

SOME DANCES BY THEME

From DUP North America newsletters (with some additions)

See archived newsletters at:

<http://dancesofuniversalpeace.org/NorthAmericanNewsletter.htm>

A Few Dances with an Attunement to *Surrender*

I am Opening Up in Sweet Surrender
Pieces of Cloud
I Step into the Flow and then I Let Go
Rock-a-my Soul in the Bosom of Abraham
Zikr of Surrender

A Few Dances with an Attunement to *Tending the Garden*

Tis A Gift
Ishe Oluwa
The Earth is Our Mother
Greening with Life
7th Aramaic Beatitude
The Earth that is Wise and Old
Seed of God
Holy Spirit Within

A Few Dances with an Attunement to *Joy*

Softening
Ecstatic Zikr
Light of this World
Haida
I Am Alive
Ivdu HaShem B' Simcha

A Few Dances with an Attunement to *Healing*

Healing Time

Medicine Buddha
Healing Dance (Ya Shafee, Ya Kafee)
Om Mani Padme Hum Healing Dance
I am a Circle (I am Healing You)
Kyrie Eleison
Healing Dance
Nayaz

A Few Dances with an Attunement to **Mindfulness**

Children's Vows
A Flower Blooms
I Open My Eyes to You
E Malama
Three Wazifas
Om Mane Padme Hum
Peaceful Steps
The Four Immeasurables (Metta, Karuna, Mudita, Upekkha)

A Few Dances with an Attunement to **Devotion**

Light the Lamp of Devotion
Adoramus Te
Soli Deo Gloria
Om Namah Shivaya
Zikr Devotional Dance
Walk to the Well
Ganga ki Jay Jay
Any Ram Nam (Sri Ram Jay Ram Jay Jay Ram)

A Few Dances with an Attunement to **New Beginnings**

God Has Given Me the Power
Return Again
Bismillah Ya Fattah and any
Bismillah Dance, especially "We begin in the name of Allah"
Dissolving Rebirthing
Go Sweep Out The Chambers

Beauty Way Dance
Wah Taho! Taho!
Unfolding Zikr
Rebounding Zikr

Any progressive partner dance offers an opportunity for a new beginning
in relationship

A Few Dances with an Attunement to **Stillness**

Into Your Hands O Lord
No Part Left Out
Here I Am (Where Do You Seek Me?)
Breathing Bismillah
Oth Commandment (Be Still and Know that I am God)
Be Melting Snow

A Few Dances with an Attunement to **Harvesting/Gathering In**

Ya Quddus, Ya Jamia
No Part Left Out
Harvest Zikr

A Few Dances with an Attunement to **Light: Dances to use at Summer Solstice:**

Roll Mabon Roll
Hochmah Allatu
Shining Undying Swift Horsed Sun
Surya Ram
Kuaque Lano Lano
Woke Up this Morning with the Sun in My Heart
Araiti, Anahita, Attar, Vayu
Asherah
Gayatri Mantra

A Few Dances with an Attunement to the **Divine Mother**

Ave Maria
Shaddai
She's been waiting
Mariam Zikr
Mother Trilogy
Shakti Ye
Kwan Zeon Bosai
Mantra of the Goddess Tara
Tara Zikr
Tridevi Praise Cycle

A Few Dances with an Attunement to **Flexibility and/or Transformation:**

Shanoon Hoya
Go Sweep Out the Chambers of Your Heart
Wishi Ta
Pieces of Cloud
Greening with Life
Kali Metamorphosis
Be Melting Snow

A Few Dances with an Attunement to **Community**

All My Relations
Hine Mah Tov
Hands Open, Hearts Open
From You I Receive
Eat, Dance, and Pray Together