

Bar Hill Dances of Universal Peace Group  
**Samhain, Halloween + The Feast of St. Francis**



Videos of these Dances: [www.lovehealth.org/dances/samhain.htm](http://www.lovehealth.org/dances/samhain.htm)

**WEAVE a MAGIC SPELL for YOUR YEAR AHEAD!**

**All Hallows' Eve - When the Veil is Thin - Between the Worlds x2**

**Cauldron of Cerridwen - Womb of the Hag x2**

Singalong with the video: [www.lovehealth.org/dances/samhain.htm](http://www.lovehealth.org/dances/samhain.htm)

**Connect to Your Ancestors + the Cycles of Nature**

**"The Blood of the Ancients"**

[VERSE]

**The New Moon of Diana, The Dark Moon Hekate, The Full Moon of Selene  
All Light our Changing Way!**

**At Beltane and at Lammass, Samhain & Candlemas  
The Sabbats and the Solstices and Equinoxes Past**

[CHORUS SUNG TWICE]

**It's the Blood of the Ancients that Runs through our Veins  
and the Forms Pass....but the Circle of Life remains!**

In Roman mythology, Diana was the Goddess of the hunt, the moon & birthing  
Hekate was an ancient Greek Goddess associated with crossroads, entrance-ways, fire, light, the moon & magic.  
In Greek mythology, Selene was a lunar deity known for presiding over the night, ocean tides, magic & childbirth.

Singalong with the online video of this sacred circle dance at: [www.lovehealth.org/dances/samhain.htm](http://www.lovehealth.org/dances/samhain.htm)

**Dance with Your Ancestors as the Veil Between the Worlds is Lifted!**

**Ancestors Old, Ancestors New**

**Join us in Our Dance upon this Day!**

**Beyond >> 'The Old', Before >> 'The New'**

**In-Between the Worlds We find Our Way!**

**SAMHAIN (x4)**

**Counter-melody**

**Is Bana Hahoo Oh-Kyliak (x3)**

**Abana Hahoo**

*Meaning: Blessed be the Cailleach [Crone Goddess of Weather & Ancestors]*

Singalong with the video: [www.lovehealth.org/dances/samhain.htm](http://www.lovehealth.org/dances/samhain.htm)

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Visit our Bar Hill DUP Website: [www.lovehealth.org/dances/index.htm](http://www.lovehealth.org/dances/index.htm)

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## CONFRONTING & CLEARING THE DARK SIDE OF HUMAN NATURE!

**"Morrigan" Samhain Dance for moving through the dark 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!**

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

Mike's video: "Heartbreak, Soul-Loss & Inner Demons!" at: <https://youtu.be/v7Lxuv-V3dl>

## Let Go Summer Attachments like The Trees Shed their Leaves!

### "Return"

A Samhain 'Giveaway' Ritual: Song, Dance & Ceremony for De-cluttering & Releasing

*See handout*

## Energising our Spirit-World or Higher-Self Support with a Cone of Power

We cannot keep taking positive energy from the Spirit World [our Higher Self] without recycling positive energy back. The energy-releasing sacred dance based on this traditional Druid chant reminds us of the recycling principle

**Hoof and Horn, Hoof and Horn**

**All that Dies shall be Reborn!**

**Corn and Grain, Corn and Grain**

**All that Falls shall Rise again!**

Like any relationship, our spiritual guidance/support connection has to be nourished by a reciprocal flow of positive energy.

We can give back energy via divine service, appreciative prayer and energy-releasing sacred practices.

Singalong with the video on this webpage: [www.sunflower-health.com/courses/dance.htm](http://www.sunflower-health.com/courses/dance.htm)

## The Prayer of St. Francis - Feast Day of St. Francis was October 4th

**Lord, make ME an instrument of Thy Peace**

**Lord, make US an instrument of Thy Peace**

**For it's in Giving, that we Receive**

**And it's in Pardoning, that We are Pardoned**

**And it's in Dy-ing, We are Born to Eter-nal Life [x 2]**

Singalong with the online music video: [www.brothermichael.org.uk/resources/stillness.htm](http://www.brothermichael.org.uk/resources/stillness.htm)

## CELEBRATION of COMMUNITY

**May the Circle be Open, but Unbroken!**

**May the Love of The Goddess be Ever in Your Heart!**

**Merry Meet and Merry Part....and Merry Meet Again!**

SINGALONG WITH THE ONLINE VIDEO: [www.lovehealth.org/dances/beltane.htm](http://www.lovehealth.org/dances/beltane.htm)

## Finale: Celtic Blessing Dance

**Deep Peace of the Running Wave to You!**

**Deep Peace of the Silent Sta-ars**

**Deep Peace of the Flowing Air too-oo You!**

**Deep Peace of the Quiet E-E-Earth**

**May Peace, May Pea-e-eace, May Pe-eace fill Your Soul!**

**Let Peace, Let Pea-e-eace, Let Pe-eace make you Whole!**

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**Our Next Gathering: Saturday November 10th 2018 2-5pm**

To Join the Bar Hill DUP Mailing List contact us via [www.lovehealth.org/dances/index.htm](http://www.lovehealth.org/dances/index.htm)

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