITHOUT
BURNING OUT

Companion Guide

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Disclaimer: This companion guide is for educational and personal development purposes only. It does not constitute medical, psychological, or therapeutic advice.

The content is designed to support reflection and emotional well-being for thoughtful readers. If you are experiencing mental health challenges or need clinical support, please consult a licensed healthcare professional.

Use of this guide is voluntary and entirely at your own discretion.

Note: The cover of this companion guide has been adapted from the original book design to make it printer-friendly.

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Welcome to the Still Fire Companion Guide

This guide is designed to be a gentle presence that sits beside your inner flame. It offers a space to pause, breathe, and reconnect with your own rhythm.

This isn't homework, nor is it a source of pressure. Instead, it's a collection of reflections meant to help you shine brightly without burning out.

Imagine each page as a spark: a moment to linger over, a thought to journal about if you choose, or simply an insight to absorb into your awareness. There is no right order and no looming deadline. It is simple, easy space, and words that invite you to return to a truer rhythm.

How to Use This Guide

- **Pause when you need space.** Open to any page and let it meet you where you are in that moment.
- **Keep it simple.** There's nothing to complete — even one reflection is enough to make a difference.
- **Return often.** Revisit pages that speak to you on different days. Observe what changes and what remains constant.
- **Make it yours.** Feel free to jot down thoughts in the margins, underline phrases, or circle words that resonate with you.

Remember, this guide isn't about doing more; it's about rediscovering what's already within.

Let the fire burn steadily, and let it be uniquely yours.

