



Dances of Universal Peace North America



The Fall Equinox has passed, and we are now reaping what we sowed in the springtime and celebrating our harvests. As the seasons change, we sun-dependent humans observe the lengthening and the shortening and then the lengthening again of the days. The light, to

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us, is both sustenance and inspiration.

This month's theme is Illumination. The contributions explore illumination as spiritual guidance and as the glow of love shared in community. Sadaya's essay, "Leading Dances with People Dealing with Major Mental Health Conditions," shows how much light, and how much lightness, the Dances can bring into places and situations that can sometimes seem "heavy." The Dances lift us up and open our eyes to the Light that is all around us. May all of your ways be illuminated!

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"It is the consciousness of the God who is never absent that gives that illumination, those riches, that strength, that calm and peace to the soul for which the soul has taken the journey through this world of limitations. Experiencing life through the form of man it accomplishes its purpose, and the wish with which it started from heaven is fulfilled on earth. It is through man that God completes His creation. "

~*~ Daily Meditation of September 15,
by Hazrat Inayat Khan ~*~

Holiday Card Help

Our annual holiday card is in process! This is our major fundraiser for DUPNA, and a personalized greeting to our members and friends. Many circles enjoy the tradition of gathering in November to address the holiday cards, which we all love to receive.

If you or your circle would like to participate, please [click here](#) to email Jen Friedman in the office and let her know how many cards you can address and provide postage for.

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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!

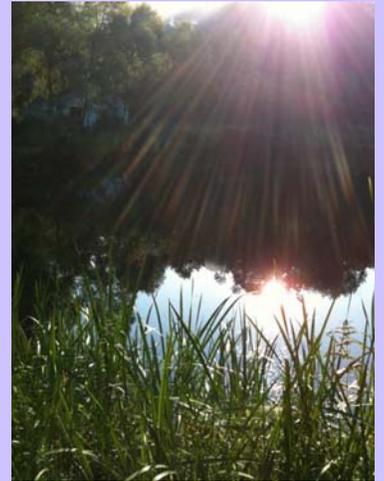
Summer Camp with the Beloved

Milwaukee, WI circle

Santa Cruz, CA circle

Unitarian Church of Evanston, IL

~*~ Amma ~*~



**Featured Song
of the Month:**

Nembutsu Dance

**originator
Murshid SAM,
led by Murshid
Wali Ali Meyer**

**This Dance is a
practice of deep
attunement to the
Amida Buddha: the
Buddha of infinite
light, wisdom, and
compassion. The
Amida Buddha is the
fourth of the
Dhyani Buddhas,
personifying light.**

*"Thirst drove me down
to the water where I
drank the moon's
reflection."*

of this type is actually quite rare. A coalition, referred to as the "Transformation Group", works on how to help the mental health system emphasize wellness and recovery instead of the illness and symptom amelioration focus of the medical model. This idea of promoting the health of the whole person takes into account the resiliency, spirituality, strengths, and inner wisdom of a person on a new level that to me is very compatible with the work of the Dances of Universal Peace.

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To be prepared, I also talked in advance with my co-workers who are part of the "Recovery and Wellness" team. One of them expressed concern that I should not even mention the word "Dance" for fear of scaring people away. There was already the challenge of needing to be very careful not to do anything that could remotely be interpreted as being religious or even spiritual in an easily identifiable direction because of my working for a governmental agency. This was a big consideration in the selection of the two dances, combined with their pervasive and pure positivity.

Before starting the dances, we sang "Ripple" together to get folks singing and then set our intention - which I made sufficiently broad to encompass whatever inspires and delights the highest self---leaving plenty of room for belief and non-belief. I began teaching the words to "May All Beings" while everyone was still sitting. When I got everyone standing up, I did not act like there was any choice. I simultaneously announced what we were doing while moving and enlisting others to move all the tables and chairs back so there was nowhere much to sit anymore without climbing over something, except for those few who really needed to sit. I made sure both they and the group knew that the sitters were still part of things.

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

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Free Spirit Dance Camp, AZ

***Website Wisdom
by Shivadam Adam Burke,
DUPNA's website manager***

The DUPNA website offers great resources for Dance leaders and organizers. One of the most valuable tools is the Dance Circle listing and the One-time Event calendar, which is listed on-line and here in our monthly newsletter.

This month, Shivadam answers the question:
How can I list a Circle or Event on the NA Website?

Beloveds, there are two ways to list Dance Camps/Retreats on the DUPNA website and two ways to present your Dance Circle.

To List: DUP Camp or Retreat

1) Please fill out and submit the appropriate form from this page:

<http://www.dancesofuniversalpeacena.org/addevent.htm>

Note: This info must be submitted anew each time the Event happens, e.g., once per year.

