WELLBEING DRUMMING & TRIBAL DANCE

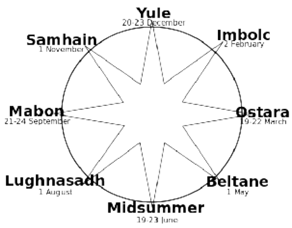
The Wellbeing Crisis! – UK Statistics!

- One in three lifetime risk of cancer and rising rapidly to 1 in 2
- One in two are developing arterial heart disease
- One in three adults are alcohol or drug dependent
- One in four people clinically depressed
- One in three adults are living alone prone to isolation
- One in two adults are feeling stressed by work and life in general
- One in four adults smoking (down from 1 in 3 in the last decade)
- One in two marriages ending in divorce
- One in two people overweight and one in four obese and rising rapidly causing multiple health problems known as co-morbidities – e.g. diabetes, arthritis, depression

The Ancient Natural Medicine of Drumming, Dancing, Beingness & Co-Creative Community!

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

Holistic Seasonal Attunement – Connecting to Ancestral Traditions!



"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 Lammas, Samhain and 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 and 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/mabon.htm

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- INTERNALISING SOLAR RADIANCE - JOY & POSITIVITY to KEEP CHAOS AT BAY! -

THE ZOROASTRIAN SUN DANCE

Zoroastrianism was one of the great pre-Christian religions in the Middle-East, based on teachings of the prophet Zoroaster. Their Creator [God/Great Spirit] was called Ahura Mazda and devotees are called to take an active part in life through good thoughts, good words and good deeds, which will **ensure happiness and order and keep chaos at bay!** The melody, words and movements of this dance were developed by Middle-Eastern scholar, Dr. Neil Douglas-Klotz, from the Zoroastrianism sacred text "Hymn to the Sun". In the 1st millennium BC the sun was seen as galloping across the sky – 'swift-horse' symbolising great natural power!

Shining, Undying, Swift-Horse Sun [x3]

Ahura Mazda [x3]

Shine! Shine! Shine! [x3]

Online at: www.youtube.com/watch?v=RTReJCE1bNE

Balancing Structure & Flow for Autumnal Effectiveness

The Druid Term for Autumn Equinox is 'Alban Elfed' meaning 'Light of Water'

A-I-O, A-I-O

[repeat]

Let flow, Light of Water, Let Flow! Let flow, Light of Water, Let Flow!

[repeat]

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 EACH OTHER for the JOURNEY of the WEEK AHEAD! -

May the Road Rise with You!
May the Wind be always at Your Back
May the Sun shine warm upon Your Face
May the Rain fall soft upon Your Fields
And Until we Meet Again....
May God hold You!....
In the Hollow of [HIS/HER] Hand!

Sing/Dance along with the online video: www.sunflower-health.com/courses/swavesey3.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

---------------------------------- 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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