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Altar at Wilderness Dance Camp 2013

In This Issue

Dance Teamwork in Michigan

Survey for Young Adult Dance Camp

Attunement to Al Jami, the Gatherer

Colorado Flood Donation Update

Newly Certified Leaders

Haiku on Harvesting and Gathering In

Featured Song of the Month: Ya Quddus, Ya Jamia

Featured Video of the Month: Kyrie Eleison

Summer has drawn to a close: the sun is sinking lower in the sky, nights are cooler (and longer), gardens are going dormant.

We move slowly towards winter, that time of darkness and introspection, but we're not there yet. Now, in this space between the extremes, we have an opportunity to harvest whatever bounty the summer gave to us, to gather in all the memories, lessons, photos, garden produce, beginnings and endings, and make them part of us.

In that harvesting, where do the Dances fit? How does this spiritual community feed you and what summer bounty from it are you bringing into the autumn? May your harvest be rich and full.



The Peaceful Sisters Team

A Michigan Dance Leading Team

The Dance leading team known as the Peaceful Sisters began in 2001 when Northern Michigan resident Betty invited her old friend Jane to co-lead the Dances with her at the annual Blissfest music festival. Jane, along with Susan, who had been leading Dances together for a year, joined up with Betty and had such a positive experience they are still leading Dances at Blissfest 12 years later. It was because of the festivals and sharing billing in the program schedule with many other performers/acts that they decided to give the group a name. In those early years they often brought the Dances to 4-5 music festivals each summer. Catherine began leading Dances with the

Dances on
Harvesting/Gathering
In

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**Featured Song
of the Month:**

**[Ya Quddus,
Ya Jami'](#)**

Commentary from the
originators:
Tara Andrea and Maboud:

Ya Quddus "affirms that we take leave of habitual patterns in order to experience the true essence of life and the ecstasy of our pure soul. We let go/transcend lower self to keep moving toward the one and the purification of our existence. We are purifying remnants of the nafs." (Physicians of the Heart)
This separating out process can be seen in the cycle of nature where plant life has a season of dying, letting go of its seeds, its fruits, its leaves. The energy returns to the earth, their source and roots only to arise in

"Sisters" in 2002 and the four women were very blessed to learn and grow with their mentor Majida (who bravely and kindly agreed to mentor them all at the same time) and her husband Saddiq. They became certified leaders in 2006. About that same time Jessica began helping the group in various ways and gradually began leading dances with them too!

The Peaceful Sisters have had several weekend Retreats at the delightful Song of the Morning Ranch. Other than at Retreats and festivals, the five are rarely all together. Three of the dance leaders live in southwest Michigan and the other two about 150 miles north. Each area has a monthly dance circle. The group members stay in contact via visits, phone conversations, emails and snail mail. This year they had their first personal retreat, which was paid for in part by money they earned together. Their goal is to continue these planning and sharing sessions, hopefully two each year.

When opportunities arise for Dance leading at various events they invite each other to participate. Two of them were coordinators for the Midwest Retreat in 2011. Several of them helped to establish a monthly dance circle in Indiana. There have been weddings, church events, peace gatherings, and many great dance circles/parties on New Year's Eve to celebrate the Global Peace Dance. They also travel together to DUP events and these experiences are definitely some of the Sisters most cherished memories.

Valuable lessons have been learned along the way. The Sisters encourage and support one another. There have been challenges, too. However because they value honest communication, compassionate listening and have the great strength of their mutual friendships, they have thrived in their many years of co-leading. Their unity is grounded in their love for the Dances of Universal Peace. Their gratitude is deeply felt for the blessings of the DUP's wonderful, creative, devotional expression of music, movement and love.

[Return to the Top](#)

"I feel like a gardener who planted a bunch of seeds and nothing

the Spring with renewed life force. Ya Jami'(ah) "affirms our intention to bring all parts of ourselves into a whole, to return to the real self and reconnecting to our wholeness and the divine. There is intention through Jami' to integrate aspects of our fragmented lives/nafs." (Physicians of the Heart) We harvest the fruits of our devotion and practices and realize a sense of joy from this.

[Click here to Download](#)

**Featured Video
of the Month:**



Kyrie Eleison

**led by Narayan Eric
Waldman at the spring
Canyonlands camp. Video
by Dennis Roshay.**

~*~

**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 new sletters.**

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 ~~

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

The Dances of Universal Peace have the power to transform lives and allow people to "discover" their "tribe." One comment we often hear when people talk about their first experience at a Dance camp is "I felt like I'd come home." Dances of Universal Peace North America would like to make this opportunity available to younger spiritual seekers within our community, so we would like your feedback about our co-sponsoring a Dance camp geared toward young adults and younger Dance leaders. This survey will help us know what you (the younger seekers amongst us) desire and hope for such a gathering.