2) As a new feature, we can now also create a permanent webpage on the NA website that profiles your recurring DUP Camp/Retreat. You can see the many listings already there:
<http://www.dancesofuniversalpeacena.org/dance-retreats-and-camps.htm>

~ Jalalaluddin
Muhammad Rumi

**Featured Video
of the Month:**



Murshid Samuel Lewis
Dargah Opening Blessing
Ceremony
August 17, 2014 at
Lama Foundation

~*~

**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.**

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*"Nature in its different
aspects is the
materialization of that
light which is called the
divine Spirit."*

~*~*Hazrat Inayat Khan*~*~

~*~ ~*~ ~*~

**A Few Dances with an
Attunement to
Illumination**

**I am Opening Up in
Sweet Surrender**

**Om Namō Amitabhaya
(Buddha of
Immeasurable Light)**

**Let My Heart Reflect
Thy Light**

**Those Who Love
(loving pour forth
radiance)...**

**Benediction Dance
(May the blessings of
God... illuminate your
heart...)**

**Thy Light is in All
Forms**

**Light Upon Light Upon
Light**

Gayatri Mantra

No Part Left Out

Light of Water

Nembutsu

~*~ ~*~ ~*~

Note: If you wish that your regularly recurring DUP Camp/Retreat is featured here, send information that is general to all the recurring retreats (rather than specific info for any particular year), along with at least 7 good pictures from past events to appear down the left side of the page. (Get more information by downloading the doc at the bottom of the Retreats and Camps page.)

To List: Your Dance Circle:

1) You may add your Dance Circle to our "Find the Dances" map and circle listings by submitting the form at this page:

<http://www.dancesofuniversalpeacena.org/addevent.htm>

*If you need only to update your Circle info, please fill out this form, instead:

<http://www.dancesofuniversalpeacena.org/updatecircleform.htm>

2) You may also list your Circle's website on our "More Dance Listings" page, here:

<http://www.dancesofuniversalpeacena.org/na-related-links.htm>

Use the "make contact" links at the bottom of that page to send a request to add, delete, or update your Circle's website.

And, while you are there, enjoy the treasury of North American Dance Circle listings you will find!

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"No mirror ever became iron again; No bread ever became wheat; No ripened grape ever became sour fruit. Mature yourself and be secure from a change for the worse. Become the light."

~*~ Jalaluddin Muhammad Rumi ~*~

Poems on Illumination

"This Circle"

In the Circle
My feet dance patterns of Energy
Evoking elemental Magic
Masculine Feminine
Animal Vegetable Mineral
Weaving a web of Harmony

In the Chaos
My throat sings all the names of God
And Goddess
Sweet healing honey for a troubled Heart
I look into the eyes of my Beloved
And my heart skips a Beat
Again and Again and Again
I lose Myself
Only to return once More
Reborn

~Jeremiah Schwartz

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

"Full Moonlight Riot"

Oh moon, you don't play fair.
Rising later and later each night like this,
and each night more unbelievably
full of light. Later and later I wait for you,
studying the undersides of leaves,
holding my breath, testing the strength of my will.
When in the dew and the depth of midnight
your other lovers float out from behind trees
and between shadows, I invite them to lounge at my side
in the wet grass and wait for you.
We wait for you together,
breathing mist, sipping the dark with our open eyes.

Then you are here, lifting your shining brow above the wooded
ridge, enormous and brilliant and buoyant, floating up without
effort,
and the forest and field fall silent
in a way that must be filled by our talk.
In your light we see that we are long-lost friends;
we remember our long journeys to get here
together and apart. For a moment we just look.
And then we are singing,
and holding each other in arms, imagining we've somehow
gone back to those nights before time
was invented, when joining like this in spirit,
in laughter, in dancing, was our way of honoring
that which lives in us
and that which gives the life.
The hours pass around us. Oh moon,
keep pouring your wine into this cup
in my hand, and I'll be drunk for certain!

~*~

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

~*~

**Our Legacy of Light
Hummingbird Dance
and Wazifa Retreat**
with Tara Andrea,
Maboud, and Friends

Oct. 10-12

Jemez Springs, NM

Contact:

Maboud

505-438-0820

~*~

**Dancing Hearts Retreat
Northern California
Dances of Universal
Peace**

Oct. 17-19

Geyserville, CA

Contact:

Violetta

415-821-0939

~*~

~Angela Gayan Galik

Next month's theme is Death and Transformation. Send your haiku to dupnamail@gmail.com

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May God's presence illuminate your heart. Now and Forevermore.

