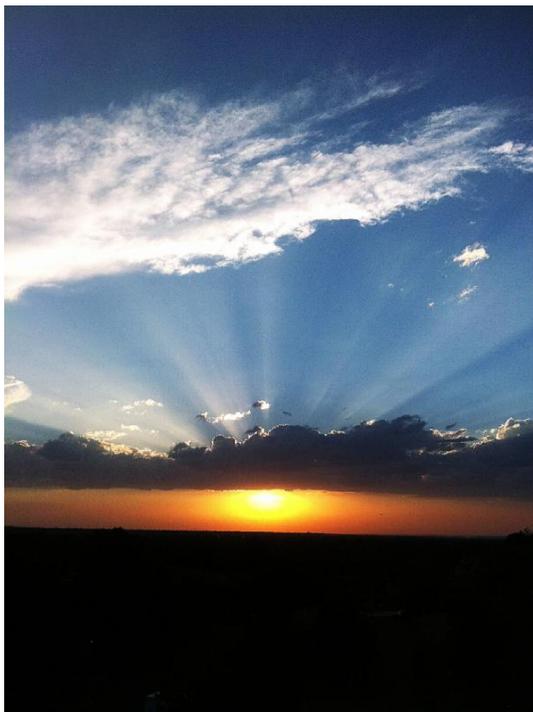


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Hi, just a reminder that you're receiving this email because you have expressed an interest in Dances of Universal Peace North America. Don't forget to add [naoffice@dancesofuniversalpeaceana.org](mailto:naoffice@dancesofuniversalpeaceana.org) to your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

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



**With the equinox on March 20th, the light of the sun reaches more of the land in North America. This can lead to a moment of reflection for those of us with an attunement with the Dances of Universal Peace. How would you conceive mindfulness?**

**The Hawaiian notion was called Ho'oponopono; always setting the intention of right action, or pono. When we give our attention to what is present in the moment, with a willingness to be in alignment with right action, we create an opening for surrender to our inner guidance. We can release resistance to the light that is rising within us.**

**Like the sun, our inner light is moving towards its awakening to the revelations of daylight. When we gift ourselves with mindfulness of this inner awakening, honoring it with our love and compassion, we can be more forgiving of ourselves and others.**

**Ho'oponopono embraces the practice of forgiveness as**

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Dances on Mindfulness

## Quick Links

Join or Renew  
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\*\*\*\*\*

an expression of right action. When we are mindful to what is true for us in the moment, we can unpeel the layers of reaction, like we peel away our coats, boots, and sweaters when we come in out of the cold, to reach into the depth of our most compassionate self. Mindfulness brings awareness to the natural compassion and forgiveness that is rising within us, letting it be the guide.

*~With contribution from Pati Scamacca, a DUP dancer who lives in Colorado.*

*"There is only one virtue and one sin for a soul on this path; virtue when he is conscious of God, and sin when he is not."*

*~\*~ From Inayat Khan's spiritual teacher, Muhammad Abu Hashim Madani ~\*~*

## ***Membership Fees***

We are no longer sending reminders; you may contribute at any time. Your annual membership or contribution to DUP North America allows us to continue supporting Dance circles, event organizers, leaders, musicians and dancers across the region and allows you to receive our monthly email Newsletter, which includes news and members' articles from around the region, photos, inspirational quotes, poems and thoughts on a theme for each month, Dance songs, videos, and so much more.

Please support your regional non-profit org, Dances of Universal Peace North America! Please [click here](#) to go to the following page to pay your DUPNA membership fee.

**Important:** If you are a Dance leader, your contribution to or membership with DUPNA does not include or replace your required Leaders Guild fee, which is now collected directly by DUP IN. Keeping your LG fee current guarantees access to all of the services provided to Dance leaders by Dances of Universal Peace International and the Guidance Council.

