

On the lighter side of our deep pool of interactions. (Note for Raine: Finish creating this section and then cut/past and put into a separate doc and relinked back to this doc)

Bringing your fun to The Mountain.

While we are deeply structured, we also welcome fun! Please come do your fun things here and here is the Hows. In every moment we are in attendance to what is needed by the group. We are seeking to be in attendance to the many nuanced and diverse sensorials that can be present in a group.

Yoga / Flow states: While we don't always have a structured yoga time, do know that there are lovely spots on the mountain to do yoga alone and or invite others to join you in the practice. It may be helpful to know where the dry level spots are on The Mountain and where you might be that you won't be walked in on suddenly by people coming into a common community area. Checking in when you arrive is the best way to get that information as The Mountain's moisture consistency is always shifting depending on the season. If it delights you to have shared time when doing flow practices, we invite you to offer to share time with others with your practices.

Fire Spinning: We invite you to bring your fire toys, fuel & fire safety equipment. We ask you to check in before spinning when there is a group present, so that we can find an aligned time and place where it is a win for all. For example, if we are in the middle of an event checking in before dinner at the logistics checkin that you might want to firespin that night, means that we will check in with You, that you have a fire safety with eyes on the fire being spun, (you and the things nearby) watching with a wet towel or fire blanket. That spinning fire inside the fire circle ring is a coordinated effort - and not to be sprung on others in attendance. Or that spinning outside the fire circle ring of torches so long as you clear the area & let anyone on that side know that you are going to spin before you light up, AND you have a negotiated beforehand Safety on standby, could be yummy at any time.

Tools of power: (in process...)

Musical Instruments: You are always welcome to bring your own. Please ask before picking up another's instrument. (a general, though not always true thing is: if you see a drum on its side, or tucked away its likely not available for use.) If you see someone using someone else's drum that doesn't not always mean that another can use it. Instruments to/for some are sacred tools and it matters to them who's energy engages with it.

Drums / Rhythm: (In progress)

Melodics: Wind & string instruments are welcome anytime

Horns: We ask that you leave your Conch Horns at home, We have one dedicated towards Mountain use and its only blown in case of emergencies & Community Calls for food & ritual.

Mushrooms & Weed:

Weed you are welcome to smoke responsibly around adults, if/when/as it works for everyone in the space. Check in if you don't know the people you are with. Meaning if someone is not ok around it, move it to a different area. Also on the flip side, if you are in a designated smoking space, then those who it may affect adversely, can resituate themselves to best care for their own well being. (we do our best to make spaces for All)

With mushrooms, anything beyond a microdose (not felt/non visible) needs to be communicated beforehand. For instance we want to know if someone is in an altered state so we can be mindful of them, their journey as well as be aware for and with the space. Some spaces may not be appropriate for a journey where there are others involved, and, that greatly depends, Best practice is to check in, share your Call/intention and see where/how it could be appropriate. (this is not to cramp your style, this is to support All who are in attendance)

Emotions: every kind of experience varies for every person; there are different neurological associations for any behavior you can think of. This may mean that some are easily moved to emotions, some may be triggered by emotions, others may have different aspects of themselves that are invited forward when near others in deep emotions. Some may not be able to access their own deep personal work while supporting others. This point is to help bring greater awareness to the dynamics at play, and to share why we might invite a shift to a different space such as moving to the Rose Garden or the Labyrinth for a deep moment; this is to both honor the person having the expression, as well as to honor the space and the other people present. We honor emotions here as having something to say to the person. [There are certain times when experiencing emotions IS the point, such as a SAFETY Lodge, Smash Lodge, Fountain of Tears ritual, and more.

The Hows:

Signaling, communication, (In process)