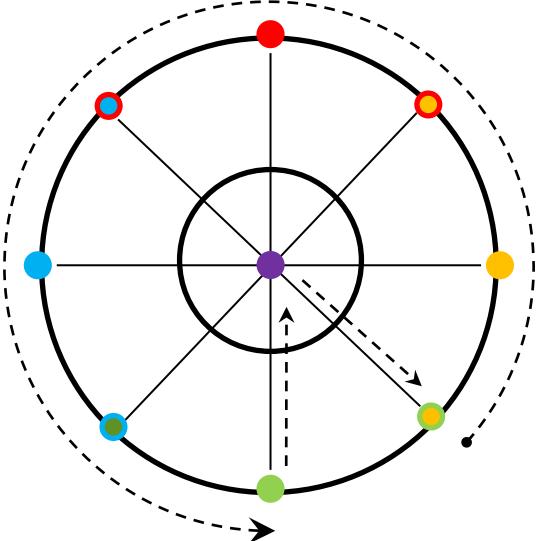


# Elemental Balancing Variations



## 8-Spoked Cord Variation (9 people)

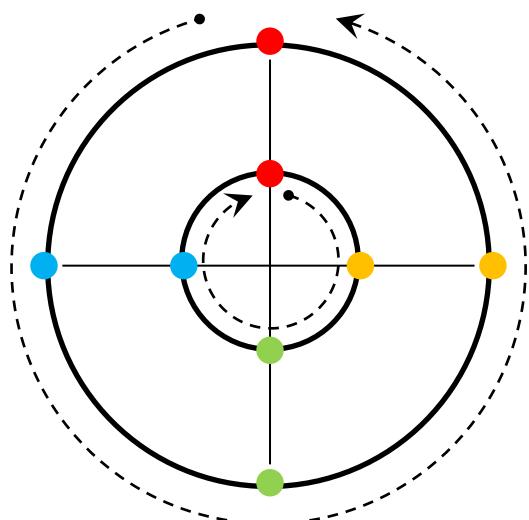
Same as for the 5 person basic version except that there are also 4 people at the cross-quarters. They are working with the combination of the elements – the midway point. Eg. North West is Fire and Water.

It is easiest if this is done with cords as there is a physical line to follow. Cords are woven into a wheel and Spirit stands either below the centre “weave” or amongst it. Cords can also be attached to a hoop at the centre. Spirit can then stand within the hoop (on or around their head or neck)

When Spirit moves to speak to each person, they follow the energy up the cord.

Spirit's cord is also in the weave. When a person is in the Spirit position, they let their cord hang vertically to the ground.

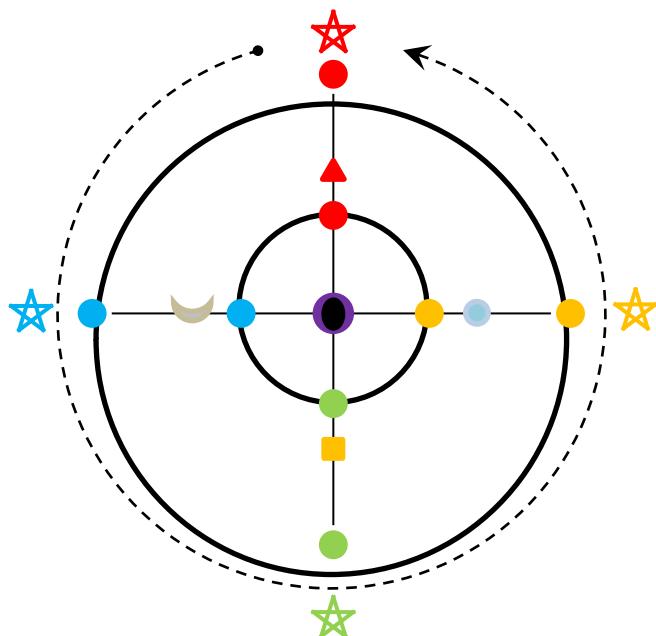
At each round robin Earth moves to Spirit, Spirit moves to Earth/Air (South-East) taking their cord, i.e spin the wheel.



## Double Circle variation (8 people)

Four people in the outer circle. Four people in the inner circle. Outer circle attunes to their element. Inner circle are the receivers. (4 people are thus taking the role performed by Spirit in the basic version).

Outer circle stays on the outside – moving anti-clockwise. Inner circle stays on the inside – moving clockwise. Participants will attune with and speak to two people only as they travel around their circles.