*Help us grow our network!*

Like us on Facebook 

Follow us on 

 Forward to a Friend



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

Featured Song  
of the Month:

## **Peaceful Steps**

originated by Leilah Be  
Inspired by the teaching  
of Thich Nhat Hanh

Here is a paraphrase of  
the teaching:

"When walking from  
the dining hall to the  
meditation hall, walk with  
mindfulness. With each  
mindful  
step, you wish to be a  
peaceful influence on the  
earth, to have  
compassionate thoughts

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*"Our journey is about being more deeply involved in life, and yet less attached to it."*

~\*~ One-Liners, Ram Dass ~\*~

## ***Teleconference Call on the Sufi Youth Jam Sunday, March 30th***

On Sunday, March 30th join members of the Sufi Ruhaniat Youth Council for a teleconference call about the upcoming Sufi Youth Jam, hosted by the Council in Colorado from April 29-May 4. The Youth Jam is for youth and younger Ruhaniat and Dances of Universal Peace leaders between the ages of 18-39 to gather together to practice, Dance, play, discuss, envision and strengthen their bonds as a community. By joining the call you learn about the goals and intentions of the Youth Jam and the SRI Youth Council, as well as ways to get involved and support the event through sponsorship of youth and younger leaders to attend. Participants will have the opportunity to ask questions directly and engage in discussion with those leaders who are helping organize the Youth Jam and bring forth the Sufi Message into the world.

### **Details of the Call:**

**Sunday, March 30th 5pm PT; 6pm MT; 7pm CT; 8pm ET**

### **Call-in # and Instructions**

To join the teleconference, dial our conference call line (712) 432-0375 and enter the following code when prompted: 871898#

When you get onto the conference call, please mute your phone using \*6 (star 6) in order to lessen feedback until you are ready to speak. Press \*6 (star 6) again to unmute in order to share with the group.

Please RSVP and send any questions for the facilitators to [Anjahli](#). Please note: you do not need to RSVP to

towards all beings. As  
you  
step, a flower blooms in  
each place your foot has  
touched. When you meet  
people along the way,  
what do you have to offer  
them? Your smile is like  
offering them a flower,  
your presence is like a  
flower  
and also you see before  
you a person who is like  
a beautiful flower. Your  
present moment  
awareness is like a  
fragrance. You always  
have something to give,  
you are never without a  
gift."

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

## **Featured Video of the Month:**



*May the blessings of  
God*

May the blessings of  
God rest upon you.  
May God's peace abide  
with you.

May God's presence  
illuminate your heart  
Now and forever more.

~\*~

*attend. This simply helps in our planning.*

**Facilitators:**

***Diana Lyon lives in New York City and grew up in the bosom of the Sufi Ruhaniat community in Northern California. She is a founder and co-chair of the Sufi Ruhaniat Youth Council, a sometimes-Dance leader and a lover of going into the cave of the heart. She currently serves on the Ruhaniat Board of Trustees.***

***Katie Hamida Wiese, 27, is a writer and co-chair of the SRI Youth Council. For ten years, she has worked closely with the Sufi Ruhaniat International Board of Trustees and the Oneness Project to nurture the voice of young people in DUP and Sufi communities around the world. She currently lives in Boise, Idaho.***

***Rebecca Welsh is a dance leader and Sufi guide in the Sufi Ruhaniat International, and holds a Masters in community counseling. She enjoys weaving together her intimate connection with the Divine, her love of beauty, and her deep understanding of the human experience as profoundly spiritual.***

***Sára Rain is a mother, partner, Spiritual Mentor, hospice counselor, DUP enthusiast, SRI Youth Council member, chocolate lover, devotee of Pir-O-Murshid Hazrat Inayat Khan and Murshid Samuel Lewis, Mureed of the Amazing Murshida Leilah Be, and is excited to be registrar and co-creator of the first International Sufi Youth Jam!***

***Jen Friedman is a Dance leader and mentor-in-training, in Longmont, CO where she co-leads a monthly Dance. She served on the DUPNA board for 3 years before beginning a Master of Divinity program where she studies Islam, Judaism, and Christianity for interfaith understanding. Jen is passionate about leading Dances in new communities and practicing 'Attunement as a Way of Being.'***

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

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

**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**

~\*~

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

~\*~

**Opening to the Inner Life; Cultivating Our**



*Tomb of Hazrat Inayat Khan decorated for the 2014 Urs celebration,  
photo thanks to Svetlana Maliutina*

## ***The Urs of Hazrat Inayat Khan***

The Urs (day of reunion with Allah) celebrated on February 5 in the Nizamuddin neighborhood of New Delhi, India was hosted by the Ruhaniat this year.

