

Having trouble viewing this email? [Click here](#)

Hi, just a reminder that you're receiving this email because you have expressed an interest in Dances of Universal Peace North America. Don't forget to add naoffice@dancesofuniversalpeacena.org to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.



February - the month of Valentines and Lovers, roses and chocolates. But beyond the idea of human partnership is the idea of all encompassing Love within the All-That-Is, the Source. This largest love often manifests as devotion.

In the east, devotion to a spiritual teacher is common: a

In This Issue

[Learning to Play for the Dances](#)

[Gratitude for Donations](#)

[DUP Items for Sale](#)

[Taking the Dances into the World](#)

[Haiku on Devotion](#)

[DUPNA Now on Twitter](#)

[Featured Song of the Month: Walk to the Well](#)

[Featured Video of the Month: Dhal Jalali Wal Ikrام](#)

[Dances on Devotion](#)

Quick Links

devotee does what his or her teacher says, no matter what; a devotee bows and kisses the teacher's feet; Prasad (food) is accepted as a blessing if it comes from the teacher, and so on. It's less common in the west to surrender totally to a teacher or guide, but we show our devotion to our spiritual path in many ways, nonetheless.

Wearing (and using!) mala beads or a tasbih, meditating regularly, saying morning or evening prayers, setting up an altar in our home - these are all marks of devotion to a path, a way, a Beingness, larger than our small selves. The paths may vary, but we're all going the same place.

The Dances, too, offer a way to practice and become comfortable with the idea of devotion: bowing to the Divine within, listening and attuning to the guidance that channels through the leader, attending our local circle regularly, donating to the path that nurtures us.

What does devotion look like to you? How does it feel to practice it? Where do the Dances fit into your devotional life? All good questions to ponder this February, the month of Lovers.

*"I am happy even before I have a reason.
I am full of Light even before the sky can
greet the sun or the moon.*

*Dear companions, we have been in love with God
for so very, very long.*

What can Hafiz now do but Forever Dance?

~~ Hafiz (Daniel Ladinsky, trans.) ~*~*



[Join or Renew](#)

[Volunteer](#)

[For Leaders &
Musicians](#)

[Find the Dances](#)

*Help us grow our
network!*

[Like us on Facebook](#)

[Follow us on Twitter](#)

[Forward to a Friend](#)



*Adrianna Heideman in
Prayer Mudra*

~*~ ~*~ ~*~

**Featured Song
of the Month:**

[Walk to the Well](#)

*originated by Mirabai
Wolf Willow of Nelson,*

Learning to Play for the Dances

by Amir Nick Baker, Mansur Richard Conviser, and Habib Dick Levison

The three of us have the privilege of serving alongside others as musicians for the Dances of Universal Peace and zikrs at the semi-annual Ozark Sufi Camps that have been going on now for 31 years. In the past several years, we have been teaching classes on Dance Musicianship at the camps, with the intent of assisting a new generation of musicians to step into the center of the circle to help support the Dances. In this article we address some of the key topics that we cover in the classes from our perspectives as a guitarist (Habib), a drummer (Amir), and a melodic instrumentalist (Mansur).

Accompanying the Dances as a Guitarist

Perhaps you've been playing guitar for years-old time rock n' roll, jazz, bluegrass, you name it-or maybe you just picked up a guitar for the first time a few months ago. Then you discovered the Dances, and you think, wouldn't it be cool to play guitar for them? You may think that you can play better than the guitarist in the middle of the circle, or maybe there is no guitarist there at all. How hard could it be, anyway?

To be a successful guitarist for the Dances, it is most helpful to have been a dancer in these circles for a year or more. Why? Being a dancer gives you familiarity with the Dance repertoire, at least in your community. Why is this important? For one thing, you will already know the melodies, the tempos at which the Dances are done, and the feelings that the Dances evoke in you as a dancer. Additionally, as a dancer, you will have become accustomed to listening to the Dance leaders'

attunement to each particular Dance and to watching them for cues. This makes the transition toward becoming a Dance musician that much easier.

B.C. Canada

Mirabai writes, "This song came to me when I worked at a fire tower in northern Alberta, probably in the summer of 1998, which was a time when I was deeply involved with reading Rumi (Barks). When you are alone in the wilderness for months on end, and so far north, you really feel the turning of the earth - three seasons in three months. It gave me a great sense of the movement of love.

Years later at Wilderness Camp 2006 I was at one of Bernie Heideman's dance incubators and that is where the movements for this dance came from."

~*~ ~*~ ~*~

Featured Video of the Month:



Dhal Jalali Wal Ikram

Led by Maboud Swierkosz;
Dance originated by Tara Andrea
Dance leader.

