



# Dances of Universal Peace North America



*Ithaca Dance Camp  
25th Anniversary Celebration 2015*

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Healing is a journey. It's a sunrise and a steep mountain, a full moon and the colors in the rippling waters of the creek. Healing is the wind blowing in the trees. There aren't enough words to describe the journey of healing, for it is expressed in a vast array of human experience which manifests in a million ways that are unique to each person.

The Dances offer healing on many different levels. It is an inclusive and embodied spiritual practice that fills a void created by many traditional religious institutions. It allows us to create new ways to be in relationship with the Divine. Perry Wali Pike shares his experience



with bringing his southern gospel roots into a new form. The Dances also allow us to be in relationship with each other in new ways, particularly at longer retreats. We create safe space to relate from our hearts and to be open and vulnerable with each other, giving and receiving love.

In the circle, we loosen our individual ego identity and merge with the group. We no longer have to do everything on our own, and the music and movement create a new entity. Research is now showing that we are indeed healing on a cellular level as we move and sing together, and creating fields of healing energy.

When we leave the circle, we carry the sacred mantras and melodies with us, and into our lives and daily practices. They become a resource for us in times of need, working their medicine on us. Tunes may pop into our awareness months after learning them.



*Wilderness Dance Camp 2015*

*You may ask: "What kind of music can heal man? Is it singing, or playing, or something in the way of dance?" Singing is the most powerful, for singing is living. It is the prana, it is life itself, it is voice.*

## Gratitude for Donations

DUPNA would like to thank the following circles and events for their dana from their events and gatherings to help further the work of DUPNA and outreach of the Dances. May you be blessed in return!

Santa Cruz, CA  
Dance circle

Greenville, SC  
Dance circle

Phoenix, AZ Dance circle

Baraka Inland Northwest Sufi Camp

Dancing with Mary Magdalene Retreat in SC

Pir Shabda concert and Sufi retreat in Asheville, NC

The Path of the Awakened Heart Retreat in Asheville, NC

Summer Camp with

~\*~Hazrat Inayat Khan~\*~

the Beloved in  
Mancos, CO

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*Young Adults Attuning at Wilderness Dance Camp*

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We don't want to lose touch with you!

Please [update your contact information](#) if you move or get a new email address.

## The Gospel Zikr Story

by Perry Wali Pike  
(excerpted)

In seminary I decided enter a dual program, a Master of Divinity combined with a Master of Arts degree. The MA required a thesis and my advisor, Dr. Ibrahim Farajajé, a Sufi Sheik and Chishti Pir, said he did not want me to write a paper about religion. He dared me to create a thesis that involved movement and to perhaps create a new movement form. He was thinking

[Song of the Month:](#)

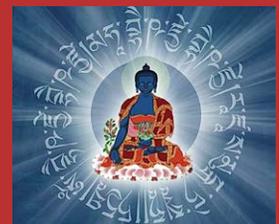
[Gospel Zikr](#)

*Originated by  
Perry Wali Pike.  
A blending of the  
gospel and zikr  
traditions.*

There are camps  
and weekend  
retreats  
happening all  
over North  
America.

[Click here to  
check our  
website listing  
for what's  
coming up!](#)

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[A Few Dances with  
an Attunement  
to Healing](#)

Healing Dance

of things like Alexander technique or something like that. I took his dare, but had no idea what direction to take it.

My studies were about religions – their cultures and histories. One of the things that really stuck with me during that time was how the Sufis practiced historically. For centuries Sufi teachers carried their practices into new regions of the world, and in these new locales they incorporated local customs and local music forms into their teaching schools. The 12<sup>th</sup> century Sufi saint Moinuddin Chishti is a good example because in his school Hindus and Muslims prayed and practiced together. All this got me to thinking about how someone like Moinudden might incorporate Sufi practice with my birth culture. My culture seemed transparent about that time anyway. In 2006 I had moved from the American South to the West Coast for graduate school. Being in this new mix of people, my southern culture stood out more than ever before.

Some Sufi practitioners have told me zikr means the Arabic phrase *La illaha ilallah*. Yet I had actual ecstatic experiences as a child and young adult with the music of southern Protestant churches. What I thought was that Christians could show Sufis that they know how to get ecstatic, and Sufis could show my southern people how to let their prayers move their bodies into an even deeper experience of Presence. That was the one thing I really needed in my church experience as a young person – permission to move my prayers in my body. Instead what I got were very strong messages about not moving at all. I loved the people in my childhood churches very much and I imagined that somehow I would like to share my love of body prayer with those people I love. But that would have to wait.

