



In This Issue:

- [Teleconference: A Connection and Learning Opportunity](#)
- [Seeds of Love: Birth of a Dance Circle](#)
- [Gratitude for Donations](#)
- [Newly Certified Dance Leaders](#)
- [Website Wisdom with Shivadam](#)
- [Haiku on Ecstasy](#)
- [Featured Song of the Month: Chidananda Rupa](#)
- [A Few Dances with an Attunement to Ecstasy](#)
- [Featured Video of the Month: Drink with the Beloved](#)



Live at Lava! Hot Springs Dance retreat 2015

We know ecstasy when we feel it. It's a little like being a cherry tree in springtime: the sap rises and the tree fills with life energy, until it can't help but burst into flower. It fills its environment with beauty; it uplifts everyone around.

And ultimately, it's temporary. The fleeting cherry blossoms are replaced by green leaves that last all summer, and we return from ecstasy to other, more ordinary states.

But the ecstatic moment is precious. When we're uplifted in this way, we can suddenly have flashes of understanding. We are creatively open. We may

be able to see our lives from a higher perspective.

In the Dances, ecstasy can rise in us and transport us to realms of deep interconnectedness -- and let us taste the feeling of dissolving into the One. As we tune in to many wisdom streams, as we share from our hearts, as we sing and move together, we can temporarily lose our "self" in the sea of being.

Maybe this is why ecstatic states are also healing. Maybe we raise our vibration so that blessings can more easily find us. Maybe when we go, even for a short time, to places where some of those illusions just don't hold sway anymore, some of our challenges fade away -- and we don't always have to pick them up again when we get back. Whatever the reason, our experiences of ecstasy can completely transform our lives.

“Now, I am not running a fun club, and I am not running a dramatic show. I believe we can learn through exaltation, through ecstasy, through joy and through love. At the same time we must also keep one eye open, so to speak, on our inner peace, if we want strength, because strength comes out of our inner peace. A lot of people go and speak against ecstasy and they don't know what it is. A lot of people speak for it and they don't know what it is. I find love should produce a certain kind of ecstasy and ecstasy, if it is real will produce a certain kind of love.”

~*~ Sufi Sam ~*~

• [Upcoming Events in Our Region](#)



Wilderness Dance Camp 2014

[Featured Song of the Month:](#)

[Chidananda Rupa](#)

originated by Narayan Waldman: I Am eternal bliss...I Am Shiva. Inspired by a bhajan from guru Siddharameshwar Maharaj (Nisargadatta Maharaj's guru) of the Inchagiri Sampradaya lineage. The words affirm our Infinite Reality, in contrast to our typical human illusory attachments to the body, to the mind, to emotions.



A Few Dances with an Attunement to Ecstasy



Kids' Camp at Wilderness Dance Camp

It Is This!

Pieces of Cloud

Every Wave of the Sea

I am Alive

Ecstatic Zikr

[Take me to the Top](#)

Teleconference:

A Connection and Learning Opportunity

Please join us Tuesday, June 23 at 8pm Eastern time for a Teleconference with Grace Marie, Hal Dessal, Jen Friedman and Jane Sky. These adventurous and devoted dance leaders have stories to share about their unique experiences leading dances in numerous and unusual places.

Grace Marie has led Dances in many different countries at events, conferences, homes and retreats as well as throughout the U.S. Hal will share his story about leading Dances at mens retreats, seasonal celebrations and in Poland.

Jen, who is currently a co-organizer for the Dances of Universal Peace at the Parliament of World Religions, happening this October, has for many years been leading in churches as well as large conferences, schools, and at collaborative community gatherings. Jane has led the peace dances at music festivals and elementary schools.

We hope you can participate in this inspiring event!

*For Free Conference Call:
dial in 605-477-2100
then the access code: 175365#*

Featured Video of the Month:

Drink with the Beloved



“Drink with the Beloved,”

a singalong led by Allaudin Ottinger, Boulder CO 2006

~*~*~*~*~

In classical Sufi poetry, drinking wine often symbolizes communing with the Beloved and being filled up with ecstasy -- a drunkenness of spirit that yet contains a

Seeds of Love: Birth of a Dance Circle

How do new circles get started? Two people share what inspired them to bring a new circle to life.