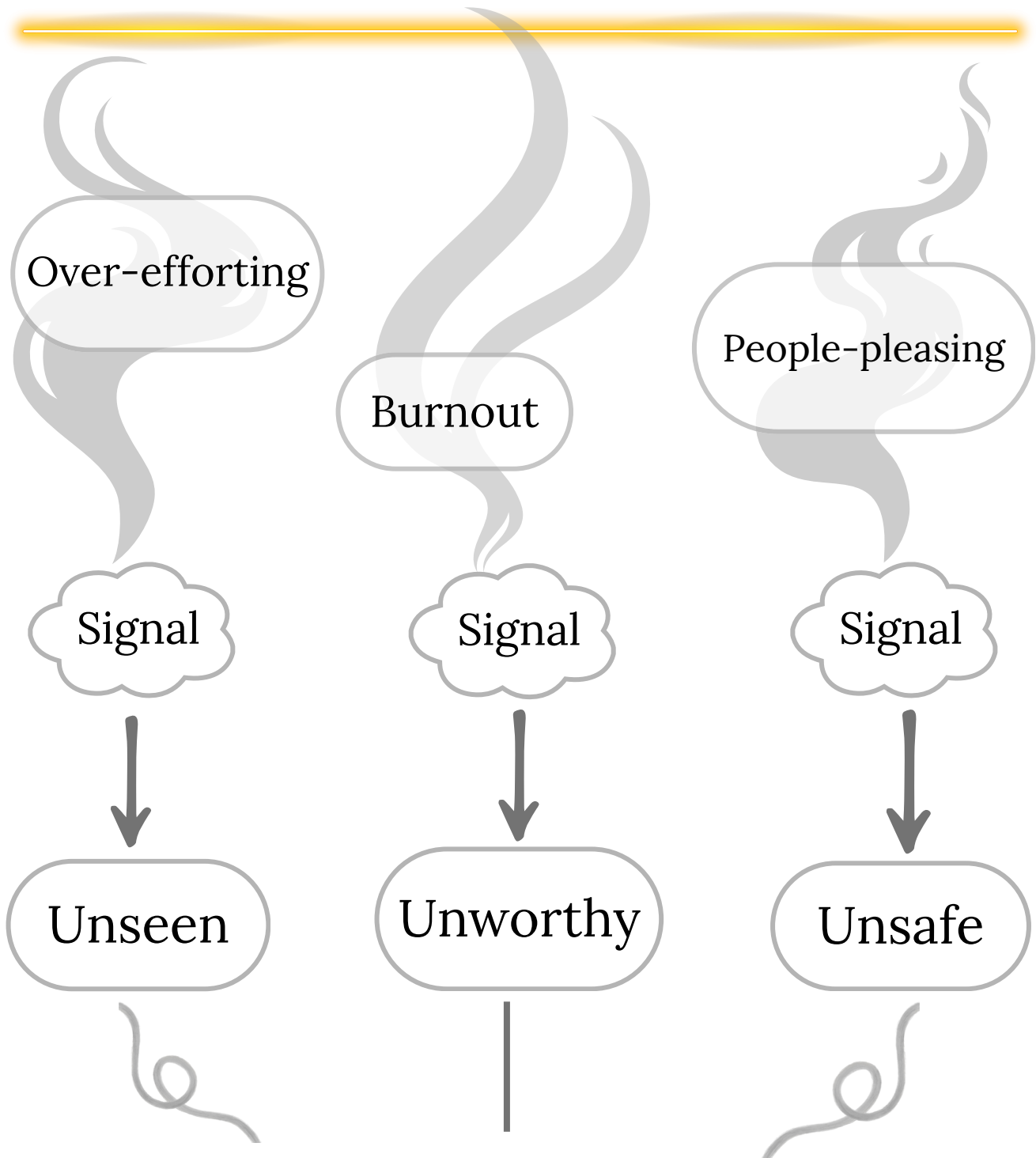
The Constant *Flame*



Flame doesn't flicker from validation,
only from disconnection.



Smoke Signals



What is the smoke trying to say?

The *Fire* Isn't the Problem

True Fire

VS.

Frenzy

passion

essence

inner calling

consistent glow

energized focus

magnetic presence

devotion

calm confidence

honest 'yes'

proving

reactive effort

performance for worth

constant hustle

drained multitasking

scattered activity

compulsive pace

desperation

overcompensation

True Fire **fuels** you

Frenzy **depletes** you

What if your fire *never* needed fixing?



When the *Fire* Isn't Yours

Self

Absorbed



Smoke Signals

Drain

Resentment

Overwhelm

Gentle Boundaries

Pause

Breathe

Reflect

Notice what drains you. Reclaim what doesn't.

Bright Doesn't Mean Being Big

Types of Bright



Radiant

Reflective

Ember

Glow

Small Flame ≠ Dim

Size ≠ Impact

What if your quiet light is
exactly what's needed?