The Urs celebration holds special consideration because of the metaphysical significance of the death experience for the Sufi which was articulated by "the later Chishti scholar Hajji Imdad Allah (d. 1899) who traced the term 'urs to a saying of the Prophet Muhammad, directed at the saints as they prepare for death: "Sleep with the sleep of a bridegroom ('arus)"; this saying suggests that the physical death of the saint is in fact the moment of joyous reunion with the beloved." Pilgrimage to a dargah is considered auspicious at any time because the saint's *baraka* (spiritual blessing) and *tawajjuh* (spiritual concentration) is transmitted to the pilgrim with greater effect in the presence of the saint's physical body, but "at the time of the urs special blessings are available, since Paradise rejoices at the return of that supremely happy moment when a human soul is reunited with God."  
(From *Sufi Martyrs of Love* by Carl Ernst and Bruce Lawrence)

[Click Here](#) to read an account of Abraham Sussman's pilgrimage on the Ruhaniat website.

Humanity~  
A Retreat with Pir  
Shabda Kahn  
March 20-22  
Cambridge, MA  
Contact:  
Abraham Sussman  
617-876-5272

~\*~

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

~\*~

Peaceful Steps Upon  
the Earth: an annual  
celebration of the  
Midwest Dance  
Community  
March 28-30  
Plano, IL  
Contact:  
Peter Slonek  
847-256-6865

~\*~

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

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~\*~

*"People ask me, "What is your experience when you chant?" I don't know what to tell them. What I do is a little mystical and mysterious, even to me. I can't explain it. When I sing I start to release my thoughts and feelings and the stuff of the day. I start to get quieter inside. I am singing to that loving presence that is represented for me by my guru Neem Karoli Baba."*

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

~\*~ Krishna Das, The Secret Life of Kirtan~\*~  
**Click here** to read the full article

~\*~

### ***Open Hands, Open Hearts Dance Training by Radha Paula Neilson***

***This article was written some time ago. Since Dance leadership training is a big part of our mission in continuing the Dances, it is appropriate today.***

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

**It was a Friday evening in July, in the small community of South Slokan near Nelson BC. Following a winding country road, cars started to arrive in front of a small community hall next to a picturesque church. The license plates were from British Columbia, Alberta, Idaho, and Montana. After greeting and hugging each other, carrying binders and water bottles, women entered the hall, welcomed with Beauty. An air of excitement mixed with reverence filled the room. Chatter continued as all claimed chairs, forming a circle at one end of the room, away from the tables for eating. A woman started to walk in a circle and soon all were quiet, following her, stepping into sacred space. Listening to their teacher's words, they formed a circle, taking hands. Another woman took out a guitar, while the leader gently welcomed everyone and reminded them of the Dance movements. The guitar started and facing partners they began to sing, "Hands open hearts open, welcome to our circle of love." As the circle reformed and all moved to the center singing "Alleluia", the energy rose into joy, eyes connecting**

~\*~

**Sufi Youth Jam  
April 29-May 4  
Bailey, CO  
with Sufi Ruhaniat  
International Youth  
Council leaders and  
friends  
Contact:  
Sàra Rain  
970-227-5275**

~\*~

**Canyonlands Spring**

across this circle of love. The stage was set for another amazing weekend together.

Ginger Nuria Lee, from Bozeman, Montana, was the facilitator for "Open Hands Open Hearts Dance Deepening and Leadership Series," a two year training and deepening in the Dances of Universal Peace which took place during six weekends in 2010 and 2011. Nuria is a DUP mentor, accomplished drummer and drum teacher, and was accompanied by Florence Aliya Guest, and Khabira Candace Holt on occasion. The myriad of organizational details were skillfully attended to by Sreemayi Dania Edwards and Radha Paula Neilson of the Nelson dance circle along with Nuria.

