



Freedom Flames

Burn Release Book



This book is a space for release.

Burning is one of the oldest rituals of letting go. Whether it's pain, anger, fear, or memories you're ready to leave behind—fire transforms.

Use these prompts to put your feelings into words. Be honest. Be raw. Then, safely burn the page and let it go.

This is not about being perfect. It's about being free.

Write it. Burn it. Breathe.

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a guide for writing. There are no margins, text, or other markings on the paper.

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]