



THE SERPENT CEREMONY

[*www.Nairobi-Red.com*](http://www.Nairobi-Red.com)

This ceremony is held within the living context of The Serpent and the Red Medicine Path.

The Serpent is an ancient teacher of the earth. Her medicine is not about leaving the body, escaping the human condition, or transcending this life.

Instead, she invites us downward, inward, and into the body, into the breath, into the truth of where we are standing now.

This is a path of embodiment rather than transcendence. That does not mean that experiences of expansion, insight, or transcended awareness will not arise. They may and likely will. But, within this work transcendence is not prioritised at the expense of the earth work.

We do not seek to rise above our lives, bypass our wounds, or our responsibilities.

We meet them.

We listen.

We learn to inhabit ourselves more fully.

We can only reach heights comparable to our depths.

This path does not ask us to rise above ourselves.

It asks us to enter ourselves fully.

The depth we are willing to meet, the underworld of sensation, memory, pattern, and shadow, is the same depth that allows genuine perspective, clarity, and vision to emerge later.

Height that is not earned through descent becomes escape.

Expansion without grounding becomes disembodiment.

Here, descent is not failure.

It is preparation.

Depth is not heaviness.

It is nourishment.

Only what is rooted can rise without collapsing.

The Serpent teaches through presence.

She asks:

- Can you stay with sensation?
- Can you be here with what is real in your body, your relationships, and your history?
- Can you meet this life as it is unfolding, rather than as you wish it to be?



The Direction of the Work

A SINGLE CEREMONY & THE CONTAINER OF THREE

The Serpent Ceremony may be undertaken as a single, complete ceremony.

One ceremony maybe enough.

Others are called deeper for multiple sittings with the medicine.

For those who feel the call to continue, the work may also unfold within a container of three ceremonies, held over time.

This is not progression, obligation, or achievement.

It is response.

THE CONTAINER OF THREE CEREMONIES

The movement of this path follows an ancient, cyclical pattern - one that begins here, in the Middle World.

The Middle World is the realm of daily life: the body you live in, the relationships you are navigating, the choices, patterns, and circumstances shaping this moment of your life.

We do not bypass this ground.

We begin by meeting ourselves exactly where we are.

This work starts in the present tense.

From the Middle World, the path moves inward and downward.

Only once we are rooted in present-time reality do we enter the Underworld

not as a place of darkness to be feared, but as the realm of roots, memory, instinct, and embodied truth.

Here, what has been buried, fragmented, or avoided can be felt, witnessed, and reclaimed.

This descent is not an escape from life, but a deepening into it.

From there, and only from there, does the movement open toward the Upper World

toward perspective, meaning, vision, and wider coherence.

Any insight or expansion that arises is grounded in what has been honestly met in the body and integrated into lived reality.

This sequencing matters.

Without first inhabiting the Middle World, depth becomes untethered.

Without descent, ascent becomes bypass.

Without embodiment, transcendence becomes dissociation.

The Serpent moves through all three worlds; middle, below, and above, but always in relationship to the earth where we are having our human experience.

Nothing here is left behind. Everything is brought with us.

The Three Ceremony Architecture:

- Arrival and grounding
- Deepening and descent
- Integration and re-patterning

However, you can start with the Arrival Ceremony as an introduction to the Serpent Medicine and there is no obligation to continue.

Each ceremony builds upon the last, allowing the work to unfold relationally and over time, rather than through intensity or force.

Meaning emerges through continuity, reflection, and lived experience between gatherings, not only within the ceremonial space itself.

An Invitation

You are invited to come as you are.

Not to fix yourself.

But to meet yourself honestly, in this body, in this life, at this moment.

The Serpent Path is slow, intelligent, and embodied.

It values humility, listening, and relationship.

What matters here is not what you see, but what you are willing to stay with, and how you walk differently afterward.

The Serpent & The Wheel

The Serpent Ceremonies may stand alone or work in conjunction with the Serpent Wheel. At certain points, the Serpent herself may call you to undertake the Serpent Wheel work.

www.nairobi-red.com/theserpentwheel



© Nairobi Red · Filia Ra · 2026 · All Rights Reserved

nairobi.red.medicine@gmail.com ·

www.nairobi-red.com



THE SERPENT MEDICINE TERMS

The Serpent Medicine – Terms of Engagement:

For Individual Ceremonies

When you come into relationship with the Medicine of The Serpent, there is no pre-defined fee.

