



Dances of Universal Peace North America



Murshid SAM in the Garden of Inayat in Novato

As the light reaches its peak at this time of the year on the Solstice, many of us are Tending the Garden. It sounds so easy: you prepare the soil, you plant the seeds, you water and weed, and the plants grow until they produce the fruits and vegetables, and then you harvest them. Ah - I can hear those of you who've ever had a garden laughing hysterically.

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network!*

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There are bugs, mice, birds and gophers; too much rain, not enough rain; the wind blows; the weather is too hot or too cold, with ice or heat spells or hail; the plants get blight or aphids or turn black for no discernable reason, or die overnight. But gardeners persevere, tending their plots, protecting the plants as best they can and coaxing life and abundance from the soil.

You see the metaphor, don't you? We tend the garden of the heart in much the same way, and the same kinds of things happen. But we carry on despite the challenges, because the fruits are worth the effort. Murshid SAM knew it; one of his books is titled *In The Garden*.

The Dances and associated spiritual practices are a wonderful way to water and fertilize this garden. How do they support your heart's garden? What other practices help?

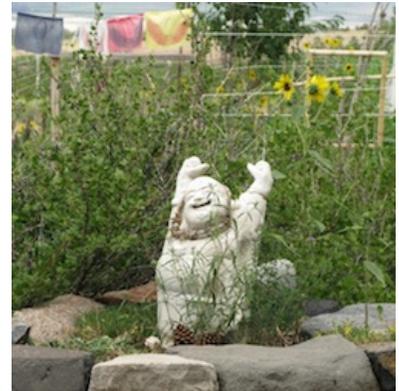
"I feel like a gardener who planted a bunch of seeds and nothing came up; and again the next year he planted a bunch more seeds and nothing came up; and again the next year more seeds with the same result; and so on and on and on. And then this year, he planted a bunch of seeds: not only did they all come up, but all the seeds from the previous year came up and all the seeds from the year before, and so on. So I've just been frantically running around trying to harvest all the plants until Allah came to me and said, 'Don't worry. Harvest what you can and leave the rest to me.'"

~*~ Murshid Samuel L. Lewis ~*~

Gratitude for Donations

DUPNA would like to thank the following circles and events for their dana from their events and gatherings to

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*Buddha in the
Lama Foundation garden*

Featured Song of the Month:

Om Tare

An original chant by
Bernie Heideman,
recorded at the Spring
2014 Canyonlands
Camp.

Bernie says:
*"This is the powerful
mantra of Tara, the
Great Goddess, the
mother of all Buddhas.
This version embodies
and calls forth joyful
feminine energy, with
attitude, something so
needed in the world at
this time."*

help further the work of DUPNA and outreach of the Dances. May you be blessed in return!

Nelson, B.C. Dance Leader Team
Prescott, AZ Peace Dances and Sufi Circle
Santa Cruz CA Dance Circle

~*~*~*~*~*~*~*~*~*

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.

Please [click here](#) to make a donation to support and further enliven the work of DUPNA. Thank you!

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"The gardener uses both roses in the flowerbed and thorns in making fences."

~Hazrat Inayat Khan~

~*~ ~*~ ~*~

Featured Video of the Month:



My Lord is a Rock

A very light, but grounded skit interpretation of "My Lord is a Rock" from the Canyonlands Rumi Cafe, May 2012

~*~

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.

~*~ ~*~ ~*~

Darvesha tending her garden.

~*~ **Heaven on Earth** ~*~
by **Darvesha MacDonald**

(Darvesha Victoria MacDonald is a senior teacher for the Sufi Ruhaniat International, the Chair of the Dances of Universal Peace Guidance Council, a Ziraat Experienced Farmer, and a Buddhist practitioner.)

Many of us look longingly toward ways of living naturally and sustainably, not out of fear, but out of love and gratitude for this magnificent, sacred nature that is the fabric of our lives, the display of God, our scripture, guide and teacher.

At the same time we are hopelessly entwined in world systems and find ourselves caught in incongruent actions like putting environmental stickers on the bumpers of our SUVs and recycling plastic bags instead of simply not using them. It is difficult for most of us to imagine a way to disengage from this modern entanglement.

