Swavesey Village College Sept 17th 2019

WELLBEING DRUMMING & TRIBAL DANCE

SPLIT GROUPS for DRUM USAGE, RHYTHMS, SELF-INTROS, DRUM-JAMMING

'Beginners' & 'Experienced' Groups

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

Soul Conscious Living - The "Beauty Way" Dance

The Navajo foundation of belief is 'Hozho!', "To Walk In Beauty"

I walk with Beauty before me
I walk with Beauty behind me
I walk with Beauty above me
I walk with Beauty below me

I walk with Beauty all around me
As I walk the Beauty Way
[REPEAT THIS CHORUS]

My Thoughts will all be Beautiful, Ho!
My Words will all be Beautiful, Ho!
My Actions will all be Beautiful, Ho!
As I walk my Life the Beauty Way
[REPEAT CHORUS TWICE]

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The PERCEPTION of Beauty is nutrition for the Soul
The CREATION of Beauty is exercise for the Soul
The LIVING of Beauty is fulfilment for the Soul
The SOURCE of Beauty is the Beloved of the Soul
[Firebird]

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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 Earth is Our Mother, We Will Take Care of Her! [3x]

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

More Verses – Each Sung 3 Times

Her Sacred Ground We Walk Upon, With Every Step We Take!
The Sky is our Father, We must take care of Him!
The Rivers are our Sisters, We must take care of Them!
The Trees are our Brothers, We must take care of Them

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Fly like an Eagle - Fly so High!
Circling the Universe - On Wings of Pure 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!

SHAMANIC DRUMMING: - REST & RESTORE or VISIONARY JOURNEY

Introduction to Shamanic Journeying: www.sunflower-health.com/shamanism/index.htm
Journeying Videos: www.lovehealth.org/resources/shamanism.htm

BLESSING DANCE: DRUMMING & DANCING LIFE'S JOURNEY

May the Great Spirit Grant You Peace of Mind
May the Peace be There in Everything You Find!
May the Peace be There in All You Leave Behind!

Online video of The Shaman's Prayer to The Great Spirit: www.sunflower-health.com/courses/swavesey.htm

FUTURE DRUMMING & INSPIRATIONAL CIRCLE DANCE EVENTS

LOCAL DRUMMING EVENTS: www.fullyalive.me.uk/drum.htm
LOCAL WELLBEING EVENTS : www.meetup.com/Holistic-Cambs or www.sunflower-health.com/workshops.htm
LOCAL INSPIRATIONAL SPIRITUAL CIRCLE DANCE EVENTS: www.lovehealth.org/dances/index.htm

Native American [N & S Americas] Videos Online
www.lovehealth.org/resources/drumming.htm
www.lovehealth.co.uk/resources/inca.htm

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

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

Make Your Own Drum?– see Keith's "Fenland Drums" workshops: www.facebook.com/fenlanddrums

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