However, there needs to be a genuine exchange.

The medicine asks that it costs you something of weight – that maybe a certain amount of money, or not necessarily money, but something of value, something that matters.

Something that feels honest, considered and meaningful.

What that is, isn't for me to decide.

That is between you and the medicine herself.

You don't need to explain or justify what you offer, to me.

If what is offered isn't quite true or aligned, that's a conversation the Serpent will have with you in her own way.

My role as a Serpent Medicine Holder is to stay in right relationship with her and to offer her carefully to those who are called.

The agreements I hold are with her.

All I ask, in return, is that you hold me with the same respect – and consider the time, presence and resources required to hold this work. This includes a full 12 hour day, preparation, ceremonial medicine and ritual items.

For Gatherings:

Gatherings operate within a shared container and therefore require practical exchange. There is a minimum financial amount in this case which is suggested to account for:

venue hire

equipment and ceremonial supplies

assistant time, labour and resources

The minimum supports the physical and logistical structures that allow the work to be held safely and with integrity.

Participants are welcome and encouraged to offer beyond the minimum as you feel called. There is no expectation to strain yourself beyond your means, but the terms for individuals still stands within the group container.

The Serpent Medicine is not transactional – she is reciprocal.

If you have any questions, please ask.

nairobi.red.medicine@gmail.com



Guidance for Participants

Purpose of preparation

Preparation is not about “having a good experience” it is about:

- Psychological readiness
- Clarifying intention
- Reducing distress or destabilisation
- Supporting integration afterward

Before the ceremony

- Ensure you have no major life crises requiring immediate support.
(If you have questions about this, please ask)
- Arrange time and emotional space after the ceremony
(no rushing back to work or caregiving)

- Avoid alcohol and recreational drugs for at least 48-72 hours beforehand
- Limit your intake of caffeine to 1 cup on the day, before the ceremony, caffeine afterwards is fine.
- Prioritise rest, hydration, and simple nourishing food.

If the ceremony is in the morning, a light breakfast of yoghurt and fruit is advised, finish eating before 8am and then nothing after.

If the ceremony is in the evening, light whole foods are recommended for breakfast and lunch and then no solid foods after 4pm.

- No social media engagement on the day of the ceremony – from the time you wake and for the next 24 hours.
- Most importantly, no unnecessary talking. Talk to your loved ones as absolute necessity dictates. Important arrangements only, but it is preferable that you have this organised the day before.

The Serpent medicine works at the level beyond verbal communication, so aligning yourself before you arrive is important.

- When you arrive at the place the ceremony is held, you will be entering a sacred space. Talking is still to be kept to an absolute minimum.
- Feel free to ask as many questions as you need before the ceremony by email.

Mindset

- Come with curiosity, not expectation for any outcomes

- Come with intention. This should be *inquiry-based*, not outcome-based
e.g. “What needs attention?” rather than “I want to heal X”
- Strong emotions, uncertainty, or discomfort may arise, this is normal in deep inner work. Welcome it rather than push it away, which may be the impulse. Remember that whatever comes, will pass.
- You don’t need to understand what is happening for the work to unfold.
- Not knowing is not a problem.
- You can’t do it wrong.

Personal responsibility

- You are responsible for:
 - Knowing your own limits
 - Asking for support when needed
 - Taking care of yourself after the ceremony

Group agreements

- Confidentiality – this is absolute.
- Non-judgement
- No advice-giving unless explicitly requested
- Respect for silence when it’s held
- We do not interpret anyone else’s journey

Strongly Recommended Aftercare / Integration Guidance

- Allow 24–72 hours of gentleness afterward – some people ask whether they can go to work the next day. You can, the effects of the medicine are not a barrier to working but it is a barrier to integration and processing time.

Sometimes the biggest realisations do not always happen in

the journey itself, the in between places and spaces can be where the changes are catalysed.

Do not underestimate this.

What happens between ceremonies are as important as the ceremonies themselves.

- Prioritise:
 - Sleep
 - Nourishing food
 - Time in nature

- Journal or reflect before discussing your experience can be helpful to hold on to important insights or impressions.

- Emotional waves may continue, this does **not** mean something is wrong.

- Seek support if distress persists or intensifies.