There are living models of sustainability: residential, spiritual communities where the emphasis is on being, becoming, presence, and awareness rather than 'having' and production, and where freedom is found "in" work (rather than "from" work) in the practice of "work as devotional prayer". Here we can see practitioners living the values promoted in the classical scripture of all spiritual traditions, exchanging modern 'needs' for pooled resources, joyful simplicity, companionship, rest, physical work, silence, and communal practice.

When we come together at dance camps we ourselves get a taste of this kind of lifestyle: living simply in nature for a week and sharing spiritual practices. As we take up temporary residence in spiritual community, we can look at the spiritual values common to all major traditions (what Hazrat Inayat Khan calls the Unity of Spiritual Ideals) to see how they point us toward sustainability and simplicity, and how such values can help us to reshape attitudes that keep us from moving in this direction.

It seems like a ripe time for younger generations and those

"The Lord will guide you always; He will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail."

~*~ The Hebrew Bible,
Isaiah 58:11 ~*~

~*~ ~*~ ~*~

**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

*"I am the true vine,
and my Father is the
gardener. He cuts off*

of us who were courageous innovators in the 60's and are part of what Morris Berman calls the new monastic society (those of us who do not live in community but who do not 'buy into' mainstream values), to join hands and hearts in looking for ways to create a more reasonable world.

Darvesha offers a series of teachings she calls, The Garden Path - Everyday Sufism: A Ziraat Approach to creating a Culture of Awakening, examining the question "How Shall We Live?"

For more information see:
<http://darvesha.net/index.htm>

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*Dance tent under the stars at Canyonlands Dance Camp.
photo by Sam Camp*

Canyonlands Camp: Beloved Community by Sky Majida Roshay

(Sky Majida Roshay is a Dance leader and mentor who has been organizing and co-leading the Canyonlands Dance camp since 1999.)

Many residential camps welcome you as an empty vessel, ready to be filled with teachings, sacred phrases, music and movement, attunements and food prepared by a kitchen staff. This level of comfort allows a kind of focus, growth and deepening not available elsewhere.

*every branch in me
that bears no fruit,
while every branch
that does bear fruit, he
prunes so that it will
be even more fruitful."*

~The Christian Bible,
John 15:1~

~*~

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

~*~

**Wilderness Dance Camp
June 22-28
Flathead Lake, MT
with Allaudin Ottinger
and Lila Flood
Contact:
[Misty Harding](#)
406-209-3857**

~*~

**24th Annual Ithaca
Dances of Universal
Peace Camp
June 26-29
Ithaca, NY
Contact:
[David Gallahan](#)
OR
[Diane Olden](#)
607-351-3000**

~*~

The Canyonlands Camp is a different kind of event entirely. It embodies the concept of "Beloved Community" in a way no other camp does (that I know of). One newcomer, an attendee of many camps and events across the region, recently said this was the best camp he'd been to, ever.

What makes this camp so different?

Like all camps, we meet new beloveds and reconnect with longtime friends, and sing and dance and pray together. And yet, there is much that is unique to this camp. Maybe I can paint a word picture of it.

When the organizers arrive at the campground, we see two portapotties, various fire rings, a few picnic tables scattered over several acres and a couple of trees that provide shade, along with a lot of grassy weeds and dirt patches, and scrubby tamarisk trees that hide the view of the Colorado River that runs through this narrow area below spectacular high red rock bluffs that form walls on either side. The walls have petroglyphs on them, "rock art" left by generations upon generations of ancient Native Americans who passed through here.

We bring in a 38' diameter Tent to set up and Dance in, along with DC lighting for it (batteries and solar panels). We have more portapotties delivered. We set up a covered kitchen area with food prep tables and two big two-burner propane stoves, and an outside dishwashing area with four tubs - pre-wash, wash, rinse, bleach - and drying racks. We also set up a tent to store and shade ice chests, and gather and arrange picnic tables into a dining area.

Participants bring everything else: gallons and gallons of water, firewood for the fire pit, lawn chairs, decorations for the Dance Tent, canopies and tables and camp stoves (and propane), trash bags and compost buckets, musical instruments, as well as their own camping equipment, clothes for every possible weather, and food, including potluck dishes to share.

