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# THE FIREWALK

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Demonstrating the Power of the Mind



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## The Firewalk – Demonstrating the Power of the Mind

Several years ago I had the opportunity to attend a seminar given by Anthony Robbins. (<http://www.tonyrobbins.com/biography.php>). Tony is a well-known writer and motivational speaker. He is the author of the best-selling books "Awaken the Giant Within" and "Unlimited Power" among others. He is a recognized authority on the psychology of leadership, negotiations, organizational turnaround, and peak performance. I actually was awarded a scholarship to classes held by his non-profit organization, but was unable to take advantage of it.

There were 1300 of us attending the seminar in Orange County, California. It was held at a large hotel complex and there were four or five fires staked in several parking lots. Every one of the 1300 people attending the seminar walked on hot coals that night and no one had any burns on their feet.

What good did it do to go through with the Firewalk? It certainly taught me the power of the human mind. The power of our mind is unbelievable. After returning home I wrote the following rap song about my experience.

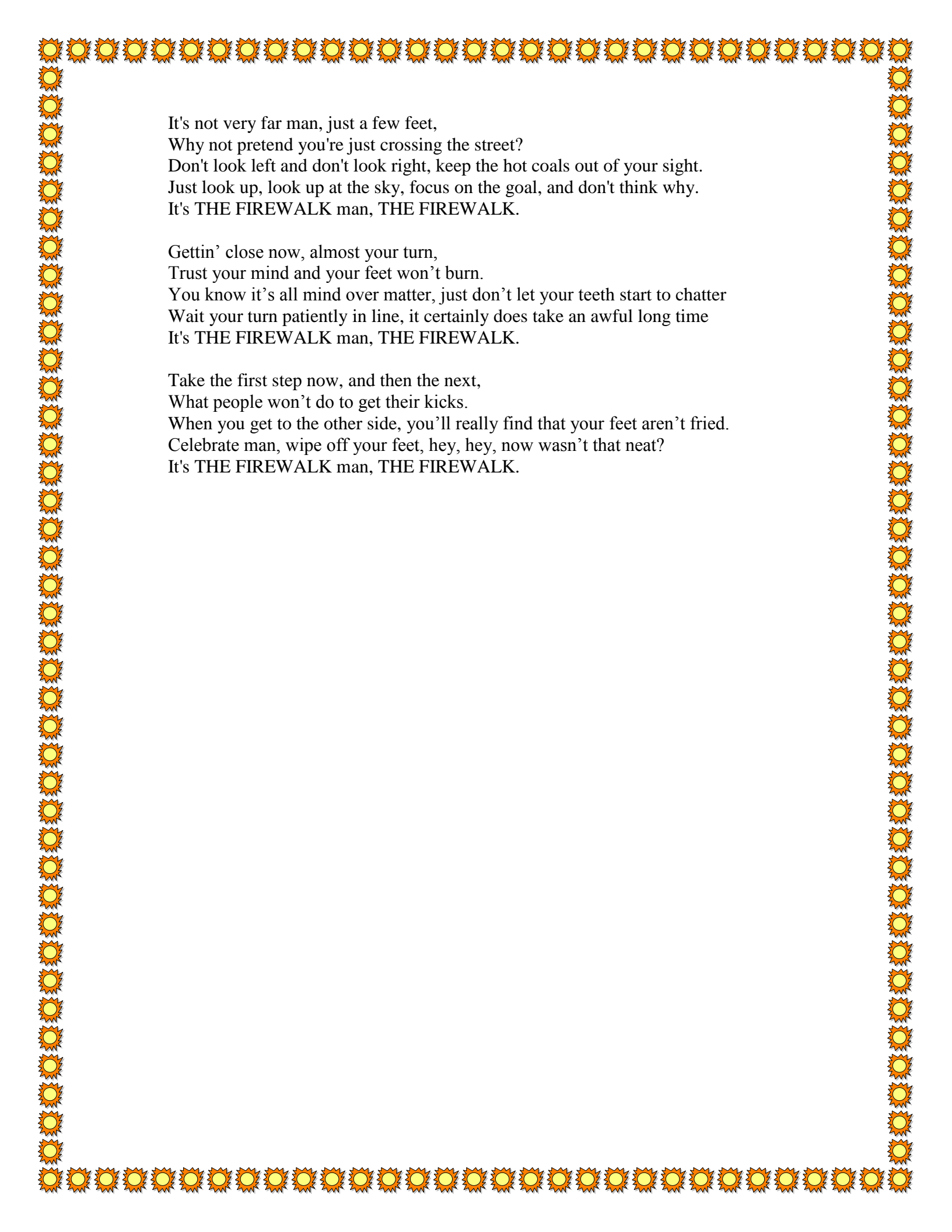
### THE FIREWALK by Norma Hickox

(Tony refers to Tony Robbins the guy who put on the seminar.)

He says we can do it, Tony says we can.  
Walk through fire, do you trust this man?  
Is he out of his mind, does he think we are blind?  
We can see the flame and fire, I say the guy's a liar.  
It's THE FIREWALK man, THE FIREWALK.

Walk THE FIREWALK, walk on hot coals  
Say these words tryin' to reach your goal,  
"Cool moss, cool moss, cool moss," just picture that and your mind's the boss,  
I know you can do it man, try it and you'll see that you can.  
It's THE FIREWALK man, THE FIREWALK.

All the people here, ready to walk on fire,  
Where's their sign saying "fools for hire?"  
Gain your pow'r and feel like a king, come on man, just do this thing.  
It really is the miracle of the hour, yeh man, it's all mind power!  
It's THE FIREWALK man, THE FIREWALK.



It's not very far man, just a few feet,  
Why not pretend you're just crossing the street?  
Don't look left and don't look right, keep the hot coals out of your sight.  
Just look up, look up at the sky, focus on the goal, and don't think why.  
It's THE FIREWALK man, THE FIREWALK.

Gettin' close now, almost your turn,  
Trust your mind and your feet won't burn.  
You know it's all mind over matter, just don't let your teeth start to chatter  
Wait your turn patiently in line, it certainly does take an awful long time  
It's THE FIREWALK man, THE FIREWALK.

Take the first step now, and then the next,  
What people won't do to get their kicks.  
When you get to the other side, you'll really find that your feet aren't fried.  
Celebrate man, wipe off your feet, hey, hey, now wasn't that neat?  
It's THE FIREWALK man, THE FIREWALK.