Your mission, should you choose to accept it, is to support the Dance, Dance leader, and dancers. That is the Dance musician's raison d'etre. Being a great lead guitarist in a band does not guarantee success as a Dance musician. To succeed as a Dance guitarist, one should know or quickly be able to learn the music for each Dance as it is presented by the leader; be able to figure out the chords or melody; and be able to provide a basic, steady rhythm and strum that is appropriate for the Dance at hand, in synchrony with the drummer, if there is one. A Dance guitarist should also have good facility in using the capo, especially when accompanying leaders who tend to lead Dances in unconventional keys. One needs to provide the proper tonal quality, pitch, volume and tempo, all while watching the leader, dancers, and any other musicians there may be. Listening and watching skills are most vital for a successful Dance musician.

Every Dance circle is different. Some have no musicians at all, some have drums only, and others have a full range of instrumentation. Some circles get together to rehearse the Dances they plan to present at the next meeting. Such practice sessions often include the musicians, but sometimes the musicians may meet separately. At many Dance camps or Sufi retreats, the musicians may not know what Dance will be next until the next leader steps into the middle and introduces it. This requires a fast ear and a quick study. Where do you fit along this continuum?

[**Click Here**](#) to read the complete article on Dance Musicianship, including a section on Drumming for the Dances and Playing a Melodic Instrument for the Dances.

[Return to the Top](#)

~*~ *Chant the Sweet Name of God* ~*~

"With beaming face chant the sweet name of God till in your heart the nectar overflows. Drink of it ceaselessly and share it with all! If ever your heart runs dry, parched by the flames of worldly desire, chant the sweet name of God, and heavenly love will moisten your arid soul."

There are times in the video when light, shapes, forms and bodies arise out of a single point, the essence.... like matter frothing out of dark matter in space. This is the aspect of "dhal" in the wazifa. It is the source essence from which power and beauty manifest throughout all creation.

Video by Dennis Roshay, with interpretative video effects.

~*~

There are some great DUP videos out there, so if you have a good-quality Dance video you would like to share with the community, please send the links to dupnamail@gmail.com to be shared in upcoming newsletters.

~*~ ~*~ ~*~

A Few Dances with an Attunement to Devotion

Light the Lamp of Devotion

Adoramus Te

Soli Deo Gloria

Gratitude for Donations

We appreciate your donations and dana; may the blessings return to you tenfold. These circles offered donations within the past month:

Rose Heart Sufi Community,
Durham NC

Park Forest IL DUP

Asheville NC DUP

Salem Center, Ohio

Raleigh NC DUP

Ottawa Canada DUP

San Luis Obispo CA DUP

Sheboygan Falls WI DUP

Phoenix AZ DUP

Peaceful Sisters in MI

Pelzer SC DUP

Although no longer requiring memberships, the organization still accepts voluntary memberships and donations of any kind, which enable us to continue providing services such as the extensive website and these monthly newsletters. Thank you!

[Return to the Top](#)

DUP Items for sale

We are cleaning out the office! If you are interested in buying any of these items, please contact



Leilah Alhamdulillah!

Zikr Devotional Dance

Walk to the Well

~*~

**Upcoming Dance
Camps & Events
submitted to the
DUPNA website
from around our
Region:**

**Montana Family
Dance Camp**

February 14-16, 2014

Gold Creek, MT

Contact:

Tony Rasch

406-363-3405

~*~

**Moving in the Rhythm
of the Heart Towards
Deeper Connection**

March 8-9

Hogansville, GA

Contact:

Arif Leininger

978-502-0247

~*~

**Opening to the Inner
Life; Cultivating Our
Humanity~
A Retreat with Pir
Shabda Kahn**

March 20-22

Cambridge, MA

Contact:

Abraham Sussman

617-876-5272

naoffice@dancesofuniversalpeacena.org

Limited quantities!

- * Light blue logo T-Shirts \$10.00 (Men's sizes L, XL, XXL)
- * DUP Banner green/yellow \$35.00
- * Universal Worship Banner \$35.00
- * CDs: Foundation Dances & Walks (two CD set) - \$33 per set.
- * FREE past copies of the NA Journal for your circle/event

[Return to the Top](#)

Taking the Dances to the World

Murshid SAM said the Dances are for the world. A regular Dance circle schedule can bring a sense of deepening, continuity; and there can also be a sense of vitality and expansion in sharing the Dances in other venues, with groups who are not already familiar with them.

The Dances have been included at conferences involving spirituality, at the Unitarian Universalist General Assembly and the Church of Religious Science, with inmates in prisons, at weddings and house blessings, and as part of church services.

They have been spontaneous offerings at neighborhood gatherings and parties; flash mobs have shared the Dances in parks and squares - perhaps the first "flash mob" with the Dances was the 1989 DUP delegation dancing in Moscow's Cathedral Square, Russians and non-Russians dancing together in a spirit of peace.

Everywhere, they have brought people together and opened hearts.

