

WELLBEING DRUMMING & TRIBAL DANCE



CLIMATE-CHANGE DRUM CHANTS

Spirits of fire come to us - We will kindle the fire! (x2)
We wi-ll kindle the fire - Dance the magic circle round
We wi-ll kindle the fire - We will kindle the fire!

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"The River is Flowing!"

First verse keeps repeating [3 x total]

The river is flow-o-ing - Flowing and growing
The river is flow-o-ing - Back to the sea!
Mother Earth carry me! - A child I will always be!
Mother Earth carry me !- Back to the sea!

When horn instrumental cuts in, we sing verse 2...

The Mist it is fo-o-rming, rising and fly-y-ing
The Mist it is rising - Up to the sky!
Mother Earth carry me - A child I will always be!
Mother Earth carry me - Up to the sky!

Instrumental then back to verse 1 repeating until fades away

Singalong with the video: www.sunflower-health.com/resources/shamanic.htm

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"Mother I Feel You...!"

[call & response]

CHORUS

Heya heya heya, Ya-heya heya heya ho!
Heya heya heya, Heya he-ya ya-ho!

VERSES

Mother, I feel you under my feet!
Mother, I hear your heart beat!
Mother, I hear you in the river's song.
Eternal waters flowing on and o-o-n
Mother I see you when the eagles fly
Light of the spirit's goin'a take us higher

INSTRUMENTAL

Mother, I feel you under my feet!
Mother, I hear your heart beat"

[TO FADE]

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Zumba Workout Drumming – "We Will Rock You!"

FORMATION DRUMMING

"We're from the Country!..."

A powerful Line-Dance-Formation "[Mindfulness](#)" practice, requiring a full focus on "Here and Now Aware Presence"

Also strengthening Mind / Body / Spirit [= rhythm] integration.

Drumming as a Sacred Practice – To Create Sacred Space

We will draw on the spiritual qualities of the 7 directions (= 4 cardinal compass directions plus up, down and within) with the "**Song of the Sacred Directions**" [www.sunflower-health.com/courses/journeying.htm]

IN CALL + RESPONSE FORMAT

Spirit of the East [x 2] - Help the New Dawn in us rising!
Spirit of the South [x 2] - Bring us healing and laughter!
Spirit of the West [x 2] - Bring us cleansing and insight!
Spirit of the North [x 2] - Bring us wisdom and purity!
Grandmother Earth [x 2] - You give us food and shelter!
Grandfather Sky [x 2] - - You breathe the breath of life into me!
Spirit of Within [x 2] - You are my appreciation!
Wakan Tanka, Great Spirit, O Great Mystery
Take the veil of ignorance away from me!
Wakan Tanka, Great Spirit, O Great Mystery
Take the veil away so I may see! [x 2]

[From "[Sacred Drumming](#)" Manual+CD]

In the spirituality of some Native American tribes, e.g. Lakota Sioux, Wakan Tanka ("Great Spirit", "Great Mystery") is the supreme being and creator of the world. According to Lakota legend, before creation Wakan Tanka existed in a great emptiness called Han (darkness). Feeling lonely, he decided to create companions - this world of stones, plants, animals and humans!

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](#)

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Celtic Blessing - 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]

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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

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

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Visit our DUP Healer Development Website: www.lovehealth.org/dances/index.htm

Visit our Drumming Webpage: www.fullyalive.me.uk/drum.htm

'Cambridgeshire Healing & Holistic Lifestyle' Meetup Group: www.facebook.com/CHEALGROUP

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COMING HOLISTIC, HEALING & INSPIRATIONAL EVENTS

**** Mindfulness Certificate Course** Begins Wed. Oct. 30th 7-9pm at Northstowe College CB24 1DJ

**** Alternatives to Medication for Anxiety & Depression:** 5 Mondays 7-9 pm Nov4-Dec2, Swavesey.

**** "Grief & Trauma : Holistic Release" Certificate Course:** 2 Saturdays Course Nov 2nd + 16th, SVC

Check Out the details of the above courses/events here: www.sunflower-health.com/workshops.htm

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DRUMMING EVENTS in Cambridgeshire: www.fullyalive.me.uk/drum.htm

WELLBEING EVENTS in Cambridgeshire: www.meetup.com/Holistic-Cambds or www.sunflower-health.com/workshops.htm

INSPIRATIONAL SPIRITUAL CIRCLE DANCE EVENTS & VIDEOS: www.lovehealth.org/dances/index.htm

----- Contact the Presenters of this series of Drumming + Tribal Dance workshops -----

Mike: www.sunflower-health.com/healing.htm Keith: www.keith.sunflower-health.com

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