



## finding your way around the fire

### General

- This is sacred space for deep play and transformational work.
- We are custodians of this space.
- We ALL co-create the space together through four pathways of music (drum, percussion), movement, voice and seva (service).
- Your energy is essential to making the gathering reach its highest potential.
- Please respect yourself and others.
- earthFIRE Australia is a not for profit community group.
- Fire circle gatherings of this type are new to Australia, together we are learning how to create deep and vibrant fire circle containers (spaces).
- We have a no alcohol or drugs policy.
- Children are welcome to participate but must be under the supervision of parents.
- To avoid distractions we ask that conversations are held away from the circle.
- We encourage personal responsibility and safety.
- Have fun, play to your heart's content, and remember that you are witnessed within a *circle of community*.
- Please bring a willingness to risk and share your creativity and truth.

### Music/Drummers

- The drummers and percussionists sit and stand together in a semi-circle, or rounded 'V'. The "One Drum" or dun dun holds the foundation pulse for the music.
- There will only be space for a set number of drummers at one time. Please allow others to have a turn.
- Our circle honours sonic diversity. Please allow opportunities for quieter musical instrument to shine....and may we also be blessed with silences.
- We are in seva to the fire circle. This can mean that rhythms can go on for a very long time. We avoid frequent and abrupt starts and stops in order to nurture trance, allowing the music to gently fade away into silence. Let complete stillness hold us for a while in rich anticipation of the next offering to emerge.
- Listen, watch, feel....and then listen some more. Hold awareness of how your sound fits in with the whole. And watch and support the energy of the dancers.
- Please ask before using someone else's drum or instrument. Remove rings before playing to prevent damage to the drum.
- Please do not use the drumming seats to witness the community, rather allow others to take the seat to offer up their sacred sounds.

### Movement

- You are invited to move in ways that express your inner being eg walking in deep meditation with the earth, engaging in ecstatic dance, journeying within and entering a state of deep trance, or connecting through playful movement with others.
- Those moving faster stay closer to the centre.
- As we find ourselves slowing down, moving into trance or engaging in rattle work we move to the outer edges of the circle.

- When stillness calls, please move away from the centre and stand at the edge of the circle. Stopping in the circle can obstruct others.
- We say thanks to the drummers in the *Gratitude Zone*. But please do so only one person at a time. And move on to allow space for others to do the same.
- Mostly we all move in the same direction so not to obstruct each other but the direction can change from clockwise to anti-clockwise from one night to another. It is simply what is for the highest good. Movement continues in some way around the circle from the opening ritual until the closing ritual.

### Voice

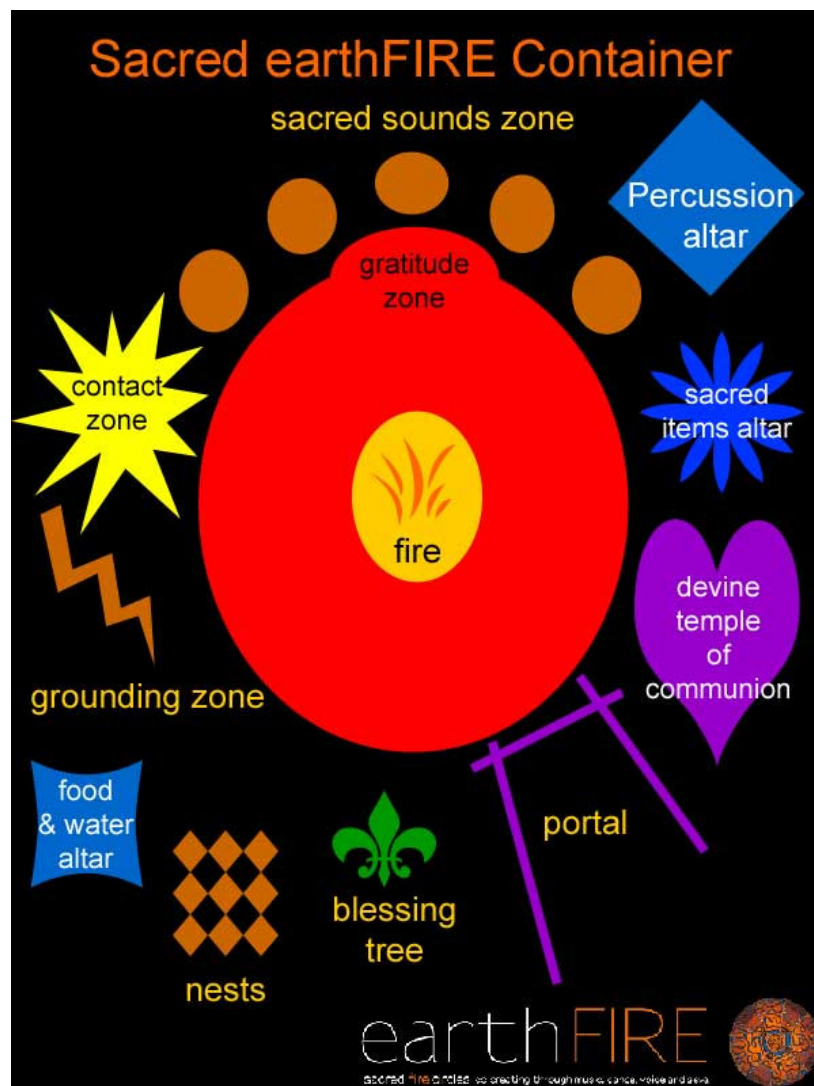
- We allow room for chants, spoken word, sacred sounds (toning) and silence.
- By attending to what is happening, moment to moment, we are inspired to know what the next song, sound or words could be – offering that which is most sacred, meaningful and authentic.

### What is Seva?

Seva is to be *in Service* with devotion and compassion (to support).

- Everyone is invited to offer food and water to the drummers and dancers (be sure to make eye contact first and check that the time is right), smudge at the portal, tend the fire, and care for the space (remove obstacles) and care for each other.

### *Sacred spaces around the Fire Circle*



### **Percussion Altar**

- Feel free to play the instruments on the *Percussion Altar*. Please return them once finished.

### **Portal**

- Please leave and enter the circle from the portal. You are invited to breathe, ground and centre yourself and be aware each time you step through the portal. Sage, gum leaves or water are provided to cleanse yourself if you wish.

### **Food altar**

- Please contribute to the food altar, from which we nourish each other throughout the night.

### **Sacred Items Altar**

- This is a place where you can choose to place your personal and sacred items.

### **Blessing Tree**

- A place for intentions, blessings and wishes.

### **Divine Temple of Communion / Meditation Circle**

- This is a quiet, sacred space to meditate and commune with spirit on your own or to deeply connect with another.

### **Nests**

- A place to rest.

### **Contact Zone**

This is a space for free form and contact improvisation on your own or with another.

### **Grounding Zone**

This space is for those who need to be grounded or would like the support of others can be tended to.

A fire circle can be a deep energetic space. There will be a period of integration afterwards. During this time drink lots of water and connect your heart energy with the heart of the earth each day. Bush fuschia flower essence can also be used to support integration.