



# Building Life Skills



## Key Building Blocks to Help Kids Succeed

Search Institute identified 40 building blocks of healthy development that help young people grow up healthy, caring and responsible. These building blockshare referred to as "assets" This article focuses on "Respect." Young people have regard for the dignity, worth and rights of all people, including themselves.

## Tramplng on fears

Ken Fraelich  
Executive Director  
Common Ground

Firewalking, which is walking on coals that are typically between 900- 1500 degrees, teaches a profound lesson about the power of the mind, and the effect that our thoughts and beliefs have on our experience of reality. It is a practical way of confirming our instincts and validating our intuition. It also provides an unforgettable visual image to accompany our thoughts and beliefs. It shows us the vastness of human potential. And most importantly, it helps us to shift the energy of fear.

Common Ground is providing participants of all ages (preferably 8 years old or older) the opportunity to walk on fire. Children may walk with parental consent and supervision.

The annual Firewalk includes a three-hour experiential workshop that explores the fears in our lives and our reaction to each. If one chooses, that fear can be overcome in one night. Dave Tuscan, a certified fire walk instructor, facilitates the experience.

In addition, you can walk on crushed glass, break a board with your hand or bend rebar with the force of your power within. Witness or

participate in these events during one night at Common Ground.

At the conclusion of the event, all participants are invited to walk on the fire, where the temperature of the coals ranges between 1,100 and 1,300 degrees.



Saturday  
Sept. 9, 2017  
6:30 p.m. -10 p.m.

Common Ground  
14240 Baird Road  
Oberlin

[commongroundcenter.org](http://commongroundcenter.org)

Rain or shine

Common Ground offers uncommon experiences. For more than 20 years, Common Ground has been providing innovative programs that nurture the body, challenge the mind and renew the spirit.

Time to face your fears. And overcome them? It can be done all in one night.

## Walking on fire will help you...

To face fear and teach the body how to move forward and make decisions, while in fear, can effect great change in patterned responses to fear (such as the fight, flight or freeze responses)

To deconstruct old beliefs that are not life serving (such as "I can't")

To move through perceived obstacles and limitations

To welcome and embrace the element of fire and utilize its medicine in a new and profound way

To expand your current realm of possibility

To purify the body and increase vitality

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