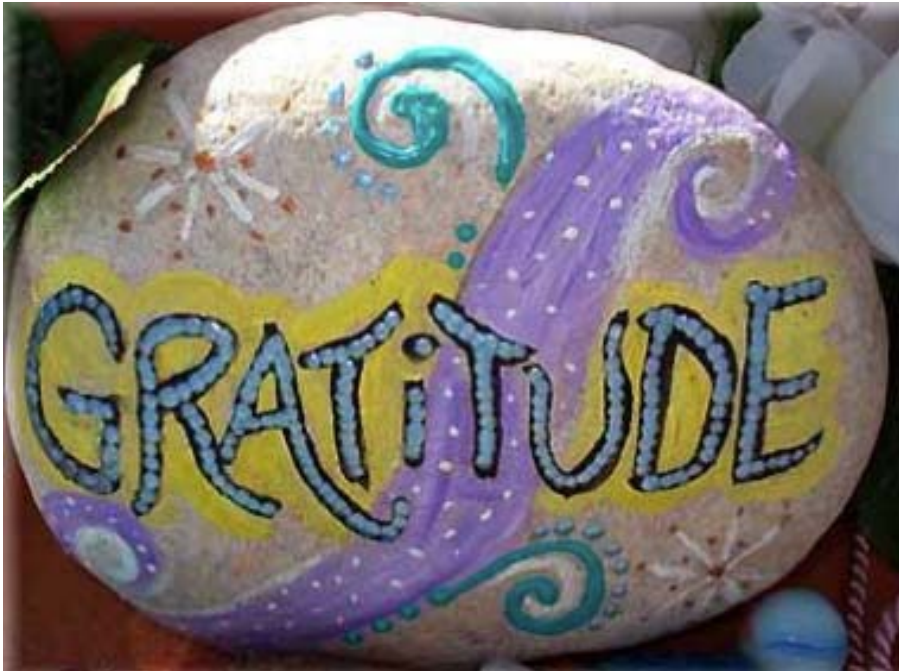




Dances of Universal Peace North America



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An article with photos about the Dances of Universal Peace was recently published in the Spokane, WA Fig Tree, an independent non-profit newspaper.

[Click Here](#) to read.

The harvest is in, the sun is dipping low, the earth moves toward the starkness of winter (in the northern hemisphere). Now, after the busyness of reaping and settling in, we can pause and take a breath, stop and look around and recognize all the blessings in our lives, all the things we sometimes take for granted.

There's a game, the Alphabet Gratitude game, that goes on for 26 days, going from A to Z. Each day you make a list of things that begin with today's letter that you are grateful for. It can bring joy and playfulness into your gratitude practice.

How many blessings can you list? The list is infinite, isn't it, like the stars in the sky...

We are grateful to Murshid SAM and Hazrat Inayat Khan, to Moineddin and Pir Shabda, to DUP International and DUP North America, to the Guidance Council and the mentors, to local circles, leaders, dancers and musicians, to the sacred phrases that we sing. How do the Dances contribute to your gratitudes?



Embodying Gratitude at Dancing Peacock Paradise

DanceSpotting: A New Modality for Maximizing the Healing Power of the Dances
Guest Article by Julisa Adams, MA from Boulder, CO

Brainspotting is a derivative of the powerful therapy called EMDR (Eye Movement Desensitization and Reprocessing) which clears the nervous system of held traumatic beliefs and memories. However, Brainspotting, more multifaceted, nuanced and organic than EMDR, is based on the startling realization that we can access states of consciousness through the orientation of our eyes. By keeping the eyes fixed in a personally specific position while staying aware and present in the body, a whole thread of processing can happen quite organically, even non-verbally. When combined with the power of the Dances, the potential is phenomenal. Julisa Adams, MA, Dance leader and therapist from Boulder CO, gives a report on this new therapy approach she is pioneering.

We all know how the Dances make us feel: connected, relaxed, open, peaceful, loving. This keeps us coming back, and they transform us over time. I started dancing in 1994 and couldn't help notice how powerfully healing they are.

**Featured Song
of the Month:**



**Allah Ya Shakur:
Zikr of Gratitude**

This month, the song of the month is also a video. The Zikr of Gratitude, Allah Ya Shakur, led by originator Sky Majida Roshay at Free Spirit (AZ) Dance camp, September 2013. The best attunement comes from the quote from *Physicians of the Heart*, elsewhere in this newsletter.

**Featured Video
of the Month:**



**Spirit of Peace;
Mir Miru, Mir**

A short, sweet
introductory video

In the mid nineties, I started leading workshops and retreats incorporating the Dances, always feeling intuitively that there was some as-yet-unknown additional piece that could maximize the depth and the healing power. Earlier this year, while at a Buddhist meditation retreat, I added a type of therapy I use daily with my clients to my meditation practice, with powerful results. But it was also clear to me that the long hours of silent sitting, unnaturally slow walking meditation and the harsh, one-sided lectures from the teacher were not giving my system what it needed in order to clear the issues that were arising from my unconscious. I needed the movement, the warmth, love and joy of the Dances.

So I went to the Canyonlands Camp to dance with Sky, Bernie, Narayan and everyone. During the camp, I continued my healing work: using the position of my eyes to access a deeply wounded part of my psyche and allow it to clear through the power of embodied mindfulness. The results were astonishing! Not only did a whole thread of deep trauma associated with many years of abuse and neglect clear, but this eye position - which had been my route to access that network of pain in my nervous system - now became a reliable access point to the Ground of Being. What had been the darkest veil of separation from unconditional loving presence had become a permanent opening into the light. This is not something that had ever been reported in the Brainspotting world, nor in my own previous personal experience or in my work with clients. I knew I must do whatever I could to share this with others.

