

WELLBEING DRUMMING & TRIBAL DANCE

ETHER ELEMENT: SAMHAIN, HALLOWEEN

Lightness, Space, Emptiness, Expansiveness, Omnipresence, Creativity, Communication



Videos of Samhain Dances: www.lovehealth.org/dances/samhain.htm

GROUNDING & SPIRITUAL REVIVAL via THE GHOST DANCE TRADITION

We Circle Around [x 2]

The Boundaries of the Earth [x 2]

[REPEAT the ABOVE]

Hy-ya Hy-ya Hy-ya Hy-ya [x 2]

Wearing the Long Wing Feathers as I Fly [x 4]

Listen online: www.sunflower-health.com/resources/recordings.htm

History of this Tribal Dance: www.sunflower-health.com/resources/ghost-dance.htm

Singalong with the online video: www.sunflower-health.com/courses/dance.htm#ancestors

CLIMATE-CHANGE DRUM CHANTS

New Age adaptation of an original Hopi Tribe Chant

You can watch a demonstration video online here: www.lovehealth.org/resources/drumming.htm

The E-earth is Our Mo-o-ther, We Will Take Care of Her! [3x]

Chorus: **Hey Yanna Ho Yanna Hey Yan Yan** [4x]

More Verses- Each Repeated 3 Times

Her Sacred Ground We Walk Upon, With Every Step We Take!

The Sky-y is our Fa-a-ther, We must take care of Him!

The Rivers are our Si-isters, We must take care of Them!

The Trees are our Bro-others, We must take care of Them

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Fly like an Eagle - Fly so-o High!

Circling the Universe - On Wings of Pu-ure Light

Hey Witchi tie tie - Witchi tie oh

Hey Witchi tie tie - Witchi tie oh

Fly like a Butterfly - Flowing so Low!

Circling the Universe - On wings of Rainbow!

We all Fly like Eagles - Flying so High!

Circling the Universe - On Wings of Pure Light!

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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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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

Let Go Summer Attachments like The Trees Shed their Leaves!

"Return" – A Shamanic Journey for De-cluttering & Releasing

*As the trees give their leaves to the chilly autumn breeze
I too shall give away the things that I no longer need!*

*As the trees give their leaves to the chilly autumn breeze
I too shall give away the things that can no longer feed me!*

*Return! Return!...
in the Samhain fire burn...
Return with the winds a-blowing!*

*So Return! Return!...
to the welcome earth return...
Return with the waters flowing!*

- The Spiritual Quality of Appreciation-

Ancestors, Sky People, All Here Today
Hear My Heart's Song!
Hear My Respect, Hear My Love
Hear My Grateful Tears Fall
I Am Truly Blessed, You Are Truly Blessed
We Are Truly Ble-e-e-e-ssed!

Singalong with the video: www.sunflower-health.com/courses/dance.htm

COMING HOLISTIC, HEALING & INSPIRATIONAL EVENTS

- **Master Your Cravings!** Tuesday afternoons from. Oct. 29th at the new Northstowe College.
- **Mindfulness Certificate Course** Begins Wed. Oct. 30th 7-9pm at the new Northstowe College.
- **Alternatives to Medication for Anxiety & Depression:** 5 Mondays 7-9 pm Nov4-Dec2 at Swavesey.

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

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LOCAL DRUMMING EVENTS: www.fullyalive.me.uk/drum.htm

LOCAL WELLBEING EVENTS : www.meetup.com/Holistic-Cambis or www.sunflower-health.com/workshops.htm

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

----- Contact the Presenters -----

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

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