Swavesey Village College October 16th 2018

WELLBEING DRUMMING & TRIBAL DANCE

Halloween / Samhain Event

Led by: Mike J. Meredith & Keith Wolfie Barrett

DRUM JAMMING

Led by Keith Barrett: www.facebook.com/fenlanddrums

FORMATION DRUMMING

"**We're from the Country...**"
This is a powerful "Mindfulness" practice, requiring a full focus on "Here and Now Aware Presence" - plus strengthening Mind / Body / Spirit [= rhythm] integration.

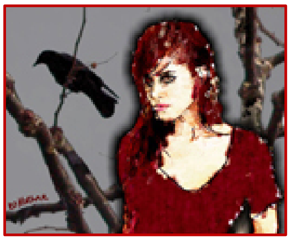
Syncopated Drumming to Raise Energy

Hoof and Horn <dum-dum> **Hoof and Horn** <dum-dum>
All that Dies shall be Re-born! <dum-dum>
Corn and Grain <dum-dum> **Corn and Grain** <dum-dum>
All that Falls shall Rise again! <SPACE>

Drum & Chant along with the video on this webpage: www.sunflower-health.com/courses/dance.htm

HALLOWEEN: CONFRONTING & CLEARING THE DARK SIDE OF HUMAN NATURE!

"Morrigan" Samhain Dance for moving through the shadow energies unleashed by Frustration & Rejection!



Chant 1: Morrigan Bayv Naymawn Ma-aka

*[= Morrighan, Badhbh (**fury**), Nemain (**venom**), Macha (**tragedy queen**)]*

Chant 2: AHHHH... AHHHH... Morrighan, 3-in-1, Raven Queen!

A 2-part 'mantric' chant in Gaelic, based on Celtic Folklore wisdom about the roots of potential human attachments to rage, poisonous remarks & 'drama queen/drama king' behaviour. This 'psychodrama' practice inspires us to acknowledge, but not get stuck in, the seductive 'negative personal power' of the natural "shadow" energies ['inner demons'] that can arise during painful experiences of Frustration, Disappointment or Rejection.

See "I Want My Way!!" : www.stress-counselling.co.uk/sunflower/STRESS/impatience.htm

Mike's video: "Heartbreak, Soul-Loss & Inner Demons!" at: https://youtu.be/v7Lxuv-V3dI

CEREMONY DRUMMING: Creating Sacred Space

Inca Shamanism ceremony for creating & closing Sacred Space - adapted from an original in "Shaman, Healer, Sage"

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Join [FREE!] Our "Meetup" Group: www.meetup.com/Holistic-Cambs

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SHAMANIC JOURNEYING – DRUMMING FOR A VISION

The overall beneficial effect of these 'drum & tribal dance' evenings is "Self-Integrative" [bringing mind, body, heart, soul & life-force into harmony] so we have included these shamanic drumming sessions to provide a chance for dialogue between the conscious and unconscious levels of our mind - which sometimes are pulling us in different direction - a common cause of inner [dis-]stress!

Our unconscious mind tends to speak in image [dream] form, but can have important feedback and support for us about the current dynamics of our life and any associated 'healing the past' opportunities.

More about Shamanic Journeying

Celtic Blessing Finale Drummed Circle Dance

Deep Peace of the Running Wave to You!
Deep Peace of the Silent Stars
Deep Peace of the Flowing Air to You!
Deep Peace of the Quiet Earth
May Peace, <dum, dum, dum> **May Peace**…
May Peace fill Your Soul! <dum, dum, dum>
Let Peace, <dum, dum, dum> **Let Peace…**
Let Peace make you Whole!

"Deep Peace" comes from the album "Songs for the Inner Child"
[we sing a slightly different melody more suitable for drumming]

DRUM & TRIBAL DANCE MUSIC VIDEOS

Shamanic Drumming Videos: www.lovehealth.org/resources/drumming2.htm

Peruvian Shamanism Music Videos: www.lovehealth.co.uk/sale/dog.htm

More great drum music videos! : www.lovehealth.org/resources/inka.htm

FUTURE DRUMMING & INSPIRATIONAL CIRCLE DANCE EVENTS

CAMBRIDGESHIRE WELLBEING EVENTS

www.meetup.com/Holistic-Cambs or www.sunflower-health.com/workshops.htm

INSPIRATIONAL & MEDITATIVE SACRED CIRCLE DANCE EVENTS

www.lovehealth.org/dances/index.htm

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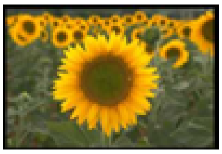
Sunflower  Health

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