[Click Here to Read the Complete Article](#)

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""Keep a heart of gratitude for all that life brings you. Everything is in service to your awakening from this long sleep of delusion into your real Self so full of life and love. Say thank you to life. Say thank you to God. Say thank you to your most inmost being. Even if you cannot see at the moment what to say thank you for, keep on saying thank you. It will change the vibration inside and make you light and open and full of love, forgiveness and joy. In the end of all things: Don't worry. All is in God's hands. Everything is good. Everything is good." ~ Mooji

about the Dances of Universal Peace, focusing around the Dance Mir, Miru, Mir, with an explanation of Universal Sufism.

~*~

There are some great 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 Gratitude

Zimbabwe Zikr

Any Dance using the phrase "Ya Shakur"

For the Beauty of the Earth

Blessed Always

I am Blessed by Your Presence O Lord

I am Alive

Heenay Mah Tov

Ancestors Sky People

From You I Receive

Seven Times Still More

~*~ Mooji ~*~

Blessed

Amen Alleluia

Gracias a la Vida

If the People Lived their Lives



Gratitude Bow, Free Spirit Dance Camp in Arizona

Survey for Young Adult Dancers and Dance Leaders Ages 18-40 years old

Last month, we received over twenty responses to our survey to gather feedback about the idea of holding a Young Adult Dance gathering in 2015 for young adult dancers and Dance leaders ages 18-40 years old. People responded from all throughout our region; from the east coast of the US and the west; from Canada and from Mexico. Alhamdulillah!

Thank you to those of you who have already responded. This is truly helpful to our understanding what you would like to experience at such an event.

And....*if you are between 18-40 years old*, and you would still like the opportunity to let us know what you would like from a young adult focused gathering in 2015, please [click here to complete this survey.](#)

If you are *older than 40 years old* and wish to give your feedback, please [click here](#) to email DUPNA intern Jen Friedman.

Help us grow our network!

Like us on **Facebook** 

Follow us on **twitter**

~*~

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

DanceSpotting:
Transforming Limitations into Aliveness
Nov. 30th
Boulder, CO
with Julisa Adams, Barry Friedman, and Jen Friedman
Contact:
Julisa
303-818-6432

~*~

New Year's Dance Camp
Jan. 10-12 2014
Tecopa Hot Springs, CA
with Sky Majida and

Please also forward this information to any young Dance leader and/or younger dancer who is between the ages of 18-40 years old. Please copy and paste this link to the survey: <http://www.surveymonkey.com/s/XH6XCS9>

Thank you and Ya Fattah!

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"Ash-Shakur is the One who sends gratitude into the depths of the lover's heart... turn your attention with thankfulness toward inner perfection... When you feel gratitude in your heart, your gaze can then be directed outward to the signs of Allah in the world. Ultimately, the heart overflows like a fountain with gratitude onto the tongue, the limbs and all the actions of a thankful servant."

~*~ **from Physicians of the Heart** ~*~

Ya Fattah to Our Newly Certified 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:

Leelah Adena Shoshan (NY)

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

~*~

Thich Nhat Hanh

Peace Is Every Step: The Path of Mindfulness in Everyday Life

Gratitude for Donations

Wonder Bob
Contact:
Sky Majida Roshay/
Wonder Bob
928-536-3307 /
719-937-3052

~*~

California Quarterly
Winter Dance Retreat
Jan. 17-20, 2014
Santa Barbara Mtns, CA
with Tui Wilschinsky,
Yarrow Nelson, Vanessa
Hafiza, Judy Piazza and
local leaders
Contact:
Vanessa Hafiza Ragan
(831) 428-5622

~*~

Merging with the
River of Spirit
Jan. 24-26, 2014
New Orleans, LA
with Amina Rae Horton
Contact:
Amina Rae Horton
504-866-1114

~*~

Heart of the Matter Sufi
Retreat
March 21-23, 2014
Asheville, NC
with Asha Greer and
Allaudin Ottinger
Contact:
Tarana Wesley
1-828-683-5296

[Click here](#) to view a complete and detailed listing of Dance Camps

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!

and Events submitted to our website from around our region

~*~

Linda Wesley and the Asheville NC Circle
Phoenix Dances of Universal Peace

Allah's Birthday

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*"If the only prayer you said was thank you,
that would be enough."*

~ Meister Eckhart

Haiku on Gratitude

No haikus arrived on gratitude, so instead we quote Robert Lewis Stevenson from *A Child's Garden of Verses*.

"The world is so full of a number of things, I'm sure we should all be as happy as kings."

Next month's newsletter theme is Stillness. Please send your haikus to dupnamail@gmail.com

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"Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful."

- Buddha

The dark veil of night
barely lifts
And the cacophony
begins.
Choirs of birds are
shouting
"Alhamdulillah" in
glorious song
As color comes back to
this world.
"What is happening?"
I ask
As I rub my sleepy eyes.
And just as I remember
that today is Allah's
birthday
A huge crow swoops by
my window loudly
cawing
"Get up. Get up.
You have rested in the
angels' sweet concert all
night.
Begin now to
dance in your body
Through the party of this
day. "

~ WadudA'llah Allisone
Weiss

As we prepare to go deeper inward with the coming darkness, may we gather in all that is needed for sustenance and strength, always in blessing and gratitude

for the Light of the One.

Sincerely,

The board and staff

Dances of Universal Peace North America

