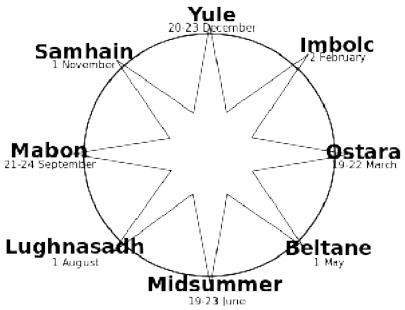
SWAVESEY VILLAGE COLLEGE JUNE 17TH 2017

DRUM & TRIBAL DANCE
SOLSTICE WELLBEING

The ♪MUSIC♪ of GOOD DRUMMING, GOOD DANCING & GOOD LIVING!		
RHYTHM	MELODY	HARMONY
EARTH SPIRIT NATURE	SOUL (SKY SPIRIT) NATURE	HEART-CENTRED COMMUNITY
Life-force, Power	Beauty, Divinity	Belonging, Co-creativity

SPLIT GROUPS for RHYTHMS, SELF-INTROS, POW-WOW DRUMS, DRUM-JAMMING

Connecting to Our Ancestors – Carrying forward an Ancient Tradition



----------*"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

THE ARAPAHO GHOST DANCE

We Circle Around [x 2]
The Boundaries of the Earth [x 2]
[REPEAT]
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

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POW-WOW 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 Repeated 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!

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"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

SELF-EXPRESSIVE DRUMMING + DRUM CONVERSATIONS

REST & RESTORE to NATIVE FLUTE MUSIC

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Polynesian Earth Blessing - Mantric Dance

E Malama	Let us take care [2-way caring]
Ikar Hay-ow	Of the earth – Blessing the earth
E Malama Pono	Take care in a right way - Seeing the big picture
Eh!	So be it! – Let's do it!

E Malama…….Ikar Hay-ow
E Malama…….Ikar Hay-ow
E Malama Pono..Ikar Hay-ow
Eh!
[REPEAT]
EARTH & SKY, SEA & STONE
(We) Hold this Land in Sacredness
[REPEAT]

Words: traditional, Melody: B. Kessler & M. Anderson, Choreography: Sharee Anderson, Kauai Nonviolent Communication Centre

Sing/Dance along with online video: www.sunflower-health.com/courses/fully.htm

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Cultivating 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 Blessed!

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 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
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Teena: www.eklecticwonders.co.uk

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