The writing process was pretty intense. My days

(Ya Shafee, Ya Kafee)

Om Tara Partner

Healing the Heart

Shalama Bayta

Thy Light is in All  
Forms

May the Great Spirit  
Grant You Peace  
of Mind

Hazrat Bibi Mariam

Om Namo Amitabaya

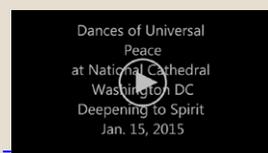
Healing Time

Medicine Buddha

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## Video of the Month:

### I am One



### **I am One with the Heart of the Mother**

~\*~ ~\*~ ~\*~

led by the  
Washington D. C.  
Dance Leadership  
Team at the  
National Cathedral  
Washington D. C.,  
January 2015

~\*~ ~\*~ ~\*~

There are some great  
DUP videos out there,

and nights were mixed up. I was writing in the night, sleeping in the day. One night I lay down and awoke at midnight like it was morning and time to go again. I had nothing left to write, so I got up and did some sitting practices with chanting and singing. In the middle of my practice a scene started unfolding inside. I saw a zikr – a group chanting *Nothing only God* over and over. Then I heard gospel music accompanying this chanting. It went on a while and ended. In the silence I heard another chant begin to repeat over and over – *Only God*. This time a different gospel song began in the background. This happened four times in all and then everything went back to silence.

I sat there reveling in the beautiful scene that had unfolded when suddenly I realized that was it – that was my thesis. It was happening before my eyes like a vision. I got up and jotted notes to remember what I had experienced then went to bed. In the morning it was all typed up and the Gospel Zikr was born. Until that moment I had no idea it would be a zikr. I had thought maybe my project would be to write/create a couple of new Dances of Universal Peace, or maybe a dance cycle with gospel hymns.

Next it needed to be danced. A week later I asked the Mentorgarten Dance circle, where I led dances regularly, if anyone would come help me give this idea a trial run. There were 15 dancers and 5 musicians the morning the Gospel Zikr was experienced for the first time. One of the musicians, brought her computer and videotaped the event.

Later she sent excerpts to me of the four separate sections of the zikr, and I emailed those to my committee. They reviewed the video just a week before I had to defend my thesis in front of them. One advisor, an expert in African American liturgy in the Catholic

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](mailto:dupnamail@gmail.com) to be shared in upcoming newsletters.

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## Haiku on Healing

*Breathe deep,  
sing and dance*

*Harmonious  
Vibrations*

*Healing Toward the  
One*

~\*~Emily Rose ~\*~  
Boulder, Colorado

Next month's theme  
is "The Elements."

Send your haiku to  
[dupnamail@gmail.com](mailto:dupnamail@gmail.com)

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Church, told me that when she saw the video, she had to get up and do the zikr while she watched. She felt like she was always meant to pray this way. She was Christian; my hope for the Gospel Zikr was already realized with her words in that moment.

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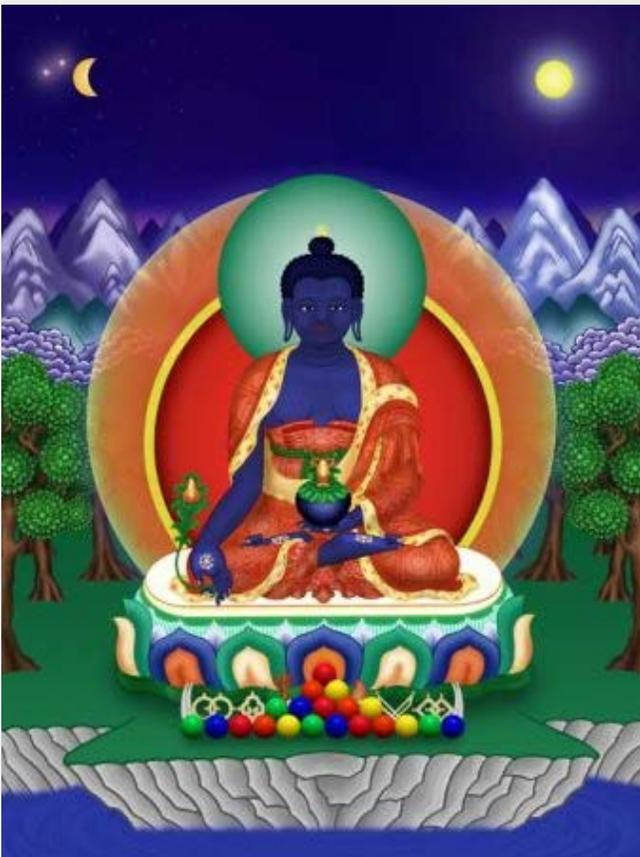


Ya Shakur to the presenters (Grace Marie, Hal, Jane, Jen) and all the participants in our June 22 teleconference. It was an interesting and inspiring conversation! We will continue with the topic of leading the Dances in unique and unusual places in our next teleconference planned for October.