Over the course of five days, we create Beloved Community from these things. No one goes hungry or cold, everyone gets heard, and everyone can find a way to participate and offer something of themselves:

**Dances Video Project
with Anahata Iradah
June 28-29
Aptos, CA
Contact:
Vanessa Hafiza
831-662-0534**

~*~

**Every Wave of the Sea:
Higher and Higher!
with Mariam Baker &
Allaudin Ottinger
July 10-13
Trinity Center at the NC
coast
Contact:
Habiba Debi
252-756-6088**

~*~

**Summer Dance Camp
with the Beloved
with Bernie Heideman
and Sky Majida & friends
July 17-21
Mancos, CO
Contact:
Sky Majida Roshay
928-536-3307**

~*~

**Ecstasy of Infinity: 6th
Annual Retreat with the
Fort Wayne Dance
Collective
with Munir Peter
Reynolds
July 25-27
Fort Wayne, IN**

chiropractors and masseuses set up tables under the shade trees; musicians offer old rock'n'roll singalongs around the campfire; nurses throw out our old dish sponges and soak the dish towels in bleach; writers and artists gather under the trees and create art to share; chefs offer amazing potluck dishes and surprise snacks; hikers guide expeditions into the surrounding countryside; meditation and yoga instructors hold morning sessions; kitchen yogis keep the dishwater fresh, stray dishes washed and leftover food put away; shoppers trade giveaway clothes at the clothing exchange; couriers make runs into town to get ice and other necessities; cleaners sweep the dust out of the Dance Tent before every session, and those who are able come early or stay late help set it up and take it down. No one assigns these roles or has any expectation of people taking them on, and yet it all happens flawlessly, seamlessly.

[Click Here](#) to read the complete article.

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"To see things in the seed, that is genius."

~*~ Lao-tzu ~*~

Sowing Seeds for the Future: Sufi Youth Jam

At the end of April and beginning of May, an international group of "youth" (defined for this occasion as anyone under the age of 40) who are interested in Sufism, the Ruhaniat, and the Dances of Universal Peace gathered at the Santa Maria YMCA camp in the Rocky Mountains of Colorado. Those in attendance experienced the wonderful leadership and attunement of younger dance leaders from around the world. For many, a highlight of the Jam was a beautiful Dance led by our German friends called "In dem Garten meines Herzens (In the Garden of my Heart)."

[Click Here](#) to listen to this lovely song.

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Contact:
Jarin Hart
260-424-6574

~*~

**Eat, Dance, and Pray
Together: 14th Annual
Sufi Dance Community
Retreat Camp
July 31-August 3
MA
Contact:
Abraham Sussman
617-876-5272**

~*~

**Attunement as a
Way of Being:
A Sesshin Retreat Living
from the Heart of Love,
Harmony,
and Beauty
with Tajali Theresa Tolan
and Jen Friedman
Aug. 22-24
Madison, WI
Contact:
Tajali Theresa Tolan
608-712-6732**

~*~

**Circling Around the
Earth
with
Murshid Saadi Neil
Douglas-Klotz, Murshid
Tansen O'Donohoe and
Murshida Sophia
Gita Onnen
Aug. 29-31
Silver City, NM
Contact:**

Mariam Weidner

575-534-1441

~*~

Return Again
with Murshida Halima
Sussman and Murshid
Abraham Sussman

Sept. 26-28

Durham, NC

Contact:

Nur Rahmana

Julie Purcell

919-475-5323

~*~

[Click here](#)

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

~*~

*"Bread feeds the body,
indeed, but flowers
feed also the soul."*

~*~ The Qur'an ~*~

~*~

*Haiku on Tending
the Garden*

"In order to make thought fruitful mental culture is necessary. First the digging of the ground. The inner culture of the Sufis begins with the digging of this ground. What is meant by zikr is this digging process. But it is not only the exercise; it is living the life. Digging the ground is what may be called consideration. It is constant consideration, which cultivates the mental ground. Then one must water this ground, and this water is the love element, to give and to receive love. Give more and take little is the principle. And when in a ground so cultivated and so watered the thought-plants will spring, they must necessarily bring forth sweet fruits and fragrant flowers."

~*~ Hazrat Inayat Khan ~*~

Wanted: Volunteer to Coordinate the Creation of the 2014 Holiday Card

For 15 years, a card has been mailed to some 1500 DUP friends in North America, arriving at the end-of-year holiday season. A beautiful image on the front reflects a spiritual tradition or a Dance ancestor, and a message on the inside resonates with power of a mantra or words from a Dance. The cards are DUPNA's gift to the Dance community, which recipients often display in their homes, put them up on a bulletin board or frame them and place them on their altars. The generous donations returned by recipients have generated about 10% of annual general donations required to support the organizational work that supports the Dances in North America.

