



finding your way around the fire

Our agreements

- Above all, we seek to create a safe container for deep reflective work.
- This is sacred space and as accordingly you are invited to drum, dance, chant and connect with each other 'as if it really matters'.
- To help keep the energies flowing when we step into the circle, we keep moving around the fire – fastest nearest the fire and slower meditative movements towards the outer edge. When stillness calls we step out of the circle and bear witness from the perimeter.
- To assist in holding the fire circle as sacred space all words spoken within the space reflect this. When we are drawn to general conversations we do so beyond the perimeter of the fire circle.
- We follow our guidance and allow the highest visions of ourselves and community to be expressed.
- We stay aware of how we can best serve the collective expression.
- Drug use (alcohol and other illegal drugs) is not permitted at our fire circle gatherings. We ask that people do not smoke tobacco in the communal areas.
- Each of us is a custodian of the space and of our own experiences.
- We bring a willingness to share our own unique gifts.
- To have fun, play and remember that we are witnessed within a *circle of community*.

Music/Drummers

- The drummers and percussionists sit and stand together in a semi-circle, or rounded 'V'. One Drum or dun dun holds the foundation pulse for the music.
- There is space for a set number of drummers so please allow other people to have a turn.
- Our circle honours sonic diversity. Please allow opportunities for quieter musical instrument to shine ... may we also be blessed with silences.
- We are in seva to the fire circle. This means that rhythms can go on for a very long time. We avoid starts and stops in order to nurture trance, allowing the music to gently fade away into silence -providing an opportunity to go within. We let complete stillness hold us for a while in rich anticipation of the next offering to emerge.
- Listen, watch, feel....and 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 drums or instruments. Remove rings before playing to prevent damaging drum skins.
- Please do not use the drumming seats to witness the community, rather allow others to take a 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.
- Through dance or movement, 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. Direction 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, 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 through 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 for cleansing if you wish.

Food altar

- Please contribute to the food altar. Your contribution will nourish all throughout the night.

Sacred Items Altar

- The Sacred Items Altar is where you can choose to place your personal and sacred items.

Blessing Tree

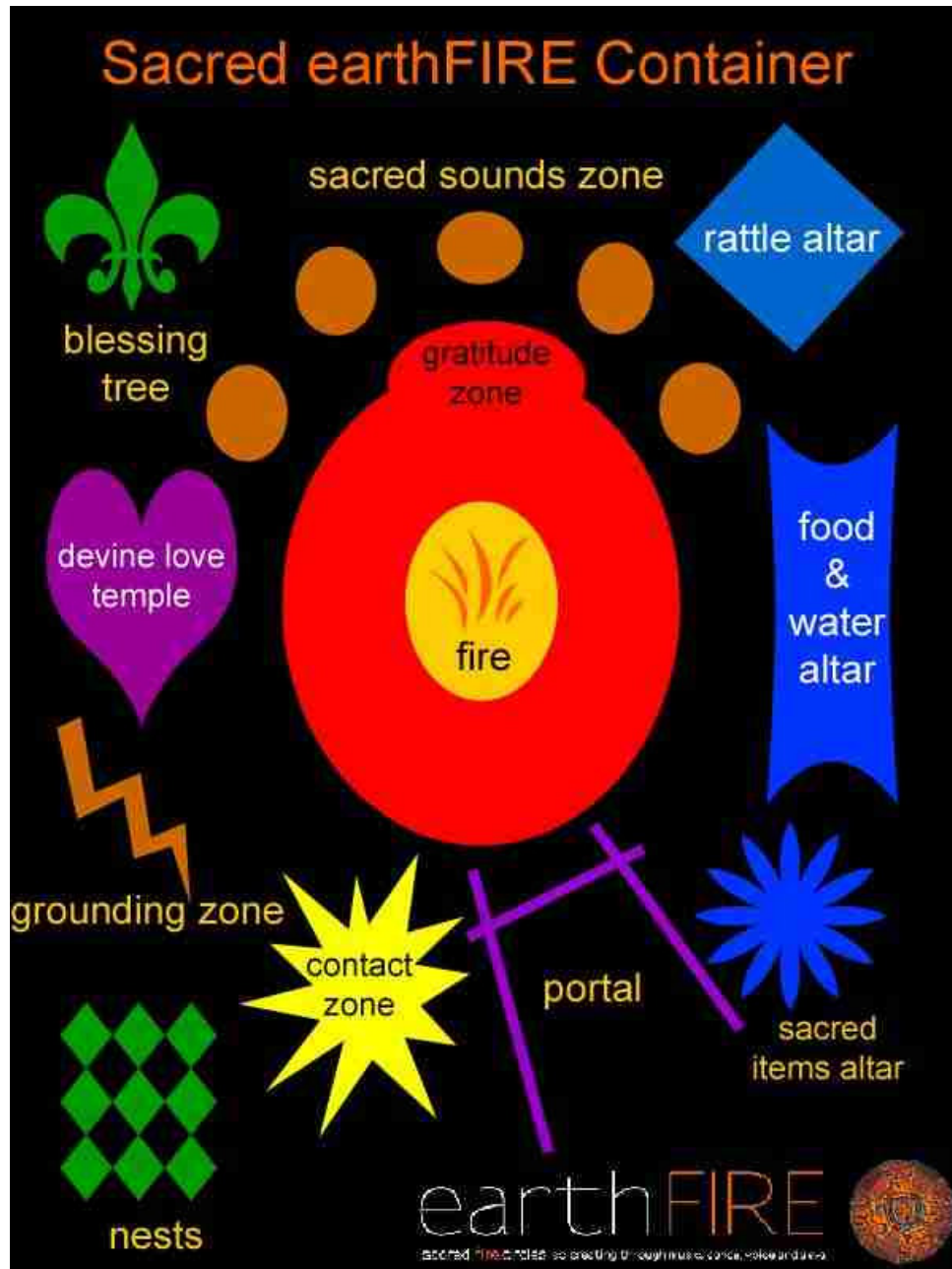
- A place for intentions, blessings and wishes.

Divine Temple of Communion / Meditation Circle

- These are quiet sacred spaces to meditate and commune with spirit on your own or to deeply connect with another.

Nests

- A place to rest.



After the gathering

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 fuscia flower essence can also be used to support integration.