A question was raised by one of the participants, asking what specific Dances the presenters had good experience leading in settings with new dancers in secular spaces and in environmental activist/peace and justice settings.

Here are a few suggestions offered for Dances in these settings:

Spirit of Peace (Mir Miru Mir), E Malama, Peaceful Steps, Return to Love, This Little Light of Mine, Thy Light is in All Forms, Beauty Way, Ancestors Sky People, All My Relations, Altisimo Corazon, Shanti Prashanti, Gracias a la Vida, Healing Time, Take Oh Take Me as I



Mantra of the Medicine Buddha

Tayata Om Bekandze Bekandze  
Maha Bekandze

*You can use your personal suffering in a way to enhance your compassion by using it as an opportunity for the practice of Tong-len. "May my suffering be a substitute for the suffering of all sentient beings." So your suffering is an opportunity for the practice of taking others suffering upon yourself.*

~\*~His Holiness the Dalai Lama~\*~

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## Website Wisdom with Shivadam

Your DUP North America website freely offers not only valuable resources for the Dance leader, musician, circle and events organizers; it serves to archive an expanding library of enriching DUP-related resources such as articles, photos, Dance audio and video, a complete collection of back issues of the beloved North American Journal and of this Newsletter (since Oct., 2013), and our Regional Teleconferences covering engaging topics.

One particularly rich page is "Memories of Murshid SAM" featuring stories told by several of his original students (Pir Shabda, Murshid Wali Ali Meyer, Murshida Taj Inayat and Murshida Fatima Lassar) during the 2010-2011 Sufi Sesshin in northern California, with some lovely photos, a picture slideshow, and links to videos.

Missed a newsletter or telecon? Find it among the links, below. There's always more to explore at your DUPNA website, and your

**Am, Down by the  
Riverside, I Open my  
Eyes to You, Grace  
Ram Nam, I Call to the  
Power of the  
Universe, From You I  
Receive, My House  
Shall be a House of  
Prayer, From this  
Circle of Love, One  
More Step (UU hymn),  
Love is the Healing  
Power, Heaven on  
Earth, We Circle  
Around, O Peace  
Deep and Divine**

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## Upcoming Events in Our Region

Song of the Soul-  
Breathing the Rhythm  
of Nature  
with Murshid  
Allaudin Ottinger,  
Murshida Darvesha  
MacDonald,  
and Khalil Elliot  
July 28-Aug. 2  
Voice of the Turtle  
Retreat Center  
near Silver City, NM  
Contact:  
Rabia Sue Holstrom  
505-933-3676

The Crestone  
Experience  
with Bernie  
Skydrummer,  
Wonder Bob, and  
Jen Friedman  
Aug. 13-16  
Crestone, CO  
Contact:  
Wonder Bob  
719-937-3052

Live Welcoming to All:  
South Bay Sufi Camp  
with Murshida  
Mariam Baker and  
Sheikha Jilani Julie  
Esterly

continuing support makes it all possible. We hope you will continue to enjoy what you help to create!

**Click on the following links and bookmark your favorite resources at the DUPNA website:**

[Memories of Murshid SAM](#)  
[Introductory Videos to the Dances](#)  
[Songs of the Month](#)  
[North American Journal Archives](#)  
[DUPNA Email Newsletter Archives](#)  
[Regional Teleconference Call Archive](#)

**Teleconference Call Recordings with a Healing focus:**

[The Walking Practices of Murshid Samuel Lewis](#)

with Murshid Wali Ali Meyer and Lucinda Abbe

[Personal Growth through the Dances of Universal Peace](#)  
with Murshid Abraham Sussman and Hayat Donna Bain

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***New Monthly Re-occurring Donation option at the DUPNA website***

We deeply appreciate your donations to help us contribute to the sustainability and flourishing of our beloved Dance tradition in North America and Canada.

We welcome dana from Dance circles, camps, retreats, and events.

We also gratefully accept one-time, annually re-

**Aug. 21-23  
Santa Cruz, CA**

**Contact:  
[Freesia Raine](#)  
831-469-0679**

[The Dances of Universal Peace](#)  
[Return to the Villa](#)

**Aug 28-29  
Villa Maria Retreat Center  
Frontenac, MN  
Contact:  
[Conie Borchardt](#)  
651-587-7530**

[The Essence of Mysticism with Pir Shabda Kahn](#)  
**Aug. 28-30  
Prescott, AZ  
Contact:  
[Barakat Bryan](#)  
928-717-2017**

