

Egregore

For multiple voices; to precede another performance by the same players.

Duration: variable.

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Chant your own name in any way that feels right.¹

Invite a sense of groundedness, presence and strength.

Chant for as long as you feel you need or want to.

When it feels right, allow your attention to expand; allow your intent to move from your self to the group. Allow your chant to adapt in response to the other chants that you hear, as slowly or quickly as you like.

Over time allow a group chant to emerge; the process should take as long as required and needn't be a linear progression from 'self' to 'group'. At any time you feel the need to, move back towards focusing your attention on your self.

At all times, strive to maintain a sense of groundedness, presence and strength, moving from a sense of these qualities as an individual, to these qualities as manifest in the group.

Eventually, the players chant the same sound, together.

(The chant may become louder.)

The group finds an ending.

After this work, the group goes on to play another piece allowing the effects of 'Egregore' to resonate through their playing.

¹ You may replace your 'own name' with a stage name, magickal name or any name that feels right.