

Your Guide to Personal Ceremony



InnerWisdom Circle August 2021
Rufus Glassco

Why Personal Ceremony?



Though we're all born with a connection to the natural energies around us, the expectations of our culture's systems quickly teach us to move away from this innate affinity in favour of a more rational focus where what's real is determined by the limits of our five senses. Often, this abandoned part of us remains hidden, languishing unnoticed in a quiet corner of our existence, longing to be acknowledged, felt and celebrated.

While convenience and routine eases our daily life, it also removes us from the deeper meaning inherent in ritual performed with clear intention. Our hectic lifestyle increasingly moves us away from opportunities to experience inner connection, find stillness, express gratitude, or fully receive our own sacredness. We yearn to listen deeply, to revel in the innate beauty of our essential nature, to remember who we really are.

This is the purpose of ceremony.

Similar to mindfulness and meditation, ceremony can be a powerful personal tool to help facilitate grounding, presence and awareness at the deepest level. Use it to feel more firmly rooted in your world. Use it to fine tune your inner compass. Use it to reconnect to your natural capacity to access guidance from a myriad of unseen sources. We know everything we need is already within us. We've simply forgotten how to retrieve what's locked inside.

Personal Ceremony helps open that door.



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Ceremony Overview

This is a basic format you can use for yourself in a variety of different ways.

Remember: There is no 'wrong' way to do ceremony so long as your heart is in it and you proceed with respect.

A good fundamental rule to follow is: feel free to add your unique pieces but do not remove any of the basic elements.

Your Ceremony Focus: One or more of these

Offer gratitude / appreciation to Grandmother Earth / God / The Creator / The Great Mystery

Spend sacred time with you

Ask questions / receive responses

Request and receive healing

Request and receive guidance

Strengthen your personal intention or positive affirmation

Gain clarity for decision making

Rebalance your internal feminine and masculine energies

Be reminded of the precept: As Above, So Below

Celebrate the gifts and bounty of Grandmother Earth

Send prayers or speak to those who have crossed over

Your Ceremony Format

1. Begin: Smudge to reset your personal energy flow
2. Create Sacred Space: call-in the Ancestors and the energies of the 7 directions
3. Turn your intention / question / request / prayer into a chant or mantra
4. 3 Rounds of Drumming: Prayer, Healing, Gratitude
5. Honour & Thank the Ancestors and energies of the 7 directions & close the sacred space
6. Share or journal your experience; if sharing a group, always keep a part of your experience for yourself



Smudge



Be mindful and intentional when Smudging

Use herbs appropriate to your intention and ethically harvested

- ⦿ Typically White Sage, Cedar or Sweetgrass
- ⦿ White Sage is often used for cleansing
- ⦿ Place your dried herb bundle in an abalone shell or other fireproof bowl
- ⦿ Light with a match
- ⦿ Fan with an Eagle feather, other feather or your hand
- ⦿ Do not blow on the burning herb bundle, allow it to burn naturally

Allow the smoke to awaken your gratitude;

- ♦ Plants give unconditionally: oxygen, food, medicine, clothing, shelter, etc.
- ♦ Smudge with intention - for clarity / beauty / blessings / protection
- ♦ Draw the smoke towards your left foot
- ♦ Lift your foot above the smoke
- ♦ Sweep the smoke up the left side of your body, over your head, down your right side and under the right foot
- ♦ Smudge up the chakra line, from groin to crown, including throat, mouth, eyes, ears and head
- ♦ Hands can also be smudged
- ♦ With assistance smudge your back / under your arms
- ♦ Allow herb bundle to burn out naturally without interference

For excellent Smudging instruction, other First Nations teachings or to purchase a beautiful smudge bundle, visit Mallory at Tribal Trade Co

Mallory is an Anishnaabe-kwe; Tribal Trade is based in Curve Lake First Nation, Ontario, Canada
<https://tribaltradeco.com/blogs/smudging>



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Honour & Call-in the 7 Directions

While facing each direction and drumming or shaking (on the underlined beats) if you like, invite-in and honour each direction with this chant:

"I honour the (direction) and invite the (direction) to participate and assist in my rhythm ceremony."

The Sacred Energies / Qualities of the 7 Directions

East ~ The Sun, The Divine Masculine, The Stars, The Dawn, The Spring, The Element of Fire, Our Spirit: Illumination and Enlightenment

South ~ The Plants, Noon, The Summer, The Element of Water, Our Hearts / Emotions: Trust & Innocence

West ~ The Earth, The Divine Feminine, the Planets, The Dusk, The Fall, The Element of Earth / Rock / Minerals. Our Bodies: Intuition & Introspection.

