

## THE WAY OF COUNCIL

Council is a ceremonial circle that has been passed down from our ancestors. It comes from a time when the people of the village or the tribe sat in a circle with a fire burning at its center.

The key object is a talking piece. Anything can be used as the talking piece. The talking piece is used to focus on the person who's holding it — they get to speak and everyone else listens.

The number of people in council can be anywhere from two to however many people can share in the space allotted.

### How to use Council

This is the way my partner and I communicate.

We have a talking piece, sit facing one another, light a candle between us, the person that called the council begins by taking up the talking piece and starts the communication.

We go back and forth using the talking piece until the communication has ended.

Here are the steps we use to have a successful council.

### The Five Intensions of Council

**Speaking from the heart** - Speaking about something that creates passion within yourself.

**Listening from your heart** - Listening with compassion.

**Being of lean expression** - Be brief. Say just what is important — leave out anything that is not essential.

**Spontaneity** - Set the intention not to rehearse what is to be said. Ask yourself, will speaking this serve me? Will speaking this serve the circle? Will speaking this serve the greater good?

**Confidentiality** - What you hear in the circle stays in the circle.

Circles are sacred.

Circles are whole and complete.

Circles represent spiritual energy that allows two or more people to communicate physically using their voices with emotion while sitting in an ancient form that honors the past, requires the participants to be present in the moment and offers a path to the future.