Might you be the person to bring this year's Holiday Card into being? The DUPNA Board needs someone to coordinate the selection and/or creation of the image and words of the card this summer, and someone to do the layout and design of the card in September (it could even be the same person!).

Guidelines and assistance will be happily given as questions arise during the process. We appreciate hearing from those interested in helping out soon. Please [click here](#) to contact the DUPNA Board if that is you. Thank you!

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"The garden of love is green without limit and yields many fruit other than sorrow and joy."

~*~ Rumi ~*~

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 stepping forward to do this work!

This month we bless...

**Marti Dimock (WA)
Diana Lyon (NY)**

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"Some people look for a beautiful place, others make a place beautiful."

~*~ Hazrat Inayat Khan ~*~

May you be blessed with the seeds of wisdom and the fertile ground of loving-kindness to grow a deep-rooted and nurturing garden of peace.

**Sincerely,
The board and staff
Dances of Universal Peace North America**

spaces have been cleared

~

*seeds of life have been
planted ~
abundance blooms forth!*

~*~ Carey on Kauai~*~

~*~ ~*~ ~*~

**3 vignettes by Munira
Judith Avinger**

*summer rain
cucumber seeds
stick to my fingers*

*pulling the ground ivy
disappointing
the bumble bees*

*hot June sun
the seed drops
into the dark earth*

~*~ ~*~ ~*~

**Next month's theme is
Surrender.**

**Send your haiku to
dupnamail@gmail.com**

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By Sky Majida Roshay

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This is not an “easy” camp. It can, in the same day, be “too hot” and “too cold”. The wind can sometimes blow dust into your eyes, your hair, your clothes, your tent, your food. There can be too many dogs (or not enough dogs). Other people can keep sitting in or moving your favorite lawn chair. The musicians can keep you awake at night singing around the campfire (or the campers can complain about your music from last night). Sometimes you can’t find a burner to heat up your potluck dish. There are no showers onsite. Cell phones get no signal in the campground and there is no electricity.

And yet, this camp works. Deeply, profoundly, strongly. People hug you awake when you stagger out of your tent to huddle over the fire with your hot morning drink; their smiles warm you as much as anything else does. Someone offers you a special snack at lunch or reminds you to drink a lot of water to stay hydrated. Someone else admires your desert attire and begs to take a photograph. The dogs bring you a stick to throw. People cheer your offering at the Rumi Café, our traditional talent-no talent show. Someone(s) help you fix your broken tent, your faulty flashlight, your leaking water container. We’re all in this together, swimming in a sea of wonder, love, joy and the offerings of the present moment that cannot be sidestepped.

At the end of the Friday morning Dance, a few sessions into the camp, we all sit down in a big circle where each person can share something of importance to them and be heard. We find ourselves in greater attunement with each other, mulling over things people said or offering prayers on our breath for each other. Lunch may be a bit late that day, but the bond of community that gets built is strong and enduring.

My belief is that this is such a deep, powerful camp because it requires full participation: you bring all of yourself to help create the camp, so there is more of you to shine, to grow, to give, receive and love. (The Dances sessions at this camp are the most powerful ones I have been involved with, anywhere.) You move out of your regular routine and more deeply into the essential elements of life at this camp. All of you shows up, good and bad, whole and wounded, and you deal with everything with a heightened vitality and vibrancy, and an immediacy of being *here* now.

When I hear people begin to stir in the kitchen in the morning, clinking pots to boil water for everyone's tea or coffee and starting the camp fire crackling, I think, "My tribe is waking up." When I lie in bed at night and hear the singing and the laughter around the post-Dance campfire, I think, "That's my family and they're happy." In this full body experience, the flow of the camp's energy is bigger than my personal preferences, my sometimes sharp edges get rounded by being amidst so much life and love, and I feel most alive. This is my Beloved Community, in ways that go deep into my soul.

One longtime attendee wrote to me, "I feel like I've gone through so much growth in the context of that camp over the past few years. I could in some ways chart my growth by the season and year of the camp... and people loved and accepted me through the whole thing, which I'm extremely grateful for. I hope people know how much that means to me and how amazing it is to have a community like that."

Amen, and Alhumdulilah!