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# History of fire-walking

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Why do fire-walkers not get burned?

Staff Report

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**GULF NEWS**

History: The practice of fire-walking has been around for a long time and the oldest recorded fire-walk was in India more than 4,000 years ago. But it is believed that fire-walking was practised even before then, sometime during the 1200 B.C. Different cultures practised it as a way to show mind-body connection, as a form of a religious ritual, or as a healing ceremony.

In the early 1990s, managers and corporations turned fire-walking into an opportunity to inspire and motivate their employees. Since then, the practice has evolved and spread.

Source: Fire Walking Institute of Research and Education

Why people don't get burned? There have been many theories that attempt to explain why people don't get burned when walking on live coals. Some say that

because wood is a poor conductor of heat, or that ash that covers the coals could act as an insulator, or due to the short time one spends on walking on fire. Whatever the reason may be, we are certain that when we touched the coal, it was really hot. But for Muneer Samnani, it is all about mind over matter. “People do get burned, but not in my class. In my model of the world, if you can train your brain, everything is possible. It’s all about achieving the unimaginable,” Muneer said.

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