Guidance for Participants **What to Prepare & What to Expect.**

This ceremony is held in a grounded, embodied way.

Preparation is practical rather than elaborate, and is designed to support comfort, presence, and safety in the space.

What to Bring

Please bring items that help you stay warm, supported, and at ease:

- A blanket
- A pillow or cushion
- Warm socks
(It's common for body temperature to drop when resting deeply or lying still.)
- Wear comfortable, non-restrictive clothing
- A water bottle
- A notebook or journal, and a pen if you wish
- Any personal item you may need to feel settled and supported
- Any light snacks – fruit, dried fruit & nuts or nature bars – that you might want.

These items help you stay present in the body rather than managing discomfort.

Phones & Personal Devices

Phones are **not used within the ceremony space.**

- All phones should be **switched off on arrival**
- They will be kept **outside the ceremony area**
- Phones are only turned back on once you **leave the ceremonial space**

This supports containment, nervous-system settling, and shared presence.

Arrival & Opening

On arrival:

- Herbal tea will be available
- There is usually around 30 minutes for everyone to arrive, land, and settle into the space
- This time is unhurried and forms part of the gathering - it allows your nervous system to transition out of daily life and into the ceremonial container
- **There is to be no unnecessary talking during this time.** Speech tends to pull us out of our inner experience and focuses our attention outward.
- You may ask questions, quietly, and you will be guided and supported throughout.

The ceremony itself begins once everyone has arrived and the space has settled.

During the Ceremony

- You are welcome to lie down, sit, or adjust your position as needed

- The ceremony is held around a central altar, and you are invited to and encouraged to sit with eyes open when you can and feel able to. This is the witnessing.
- You will also be given eye masks and can lay down with eyes closed as you need to.
- There is no expectation to share, perform, or experience anything specific
- Strong sensations, emotions, may arise - all are welcome.
- Quiet experiences are not lesser.
Stillness, numbness or subtle sensations are all valid ways the medicine moves.
- You may step out briefly if needed; listening to your body is part of the work. You will be supported back safely.
- A healing may be offered during the ceremony, you can say no, not now, come back later.
If a healing is not offered, it is because the medicine has not called for it.
- Your Medicine holder may use tools such as; feathers, rattles, tuning forks, agua and incense during the ceremony.
- Any hands on intervention is always responsive rather than imposed, you are never required to receive anything, and consent – spoken or felt – is respected throughout.
- Music is central to how the Serpent medicine is carried. It is not used to create atmosphere or emotion, but functions as an intentional architecture that shapes the ceremonial field.

Through the Medicine Holder, sound carries rhythm and pacing, holding coherence while allowing the medicine to move in its own way.

- Silence is equally intentional. Moments where music falls away allow sensation, memory and inner movement to surface. In these spaces, nothing is filled, fixed, or softened. Both sound and silence work together to support presence, embodiment and listening.
- Sometimes physical responses such as nausea may occur and in some cases purging can happen. These are understood to be body's way of releasing and regulating.
- The duration of the ceremony is likely to last anywhere between 4 and 6 hours approximately, but the integration time you need may take longer. The medicine follows her own rhythm not the clock.

The emphasis throughout is on embodiment, presence, and meeting yourself where you are. You are allowed to be exactly where you are.

Embodiment does not look or feel the same for everyone. However, your nervous system meets the space is welcome.

Closing the Ceremony

- Fruit is shared at the end of the ceremony to mark the closing of the ritual space and to help bring the body back
- This marks the end of the ceremonial container, but not the end of the integration process
- You will be offered light food after the ceremony to support grounding and safe transition out of the ceremonial space. You will be encouraged to eat before leaving.

This food offered typically consists of; oats, honey, fruit, nuts,

bread and cheese. If you have any specific dietary requirements, please bring any additional food you need with you.

- Talking is still to be kept to an absolute minimum, until the following day.
- Social media engagement is not recommended for the next 24/48 hours.
- Please ensure you have safe and supported transport home after the ceremony.

Integration continues in the hours, days, and weeks that follow.

You are encouraged to move slowly afterward, reflect, rest, and allow meaning to unfold rather than rushing to conclusions.

If something feels unsettled and you need a brief orientation, you are welcome to get in touch.

The Serpent Wheel work offers levels of integration and that you might find helpful if you are called to it.

nairobi.red.medicine@gmail.com

THE SERPENT WELCOMES YOU