We'd love to hear back from you - where have you shared the Dances to create a heart-opening experience for people? What are your experiences in this area that could be shared with others? What possibilities do these ideas spark in you?
Send your comments to dupnamail@gmail.com

~*~

Heart of the Matter
Sufi Retreat
March 21-23, 2014
Asheville, NC
with Asha Greer and
Allaudin Ottinger
Contact:
Tarana Wesley
828-683-5296

~*~

Dance Leader
Training
April 3-6, 2014
Des Moines, IA
with Radha Tereska
Buko
Contact:
Morgan Rivers
515-783-5122

~*~

Wind Spirit Dance
Camp
April 3-6, 2014
Winkelman, AZ
with Grace Marie and
Shivadam
Contact:
Shivadam
602-224-0052

~*~

Illuminating the Path
of the Heart
April 18-19, 2014
Nelson, B.C.
with Tui Wilschinsky
Contact:
Sonia
250-449-2152

~*~

Sufi Youth Jam
April 29-May 4, 2014
Bailey, CO
with Sufi Ruhaniat
International Youth

[Return to the Top](#)

"Ya Allah... is based on the verb 'waliha', meaning to love passionately, to love madly. As Allah is the name of the Essence, all the other Names are contained in this one word. This idea of 'crazy love'... is a good starting place ... To go out of our mind with passion, to go insane with love, to long for it, to pine away, to fall helplessly in love with, to lose our self-control, is a key to opening our understanding of the kind of love suggested by the invocation of Allah."

~*~ Physicians of the Heart ~*~

Haiku on Devotion

The Moon rises full
devotional reflection
of what my heart holds
~ karima gayle gilmore

My heart opens wide
love joy hope peace abundance
the prayer of my soul
~Jen Friedman

Next month's theme is Mindfulness. Send your haikus to
dupnamail@gmail.com

[Return to the Top](#)

"By respecting every person I meet I worship God, and in loving every soul on earth I feel my devotion for Him."

~*~ Hazrat Inayat Khan ~*~

DUPNA Now on Twitter

Council leaders and friends
Contact:
Sàra Rain
970-227-5275

~*~

Canyonlands Spring Dance Camp
Moab, UT
April 30-May 4, 2014
with Bernie Heideman,
Sky Majida and Friends
Contact:
Sky Majida
928-536-3307

~*~

Click here
to view a complete and detailed listing of Dance Camps and Events submitted to our website from around our region

More on Musicianship for the Dances

There are many resources at the DUPNA website:

Articles include:

"Musicianship"
by Munir Peter Reynolds

"Basics of open G Tuning"
by Sky Majida Roshay

In late December, DUPNA announced via dancingpeace, "Did you know that you can follow North American Dance news on Twitter? We're up and running and posting news and updates about DUPNA activity. Follow us, and let your dancing friends know, too!"

Those horrified or intimidated by that might appreciate the response from Susan Slack (FL), who said we could share it:

"Just got to following DUPNA on Twitter. Honestly I have no idea how to use it, but that has not stopped me before. If I might travel back into time for a moment....

Back in the early 80's, when DUP was a newborn, we got info about other Dance Camps through fliers. If you wanted others to know about your event you would make a flier (really needed someone who was good at that -- pasting on the letters, getting a photo into a reproducible form, print them up - some new machines could even make COLOR copies but that was pricey) Then you take your fliers and send a packet to nearby centers and hope that they set them out at the next dance meeting. Or you phoned people you knew.

Then we heard about a new mode of communication from Saadi. email. What? Of course you needed a computer. What? So you could subscribe to this service called Compuserve which ran on phone lines and your time was limited, but you could send a message to anyone in the world for free, immediately!!!! What? Of course they needed a computer and a subscription to the CompuServe service too. Saadi could see what an incredible tool this would be for dancers so I went ahead and subscribed. There was no www. anything then, just email. I can still make the dial up connection sound.

What I am saying is that thanks to the DUP I jumped off the cliff into the world of instant communication. Back then it was a complete miracle. Now each of us can make a decision as to which deity oversaw its inception! I'm still saying it connects us in ways we / I never thought about. Not even watching Star Trek. So if we are Tweeting I will jump off that cliff, too. As I said, no clue how to use it, but practice, practice, practice. (Not for everyone - no judgment here.)

The very best to you this new year my dear dancing brothers and sisters."

"String Gauges for B-flat Tuning"

by Richard Wahiduddun Shelquist

"Advanced Chords and Music Theory for Open Tuning"

by Nur-al-Haqq-Dave Walker

"Fastest Tuning from Standard to Open: A/Intonation for Open-Tuned Guitars"

by Wren Kothrade and Shivadam Adam Burke

Videos abound too. The same webpage offers links to "Drumming Introduction Video"

by Matin Mize

A Series of Open Tuning Guitar Lessons by Shabda

A series of discussions on musicianship, attunement, managing musicians, etc. between Shabda and about 30 musician attendees at the 2009 Jamiat Ahm

Click here to visit the webpage and make sure to Bookmark it for later reference.

[Return to the Top](#)

In loving devotion. Toward the One!

Sincerely,

The board and staff

Dances of Universal Peace North America

**This is useful
information for
leaders as well as
musicians!**