North ~ The Animals / Spirits of the Animals & Our Animal Spirits, The Evening, The Winter, The Element of Air. Our Minds: Knowledge & Wisdom

Grandfather Sky (look up) - Pacha Kama, The Creator, God, The Great Mystery, whichever deity / deities we honour, which also exists in us

Grandmother Earth (look down, touch the earth) - Pacha Mama, the mother we all share, who provides for all of our needs, whom we all pledge to honour, treat better and protect

Centre of Centres (with hand(s) on your heart) - where all 4 directions and the as above and the so below meet, where our Spirit and the seat of our divinity resides. We honour ourselves, for showing up, and for all we are doing to evolve, to heal and improve our lives.]



Consider the Elements when formulating your intention

AIR ~ Winds of change / mental clarity

WATER ~ Going with the flow / fluid emotion

EARTH ~ Getting grounded / healthy body

FIRE ~ Spiritual illumination / inspired action

Ask: What energy is present right now we can work with?

Ask: What element do I feel drawn to or What do I Need?



Create an Ideal Chant

Relax and focus on intention and creating a mantra / repeated phrase or question. Make it melodic if you like.

Find a Focus: a single question, message, request for direction or healing that is a priority for you right now

Less is more: a statement you can easily repeat in one breath, if not several times in one breath

Find the rhythm: make it flow when you repeat it as a mantra

Option: create a melody for your chant - consider using a pentatonic scale for inspiration (the black notes on any keyboard) Most native flutes are pentatonic

Drumming Rounds

Prayer Round

Eagle Beat Rhythm



- ♦ Projective, masculine or Yang in nature
- ♦ Fast / steady, energizing
- ♦ Helps send your intentions / prayers / requests out on a carrier wave of sound
- ♦ Entrain your brain waves to the tempo of the drumming
- ♦ Puts you in an altered state of consciousness
- ♦ Creates a state of inner forward movement which can transport you to higher planes

Drum / shake the Eagle Beat as you chant your mantra

- Straight time (12341234) - a constant, monotonous drum beat
- 3-4 BPS = Beats Per Second
- No emphasis on the first beat
- Find the sweet spot on the drum

As the energy wanes, end with 4 strong beats



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Healing Round

Heartbeat Rhythm



- Receptive, feminine or Yin in nature
- Slow / softer, grounding
- Carries messages, inspiration and answers to your questions back to you
- Encourages surrender, deep listening and self reflection
- Let the drum do the healing

Drum / shake a Heartbeat Rhythm

Clear your mind and surrender to what comes

- The lub-dub sound of the heartbeat - a soft sound followed by a louder sound
- Can also be achieved by playing a beat near the edge of the drum, followed by a beat closer to the centre
- In 3 (a 1 and a 2 and a 3 and a 4 and REPEAT) a soft beat (a) followed by a stronger beat (#) followed by a silent note (and)
- Start at a resting heart rate of 60 BPM, gradually increasing in intensity and speeding up tempo to approximately 90 BMP.
- Drum over your body / heart / other chakras
- Find the sweet spot
- Best not to drum directly over the drum centre: your hand can block the sound waves Heartbeat drumming has a calming, centring effect, bringing us back to the warmth and safety of the first sound we ever heard - the nurturing pulse of our mother's heart.
- It stimulates a downward flow of energy within the body, generating magnetic, feminine and receptive energy that is conducive to great healing, regenerative powers and receiving insights and messages from beyond.
- It is best to close your eyes, and focus on the sound of the drum. Clear your minds of everything, and surrender all attachment to the desired outcome, in order to achieve success.
- The energy of surrender accomplishes much more than the energy of control. When we can surrender our ego and rational mind to channel Universal energy or Spirit through us, all healing is possible

As the energy wanes, end with 4 strong beats



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Gratitude Round

Drum / shake the Eagle Beat

A projective beat to express gratitude for:

- ♦ the needs that have been met
- ♦ the healing we have experienced
- ♦ the insights we have gained
- ♦ all those needs we are asking to be met or healing we still require or further guidance yet to be received

As the energy wanes, end with 4 strong beats

Closing the Ceremony & Sacred Space

Honour and Thank the 7 Directions & Final Check-in with Mind, Body, Heart & Spirit

Honour and Thank each of the directions in reverse order, and drumming or shaking (on the underlined beats) if you like, starting (with hand(s) on heart) with our Centre of Centres:

"I honour my Centre of Centres and thank my Centre of Centres for participating and assisting in my rhythm ceremony."