Sincerely,

The board and staff

Dances of Universal Peace North America

**One Heart, One Love,
One Reality with**

Tasnim Fernandez

Oct. 25-26

Avila Beach, CA

Contact:

Dorene

805-602-1827

~*~

**Confluence: River of
Darkness, River of Light**

**with Hayra Fatah, Pat
Adams, and Daniel
Kirchhof**

Oct. 31-Nov. 2

Vashon Island, WA

Contact:

Martha

206-367-0389

~*~

Live at Lava!

Nov. 14-16

Lava Hot Springs, ID

Contact:

Connie Zareen

208-756-3076

~*~

[Click here](#)

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

~*~



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Leading Dances with People Dealing with Major Mental Health Conditions by Sadaya Zimmerle

A few years ago, when my supervisor expressed mixed feelings about going to a Grateful Dead tribute show, I burst into one of their songs, "Ripple". She was delighted, and that was how she nominated me to help lead that song at a County Mental Health event called "The Harvest of Hope". I said that I'd be happy to sing, and that I'd love to lead a couple of Dances of Universal Peace. She had heard me speak of these Dances before and said that sounded great.

I am a psychiatric social worker at one of the five Alameda County service teams in California. We do case management and outpatient psychiatric care for adults living with chronic mental illness conditions. I love my work. I get to work with a broad range of people in whatever ways are most helpful to them. I get to know each of them over time and since any human being is a universe, there is always new learning happening for all involved. I often sing in between my clients to replenish and prepare for any challenges I may face.

"The Harvest of Hope" included clients, their families and friends, as well as those who work in mental health. A gathering of this type is actually quite rare. A coalition, referred to as the "Transformation Group", works on how to help the mental health system emphasize wellness and recovery instead of the illness and symptom amelioration focus of the medical model. This idea of promoting the health of the whole person takes into account the resiliency, spirituality, strengths, and inner wisdom of a person on a new level that to me is very compatible with the work of the Dances of Universal Peace.

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Before starting the dances, we sang "Ripple" together to get folks singing and then set our intention - which I made sufficiently broad to encompass whatever inspires and delights the highest self---leaving plenty of room for belief and non-belief. I began teaching the words to "May All Beings" while everyone was still sitting. When I got everyone standing up, I did not act like there was any choice. I simultaneously announced what we were doing while moving and enlisting others to move all the tables and chairs back so there was nowhere much to sit anymore without climbing over something, except for those few who really needed to sit. I made sure both they and the group knew that the sitters were still part of things.

Since this group was inexperienced with the Dances, I knew that I needed to break down and teach every part very carefully. When I divided the group into partners, one gentleman looked thoroughly disgusted and said "I'm not going to hold hands with a man." With encouragement and reassurance that this was just a brief moment, not being matched for an entire dance, he was able to overcome his aversion, for which I expressed appreciation later. During the attempt to have partners, it became rapidly evident that even careful teaching was not going to be enough if I wanted everyone to be able to participate successfully. Some of the clients have cognitive difficulties that made it just too much for them. When I told everyone I was going to make it easier, I heard big sighs of relief. Instead of partners, I made it so that people mingled randomly and sang to each other before rejoining up in the circle. I helped people wrap their minds around the message such as the "You are the light of the world" by saying that if there was anything they could not quite believe today, to ask themselves if they want it to be true and treat it as an affirmation – and so to invite it to be true.

Once things really got going, I could feel the energy pick up in the room and how much everyone was enjoying themselves. Many of these people are not accustomed to a lot of movement or, especially, using their minds in this way so they got tired quickly. Therefore, for the Dance, "Good Where We've Been", I kept it simple. We just sang while sidestepping in the circle and then turning and walking forward. It became very sweet and soulful, and I did some variations such as singing quietly and then singing out.

I told people that this was about affirming the goodness in our past that has helped us make it to where we are today and the hope we hold for the future. It was amazing to see this huge circle and the big smiles on everyone's faces---all sorts of smiles. Some were like "I can't believe we're doing this and aren't we silly" and others were having such fun, while others were just warmly happy and peaceful. The most difficult part was keeping that rhythm going across all that distance without a drum, so feet were off at times, plus there was an echo from folks singing at different times. I realized, however, that I was the one with the standards and ideas of a quality experience---they were just living something

totally new and there was a palpable upwelling of joy and exhilaration in the room as people sang and breathed those words together and as they saw themselves joined in a big circle holding hands.

Afterwards, we met in small groups and I was able to hear from folks about their experiences. One of the amazing and best things about it was how so many people, who are commonly so passive and withdrawn, really participated. People said things like: "It made me happy", that it woke them up and energized them, it helped them feel connected to the group, it was fun, it lifted their mood, helped them to focus, and gave them relief from auditory hallucinations. Even my co-workers commented that it was one of the most participatory groups we have had in many years. I think this endeavor changed everyone's perception of what the members of this group were capable of. The Dances of Universal Peace are just very good for mental health and easily accessible to a wide range of people.