[Breath, Presence and the Awakened Heart](#)  
with

**Murshid Wali Ali Meyer, Murshida Halima and Murshid Abraham Sussman and Maitreya Jon Stevens**  
**Sept. 4-7  
New Lebanon, NY  
Contact:  
[Diana Lyon](#)  
917-318-5866**

**Send us the Peace retreat with Wali & Arieenne**  
**Sept. 11-13  
Ganges, MI  
Contact:  
[Jessica Noe](#)  
231-342-6564**

[Women's Retreat with Leilah Be and Sara Rain](#)  
**Sept. 17-21  
Bailey, CO**

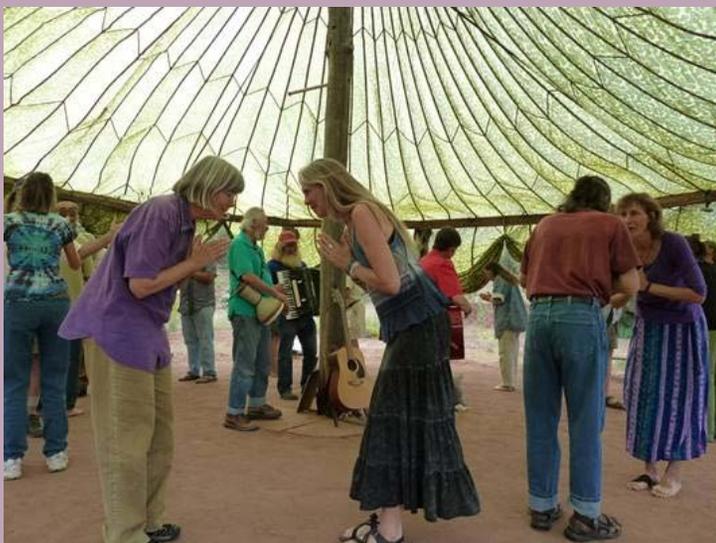
occurring, and monthly re-occurring donations through our on-line web form with secure credit card processing using your paypal account.

[Click here](#) to make an electronic donation using paypal. Select the frequency of your donation from the drop-down box for Payment Method.

If you would like assistance setting up a new paypal account or setting up an annual or monthly re-occurring donation, please contact Jen in the office at 720-378-8039 or email her at [naoffice@dancesofuniversalpeacena.org](mailto:naoffice@dancesofuniversalpeacena.org)

You are always welcome to contribute by personal check or money order by sending your donation to DUPNA, PO Box 6372, Longmont, CO 80501

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*Free Spirit Dance Camp 2014*

### ***Newly Certified Dance Leaders***

We send blessings to the newly certified leaders within our region. We bow in gratitude to their service and devotion, and in joy at their

**Contact:**  
Sara Rain  
970-227-5275

[Fall Canyonlands  
Dance Camp](#)  
with Sky Majida and  
Bernie Heideman  
Sept. 23-28  
Moab, UT  
Contact:  
[Sky Majida](#)  
928-536-3307

**Sacred Ground-The  
Great Outpouring  
with Murshida  
Darvesha  
MacDonald and  
Murshid Allaudin  
Ottinger  
Oct. 16-18  
NC  
Contact:**  
[Tarana Wesley](#)  
828-683-5296

[Attunement as a Way  
of Being:  
A Meditative Dance  
Retreat with  
Tajali Theresa Tolan  
and Jen Friedman  
Oct. 23-25  
Joyful Journey Hot  
Springs near  
Crestone, CO  
Contact:](#)  
[Jen Friedman](#)  
303-746-5191

[Creating Love,  
Harmony, and  
Beauty: The Path to  
Joy and Peace  
Nov. 6-8  
Camp Burton Dance  
Retreat  
Vashon Island, WA  
Contact:](#)  
[Martha Bracken](#)  
206-367-0389

**Live at Lava! Fall  
Camp**

stepping forward to do this work!

This month we bless...

Dahlia Barte Cabe (NY, USA)

Dove Pettit (SC, USA)

Shekinah Stazy Richman (WA, USA)

Mariam Joan Shea (WA, USA)

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Nov. 13-15  
Lava Hot Springs,  
ID

Contact:  
[Connie Zareen](#)  
208-756-3076

~\*~\*~\*~\*~\*~\*

[Click Here](#) to view  
and bookmark a  
complete listing of  
events at our One-  
Time Events  
calendar at the  
DUPNA website

May you continue to spread your Love and  
Light as a beacon of healing for all those  
you meet along your path. And, may you be  
healed in return.

Sincerely,  
The Board and Staff  
Dances of Universal Peace North America

May the many  
sentient beings  
who are sick,  
quickly be freed  
from sickness.  
And may all the  
sicknesses of  
beings  
Never arise again.



*Ithaca Dance Camp 25th Anniversary*

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