Repeat for **Grandmother Earth** (looking down, touching the earth), and **Grandfather Sky** (looking up)

Then honour and thank each of the 4 Directions (in the reverse order), facing each and repeating the same sentence, and then checking in with each of those directions / aspects of ourselves for final guidance or insights:

North ~ Are there any final thoughts that my mind wishes to share with me, that it wants me to remember?

West ~ Are there any final messages that my body wishes to communicate with me, intuitively, introspectively, with that inner trust?

South ~ Is there anything else that my heart wishes to share with me, perhaps with or connected to an emotion, that I know I can trust without a doubt?

East ~ Does my Spirit want to illuminate and enlighten me about anything else at this time?

Now is a good time to journal about what you've experienced or note any insights or wisdom gained.



As you walk out your ceremony, consider this:

- ♦ Personalize your ceremony in whatever ways feel good for you. This is meant as a general guide.
- ♦ Commit to your personal ceremony. The road to self-mastery is paved with action. And this commitment to you is an act of self-love.
- ♦ Sometimes during ceremony, feelings, sensations, memories arise. Allow whatever comes up to be what it is. Just notice without judgment.
- ♦ Be flexible with your ceremony. Becoming rigid defeats the purpose. Surrender to the outcome, stay open to whatever occurs, even if it happens in ways you didn't originally intend.
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- ♦ Be Gentle with yourself. Enjoy being in your process even if it's uncomfortable.
- ♦ Celebrate your progress. Whatever that looks like. Remember change is inevitable and evolution is always occurring. Trust in that. Trust in you. And never forget how far you have come.
- ♦ Know that the power of this ceremony will live within you for the next 7 days.

Other ways to use Shamanic Drumming

- To get grounded, relax deeply, get out of our heads and into the present moment
- As a powerful tool to assist in meditation, especially when we use the drum to align our pulse with our breathing rhythm, or use our heartbeat as the drum
- Without meditation, get into this state just by drumming a 180-240 BPM (3-4 BPS) frequency
- To journey to discover and communicate with our power animals*
- To help rebalance our chakras and our energy systems
- To help download or capture healing medicine songs
- Listen to your drumbeat recording; in the bath, while walking in nature, while staring into a candle, drinking herbal tea, finding quiet time for you

* Rufus offers, as part of his offerings as a Shamanic Coach, power animal drum journeys, in person and over Zoom.



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RUFUS GLASSCO OF SOUND BENEFITS

Rufus Glassco loves to reflect on the serendipitous events in his life and the tangential twists and turns on his journey, that revealed new passions, and awakened different skills and musical talents along the way. He lives to create opportunities for others to gather in community, connect in rhythm, in harmony and with nature and Spirit.

On Swan's Nest Holistic Wellness and Nature Retreat, he facilitates a variety of percussion workshops and drum circles, sound bath meditations, forest bathing walks and song circles. He leads Sacred Labyrinth and Temazcal ceremonies as well, and helps others to heal and come into balance as a Shamanic Coach and Sound Healing Practitioner.

To learn more about Rufus' unique workshops, Ceremonies and other offerings: <http://soundbenefits.ca/>

Or 'Like' his Facebook Pages to be informed of upcoming events:

<https://www.facebook.com/soundbenefits.ca>

<https://www.facebook.com/shamaniccoach>

On Instagram @rufusglassco

To contact Rufus, sign up for his newsletter, or experience a guided shamanic drumming journey to balance your chakras or connect with your power animals (in person or over Zoom), please email him at benefitsofsound@gmail.com



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RESOURCES

If you like shamanic drumming, please consider making your own frame drum or coming to a Full Moon Shamanic Drum Circle:

Upcoming Workshops

Sunday, August 8th (NEW MOON)

12:30 - 5:30 PM New Moon Frame Drum Making Workshop

FB Event Post: <https://fb.me/e/4rMpf320i>

Sunday August 22nd

2:30 - 5 pm - Aquarius Full Moon Shamanic Drum Circle

FB Event Post: <https://fb.me/e/3UhqmnnLLc>

Eventzilla Tickets: <https://events.eventzilla.net/e/aquarius-full-moon-shamanic-drum-circle-2138803603>

More In-Depth Information

Rufus' main inspiration for shamanic drumming is Michael Drake, who has written many books and blog postings on the subject.

Michael Drake's Website:

<https://shamanicdrumming.com/>

His Books on Amazon:

<https://www.amazon.ca/Michael-Drake/e/B001KC4ME2/>



Join: InnerWisdom Circle Private Facebook group

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