

OVERVIEW OF A TYPICAL BAY VIEW DRUM & JOURNEY CIRCLE

- The circle begins with a group drumming, an introduction, orientation, and a check-in with the attendees using the talking stick.
- Before we begin our sacred work, we smoke-cleanse ourselves and our instruments to purify any negative thoughts/feelings from the day and place any special/sacred items we've brought on the community altar.
- Our sacred work begins by playing our drums/rattles & by singing our personal power song (if we have one) to connect with our personal guides.
- We open our sacred space by welcoming help and guidance from all directions.
- Depending upon what the members of the circle would like to do, we either do a group journey, or we do an individual journey for answers to our own questions.
- Sometimes, as a healing circle, we send prayer drums to those in need (with their permission).
- We conclude the circle by giving our thanks, singing the Circle Song, and closing the circle.

No experience is necessary; please come with an open mind and willingness to experience something new and different to guide your healing journey!

WHAT TO BRING

There are no requirements besides bringing yourself. However, if you would like some suggestions of what most people bring to a circle, may we suggest that you bring:

- a drum, rattle, or other percussion instrument (extra instruments will be made available)
- a blanket, yoga mat, and/or chair – if we are outside (25 chairs and mats available at the venue)
- eye cover such as a bandanna or sleep mask (helps remove visual distraction while journeying)
- notebook & pen (for documenting journey experiences -- journeys can be like dreams where details fade quickly if not written down)
- an item to share on the community altar during the circle (people may bring their medicine bags, special stones/crystals, totem animal symbols, a gift from Nature, etc. You will take this item back home with you after the circle.)
- water and a snack for self or for sharing after the circle
- a goodwill donation of \$5-10 to help with costs for maintaining the circle

DRUM CIRCLE ETIQUETTE

I cannot emphasize enough the responsibility you take on as a drummer in a shamanic drumming circle. Your drum's voice at the circle touches the heart and soul of every person present and spirals out into the resonating circle of life. That is no small responsibility, and it's one that should be taken very seriously. There are three basic rules of etiquette in shamanic drumming circles: honor, respect, and gratitude. Each circle is different, but the following is some basic protocol:

1. Come with the intention to serve each other through love;
2. Enter sacred space with respect and leave your ego at the door;
3. Honor the rules of the circle as established by the circle keeper;
4. Ask permission before playing someone else's drum;
5. Play at a volume that blends with others for harmonic results;
6. Adjust accordingly to the ebb and flow of energy in the circle;
7. Play in unison with the lead drummer, which facilitates shamanic trance and entrainment;
8. Seek harmony and accord with the collective intention of the circle;
9. Give thanks to the spirits, the circle keeper, and the participants for their gifts;
10. With all of the above in mind, allow your spirit to soar!

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