

WELLBEING DRUMMING & TRIBAL DANCE



Autumn Equinox

The Ancient Natural Medicine of Drumming, Whole-body Movement & Co-Creative Community!

RHYTHM	MELODY	HARMONY
EARTH SPIRIT NATURE Life-force, Vibrant Energy	SKY SPIRIT NATURE Beauty, Divine Inspiration	HEART-CENTRED COMMUNITY Belonging, Diversity, Co-creativity

"All My Relations" Prayer Dance

May I Walk in Beauty, May I Walk in Peace [x 2]
All, All My Relations, All, All My Relations [x 2] = CHORUS
All Life is Sacred, the Mountains and the Seas
All Life is Sacred, the Animals and the Trees
Heya, Heya Heya, Heya, Heya Hey [x 2]

In this tribal circle dance, we are honouring, and aligning ourselves with, two famous Native American mantras which are an attunement to the vision of what it means to be "healed" [whole] plus "grounded" in the 'web of life'.

"In Beauty May I Walk!" is a Navajo (Dineh) prayer.

"All My Relations!" meaning "We are all connected" is a translation of the Lakota Prayer "Mitakoye Oyasin" often used in the sense of "I dedicate this to all my connections on the great hoop [web] of life!"

Mitakoye = All beings in all levels of creation Oyasin = Call us & draw us closer to the deepest love of our soul.

More about the Principle of Universal Oneness - All Things are Connected at:

www.stress-counselling.co.uk/sunflower/VISIONS/connection.htm

BLESSING DANCE: DRUMMING & DANCING LIFE'S JOURNEY

"We are the Rising Sun"

Inspiring & energising 'new millennium' circle dance by 'Raven', based on "We are the ones we've been waiting for!"
A famous quote from the Elders Oraibi, Arizona Hopi Nation

We are the Rising Sun! We are The Change!
We are the Ones we've been waiting for!
And We are...Dawning!

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