We were a circle of women. This was simply because no men applied. From the beginning there was an amazing spirit of camaraderie. Women pitched in to prepare food, clean up and get other tasks done with a great sense of co-operation. We walked, talked and practiced together on breaks and friendships grew.

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

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*"People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on earth. Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child -- our own two eyes. All is a miracle."*

~\*~ Thich Nhat Hanh ~\*~

## ***Gratitude for Donations***

Deep gratitude for your event donations. May it return to you multiplied manyfold.

**Bernie & Sky's Birthday Dance Weekend at Joyful**

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

~\*~

**Coming Together: The  
Joy of Spirit in  
Motion  
May 2-4  
Rowe, MA  
with Amina, Arif, &  
Friends  
Contact:  
Arif Leininger  
978-502-0247**

~\*~

**Dancing on the Path  
of the Heart  
May 2-4  
San Francisco, CA  
Contact:  
Violetta Reiser  
415-821-0939**

~\*~

**Live at Lava!  
Spring Camp  
May 9-11  
Lava Hot Springs, ID  
with Connie Zareen,  
Narayan, Sky Majida,  
and Jennie Akers  
Contact:**

## Journey, Colorado

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!

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*"The Sufi mystic Hazrat Inayat Khan writes, "Since all things are made by the power of sound, of vibration, so every thing is made by the portion thereof, and man can create his world by the same power ... This knowledge acts as wings for a man; it helps him to rise from earth to heaven, and he can penetrate through the life seen and unseen." Knowing that our words can either heal or hurt, we can strive to use words mindfully and wisely - language from the mundane to the spiritual."*

~\*~ From the Mindfulness Code Keys for Overcoming Stress, Anxiety, Fear, and Unhappiness by Donald Altman ~\*~

### ***DUP Items for sale***

We still have one of these Universal Worship banners, as well as the DUP logo banners. Cost: \$35



Also, logo T-shirts: light blue men's sizes XXL,XL, LG \$10  
CDs: Foundation Dances & Walks (two CD set) \$33  
Contact the office at [naoffice@dancesofuniversalpeacena.org](mailto:naoffice@dancesofuniversalpeacena.org) to order.

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Connie Zareen  
Delaney  
208-756-3076

~\*~

Northern Colorado  
Dances of Universal  
Peace and Sufi Camp  
May 29-June 1  
Berthoud, CO  
with Grace Marie &  
Gregory Gayan Long  
Contact:  
Grace Marie  
970-498-8422

~\*~

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

~\*~

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

*"I abandoned and forgot myself, laying my face on my Beloved; all things ceased; I went out from myself, leaving my cares forgotten among the lilies."*

~\*~ St John of the cross ~\*~

## ***Haiku on Mindfulness***

**There were no Haiku submitted this month, the following may be an inspiration for future Haiku writing:**

***"One famous Japanese haiku poet Bascho (1644-1694), who found the sacred, the holy or the divine in nature, captured the very heart and essence of haiku and mindful living-the two are really one and the same-in these wonderful oft-quoted words:***

***'Go to the pine if you want to learn about the pine, or the bamboo if you want to learn about the bamboo. And in doing so, you must leave your subjective preoccupation with yourself. Your poetry issues of its own accord when you and the object have become one-when you have plunged deep enough into the object to see something like a hidden glimmering there. However well-phrased your poetry may be, if the object and yourself are separate-then your poetry is not true poetry but a semblance of the real thing.'"***

**From: Haiku And The Mindfulness Of The Moment**

**Next month's theme is Healing. Send your haiku to [dupnamail@gmail.com](mailto:dupnamail@gmail.com)**

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*"Walk as if you are kissing the Earth with your feet."*

~\*~ Thich Nat Hanh, "Peace is every step: The Path of Mindfulness in Everyday Life ~\*~

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



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