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## VIDEO: How to travel on fire

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Following my glow travel opposite a bed of blazing coals during over 900C, we perceived messages of regard and curiosity, "Were my feet OK?", "Why did they not burn?".

Well, my feet (and a rest of me) were excellent and did not bake because, as Muneer Samnani, approved tutor and manager of Neuro Linguistic Programming (NLP), who headed a seminar explained: "Why we don't get burnt is elementary – your blood circulates in a opposite demeanour and we travel differently.

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Circulating blood keeps a strength on a glow walker's feet from reaching a blazing indicate < as prolonged as a hiker is loose adequate to concede clever blood upsurge and as prolonged as a hiker keeps walking.

Conduction – a send of feverishness from one piece to another around approach hit – is a categorical approach feverishness is transmitted to a person's feet during a glow walk.

In glow walking, a person's feet, that are bad conductors, hold ash-covered coals, that are a same as would be used to make a fire.

So, a same volume of appetite issuing divided from a coals reduce their heat most some-more than that same appetite issuing to a feet, that raises a foot's temperature. If a feet stays in hit with a coals, appetite will keep issuing until they both stretch a same temperature. So, a feet cold down a internal area of a coals they touch, and it takes time for appetite to upsurge from a rest of a glow to a cold spot.

Moreover, given a glow hiker is indeed walking, a time of hit between feet and coals is minimal too discerning for a coals to bake or bake a feet.

However, nonetheless glow walking is physically possible, it requires 'mind over matter' to take that initial step.

"If your fear is holding we behind with thoughts that a glow will bake you; we can propagandize your mind to arise above a fear and take that initial step. It is all about that initial step," pronounced Samnani, adding that this hearing by glow is a

proof of training how a chairman can spin fear into power.

“Fear of disaster boundary beliefs,” pronounced a trainer.

But he warned: “Of course, a travel is meant to be finished supervised and underneath tranquil parameters, so don’t try this by yourself during home.”

The subsequent open firewalk will take place on Feb 7. To find out some-more or to pointer adult for a subsequent glow walking event, hit Muneer Samnani on 04 304 2486 or revisit [www.omcdubai.com](http://www.omcdubai.com)

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**Tags: Neuro Linguistic Programming**

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