If you are between 18-40 years old, please [click here](#) to complete this survey for a young adult gathering.

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



A Few Dances with an Attunement to Harvesting/ Gathering In

**Ya Quddus, Ya Jamia
No Part Left Out
Harvest Zikr**

*Help us grow our
network!*

[Like us on Facebook](#) 

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[Forward to a Friend](#)

~*~

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

~*~

**Live at Lava
Nov. 1-3**

**Lava Hot Springs, ID
with Narayan Eric
Waldman, Connie
Zareen Delaney, &**

Friedman.

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!

[Return to the Top](#)

"Ya Jami'- Al-Jami' is the gatherer. It means to come back together, to bring all the parts into a whole. Al-Jami' is to return home, to return to the real self. It is a constant process of becoming reconnected with wholeness. It is sometimes called the grand synthesis, the joining of all joinings. Al-Quddus is an opposite of al-Jam', especially when viewed in the context of divine ecstasy. Through al-Quddus, you are continuously purifying yourself of remnants of the nafs [nafas and ruh both have the meaning of "soul". Sometimes they are called lower self (ego) and higher self, or lower soul and higher soul, but both words mean soul]. The two pathways of realization complement each other. Al-Quddus offers purification of nafs, while al-Jami' offers integration of the various aspects of nafs... When all aspects of the nafs begin to gather together, through the action of al-Jami', a quality of ecstasy enters."

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

Update on Colorado Flood Donations

Last month, we told you about dancers in the Northern Colorado area who were affected by the recent flooding in the state. Thanks to those of you who contributed to our request for donations to help those in need. Jen Friedman, DUPNA intern, Dance leader, and mentor-in-training from Longmont, CO who served as the coordinator for distributing your gifts reports that she received approximately \$500 in donations from this request. The money is helping three flood affected

Nuriya Jennie Akers

Contact:

Connie Zareen Delaney
208-756-3076

~*~

NW Region Annual
Retreat:

Weaving the Tapestry of
Peace, Love, and Unity

Nov. 1-3

Vashon Island, WA
with Murad Phil Noterman,
Karima Kari Lyons, and
Matin Stephen Pierce

Contact:

Martha Bracken
206-367-0389

~*~

Illuminating the Path of
the Heart with Tui

Wilschinsky

Nov. 2-3

San Diego, CA

Contact:

Louise Jacobus
619-415-3568

~*~

DanceSpotting:

Transforming Limitations
into Aliveness

Nov. 30

Boulder, CO

with Julisa Adams 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

dancers restart their lives after losing their homes and almost all of their possessions.

Many thanks to everyone who contributed, and gratitude for the connections we create and sustain in our widespread community. It truly takes a village...

[Return to the Top](#)

[Click Here](#) to read a recent article published in The Daytona Beach, FL paper about the local Dances of Universal Peace

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!

Denise Green (TX, USA)
Rabia Pamela Hance (NJ, USA)
Leelah Adena Shoshan (NY, USA)

[Return to the Top](#)

~*~ *NA Journals Now at Our Website* ~*~

New! We now have a digital archive of past copies of the North American Journal. [Click here](#) to enjoy this treasure trove; perfect reading by the fire or curled up with a hot cup of your favorite tea!

Gratitude for Donations

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

Wonder Bob
Contact:
[Sky Majida Roshay/](#)
[Wonder Bob](#)
[928-536-3307 /](#)
[719-937-3052](#)

~*~

[Click here](#) to view a complete and detailed listing of Dance Camps and Events submitted to our website from around our region

~*~

"The Fruit of the Tree"
A poem by Kabir

No longer am I
The man I used to be;
For I have plucked
the fruit
Of this precious tree
of life.

As the river flows
down the hills
And becomes one
with the sea,
So has this weaver's
love flowed
To become one with
the Lord of Love.

Go deeper and
deeper in meditation
To reach the seabed
of consciousness.
Through the blessing
of my teacher
I have passed beyond

Sheboygan, WI circle
Morgan Rivers (Iowa)
Canyonlands Fall Camp (Utah)

[Return to the Top](#)

Haiku on Harvesting and Gathering In

Slant of golden light
leaves many, colored, now few
gather in the joy
~ Karen Mastracchio

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

[Return to the Top](#)

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

the land of death.

Says Kabir: Listen to
me, friends,
And cast away all
your doubts.
Make your faith
unshakable in the
Lord,
And pass beyond the
land of death.

~*~



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