Brett Binder of Harrisburg Pa.

My wife, Erica, deserves all the credit for starting our "family style" Dances of Universal Peace gathering. Even though our previous circle was always delighted to have children present, we recognized two things. First, it was hard for us and possibly others to "go really deep" if one of our daughters needed to cry, go to the bathroom (especially during a partner dance) or began to sing during a silent moment. And secondly, we were dancing way past the girls' bedtime.

Thus, Erica received the blessing of our Sufi teacher, Yasmin, to start our own dance circle. She then sought a location, created a Facebook page, roused interest among our friends and volunteered to be the musician.

We lead the Dances together; she teaches the dance and I teach the words. We market our group mostly to parents of small children. Our goal was and is to create a space where the children can play and we get to dance and praise! We keep our dances simple and engage the children as much as possible; however we never intend to make the kids dance with us. They'll absorb the vibrations by just being there!

Kim Miller of Beulah Mi.
(previously of Fort Wayne, Indiana)

My first exposure to the dances was traumatic; I had no idea what was going on. My brother, who lives in Boulder, had taken

clear-eyed ecstasy at its core. This modern Sufi "drinking song" celebrates that ecstasy of union with the Divine.

~*~*~*~*~

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.

"Orchid, what do your petals represent?"

-- *Graceful movements of the dance.*

What does your dance express?

-- *The earth paying homage to heaven."*

~* Hazrat Inayat Khan *~





*Ecstasy in the center of
the circle*

me to a dance there. The Arabic, and other languages, the dance steps, so much new information was overwhelming that first time.

However, after a few years and several more dance experiences, I began to arrange my visits to go to as many dance meetings as I could!

A big turning point was the 20th anniversary of Timothy Dobson's dance circles. It was a huge party, 250 people, and a truly wonderful experience for me. This was in 2008, the same year that I retired and my primary objective became my spiritual path, living with that intention, that compelling adventure. My love for the dances had grown very much and I began to think that we needed to bring some of Boulder to Fort Wayne.

A series of fortuitous events led me to Liz Monnier who was and is the artistic director of the well established Fort Wayne Dance Collective. I introduced her to the Dances and she agreed to use some recently awarded grant money for the Collective to help me create a three day retreat to be held there with Timothy as our guest teacher. I then began to reach out to the many talented dance leaders living in various cities around Fort Wayne to travel to F.W. and continue to use the delightful space of the Dance Collective to lead a monthly circle. We often had a different leader every month. In this way, and with two new local leaders, we kept the dance circle going for 6 years! Liz has continued to be a great support and advocate. It felt like Spirit was leading us and everything fell into the right place at the right time.

We have also kept our annual retreats going and have brought in some of the best known

**Upcoming Events in
Our Region**

Life as our Teacher
with Pir Shabda
Kahn
**June 6-7
Portland, OR**
Contact:
Ananada Mariam
Simmons
503-939-2711

The Path of the
Awakened Heart
with Murshida
Halima and Murshid
Abraham Sussman
**June 12-14
Marshall, NC**
Contact:
Tarana Wesley
828-683-5296

NoCO Dances of
Universal Peace and
Sufi Camp
with Grace Marie
and Bernie
Heideman
**June 11-14
Berthoud, CO**
Contact:
Jim Grant
970-226-8767

Wilderness Dance
Camp
with Amida Harvey
**June 21-27
Flathead Lake, MT**
Contact:
Misty Harding
406-209-3857

Summer Camp with

and have brought in some of the best known dance leaders and Sufi teachers in the U. S. This year will be Narayan Eric Waldman's second visit. The rewards for me have been many. It is a thrill to see people come together from all over the region for the retreats. It is wonderful to experience the joy, growth and discovery on this path. I feel blessed to help bring people together to create a more peaceful world and the powerful and healing vibrations generated by the Dances that will create powerful change. And I have grown, especially in transforming some mental habits of protesting and opposing the negatives I perceive in the world, into that positive mode of putting my creative energies into what I want to see in this world: Love, Harmony and Beauty.