## Double Circle Spiral variation (9 people)

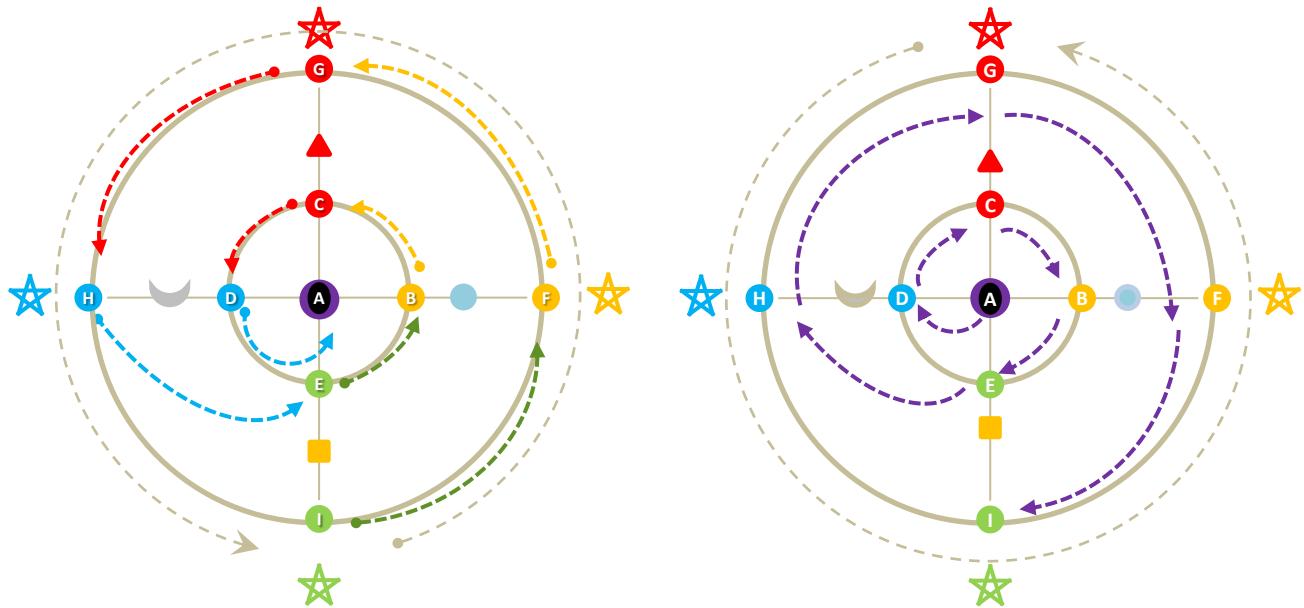
Four people in the outer circle. Four people in the inner circle. One person in the centre. Outer circle attunes to their element, drawing the elemental Pentagram. Inner circle are the receivers. As the outer circle attune, inner circle brings Tattwa gateway through the Pentagram using Tattwa gestures. Spirit then forms the six-rayed star to anchor the formation and creates the Akashic egg.

Spirit holds the anchor at each turn. Inner circle will speak to outer circle. Each participant will journey with two others as the formation turns.

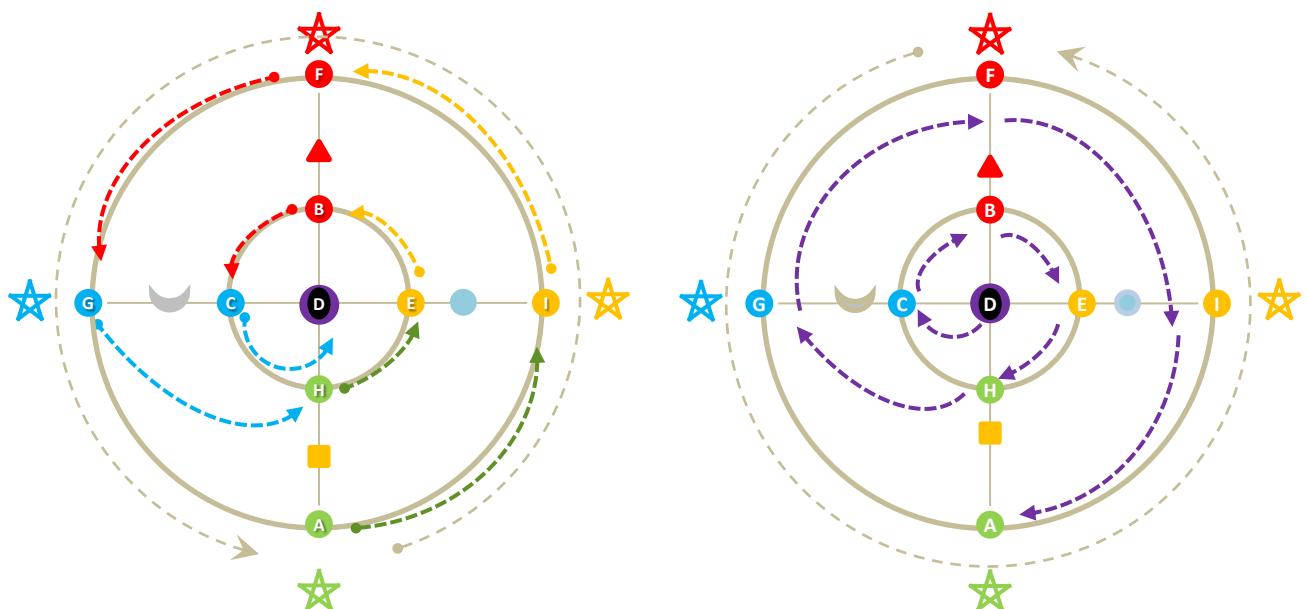
Pentagrams and Tattwas are drawn at each turn. This provides a focus during the 9 different turns. See next page for Spiral turns.

**Spiral movement.**

- All participants (except Spirit) move in an anti-clockwise spiral.
- Spirit moves in a clockwise spiral.
- When each phase is complete (and the inner circle have stepped back into the centre after speaking to the outer circle), Spirit walks a spiral to stand at Earth.
- Then everyone else spirals one place to their right. Outside Water will always move to Inside Earth.
- Inside Water will always move to Spirit.



**Example of 2<sup>nd</sup> Turn Positions.**



Apas  
Water



Prithvi  
Earth



Vayu  
Air



Tejas  
Fire



Akasha  
Spirit