🌟 Spark Doesn't Equal Obligation

Permission to Pass it By

You felt a spark



Fuel it
intentionally



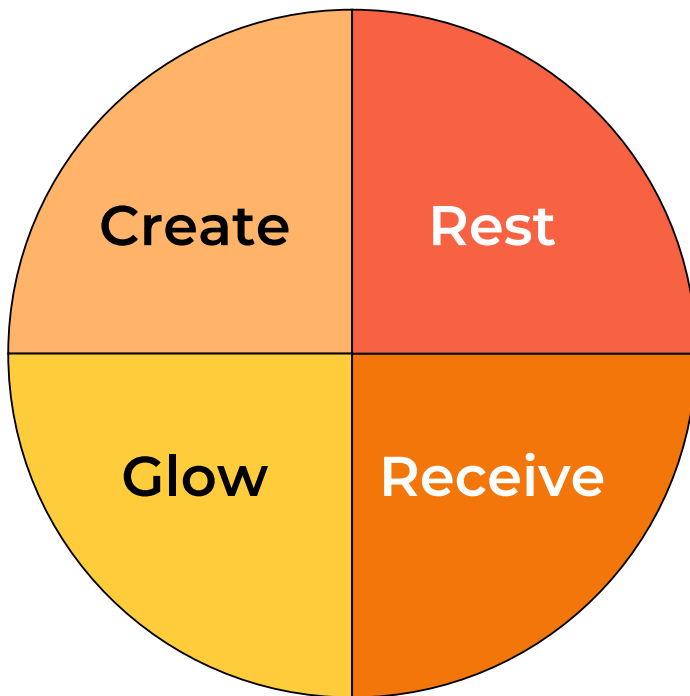
Release it
gently

Not Every Spark = Soul Contract



Heat Without Hustle

Sustainable Flame Blueprint



Smoke Signals

Strain

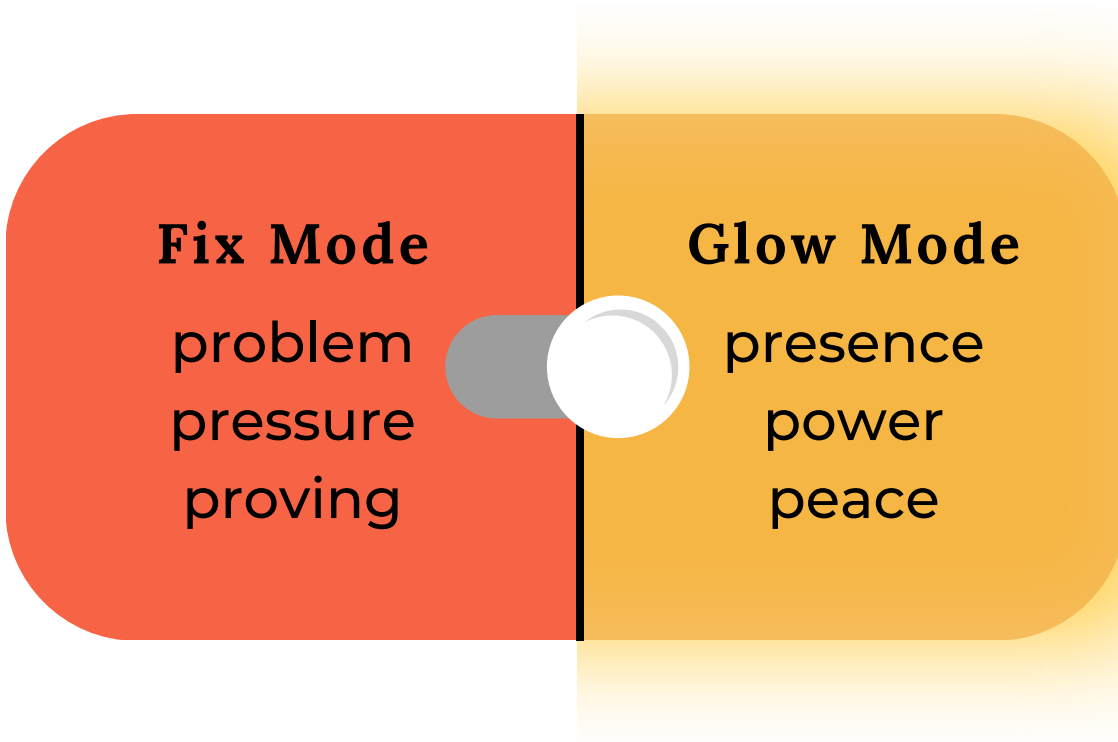
Push

Loss of joy

Some heat is not worth keeping.

Glow **Without Fixing**

Fix Mode vs. Glow Mode



Your glow is not dependent
upon outcomes.

☐ Contained, Not Constricted

The Sacred Container



Held.
Not controlled.

Still.
Not stuck.

Self-designed space for your energy.

☀️ Still Fiery & Bright

Your Fiery Frequency



Fire hums at different frequencies.

No need to “rise” to be radiant.
You’re always bright!

A Glowing Thank You

Thank you for giving yourself the space to sit with these pages.
Not as homework.
Not as another task.
But as a quiet moment to tend your own glow.

You don't have to do everything to be enough.
You don't have to carry every spark to prove your worth.
Your fire is already here — steady, bright, and yours to keep.

If even one word, one image, or one pause in this guide reminded you of your own warmth, then it has done its work.

Carry what resonates. Leave the rest.
And whenever you need to, come back —
not to start over, but to remember.

With warm respect,
—Claudia ❤️🔥