[Take me to the Top](#)

~*Whirled Peace*~

*Together we arrive with weary feet
To the place where all faiths meet
Our hearts alone, our minds apart
We offer ourselves at the start
I take a few timid steps at first
As dance begins to quench my thirst
Like dervishes of yore I whirl and twirl
Spinning around I relax into the swirl
Songs and dances have their way
Many bright beings move and sway
My sense of aloneness falls away
An ancient stillness infuses our play
Time stands still as our dancing ends
Hearts beat together like dear old friends
Eyes and hands are filled with Grace
As we create Peace in this space.*

[the Beloved](#)
with Sky Majida and
Bernie Heideman
July 16-20
Mancos, CO
Contact:
[Sky Majida](#)
928-536-3307

[FALLING UP- Dances](#)
[of Universal Peace](#)
Retreat
with Narayan Eric
Waldman
July 17-19
Fort Wayne, IN
Contact:
[Jarin Hart](#)
or Liz Monnier
260-424-6574

[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](#)

~*~ [Christopher Ananda Grant](#) ~*~

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
Milwaukee, WI Dance circle
Sheboygan Falls, WI Dance circle
Phoenix, AZ Dance circle
Spring Canyonlands Dance camp

[Take me to the Top](#)

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...
Noori Dove (CA, USA)

Website Wisdom with Shivadam

The DUP North America website offers a wealth of invaluable resources for our Dance

with [Murshida Mariam Baker and Sheikh Jilani Julie Esterly](#)
Aug. 21-23
Santa Cruz, CA
Contact:
[Freesia Raine](#)
831-469-0679

[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

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

community, and not only for the United States and Canada, but for Dance organizers, leaders, and musicians around the globe.

A great place to begin your exploration is the page, “Some Tips on Using our Site,” which presents a brief overview of the the most valued resources our website provides:

<http://dancesofuniversalpeacena.org/tips.htm>

Dance leaders and musicians will find a treasure of helpful information in the section “For Leaders and Musicians,” which includes links to DUP International’s Overview of Dance Organizations in the Dances of Universal Peace International Network; the Guidance Council’s Guidelines for Leaders; and a list of Original Dances of Samuel Lewis. Along with those, you will find several brilliant articles about playing music for the Dances that present specific information about the various open tunings for guitar, a Drumming Introduction video from master drummer Matin Mize, and a series of videos from the 2009 Jamiat Ahm where Pir Shabda facilitates a broad and deep discussion beginning with the idea that musicians are an instrument of the Dance leader, working with musicians in the circle, Musicianship as a path, and more. Find links to our “Dance Organizer Toolkit,” Dance Write-ups, video and audio, and even more instructional resources from gifted musicians and mentors across our beloved community. See what you can discover by visiting this page:

<http://dancesofuniversalpeacena.org/dupna-leaders-and-musicians.htm>

Happy dancing and playing!
Shivadam

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

Live at Lava! Fall
Camp
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](#)



[Take me to the Top](#)

Haiku on Ecstasy

We did not receive any haiku this month. The next newsletter theme is Healing. Email your haiku to dupnamail@gmail.com



**May the Spirit of Love, Harmony, and Beauty
sing within your heart a summer's song of
peace, joy, and deep fulfillment.**

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



Share



Tweet



Forward

Copyright © 2015 Dances of Universal Peace North America, All rights reserved.

You are receiving this bimonthly email because you are a part of our DUPNA family in the U.S., Canada, and Mexico.

Our mailing address is:

Dances of Universal Peace North America
PO Box 6372
Longmont, CO 80501

[Add us to your address book](#)

[unsubscribe from this list](#) [update subscription preferences](#)

MailChimp



Dances of Universal Peace North America

