

Universal Dances

One man, Samuel L Lewis, believed that if people came together to eat, pray and dance, the world could find lasting peace. He envisioned a heart-centered spiritual practice, in community.

He was a Zen master, Sufi teacher and had extensive study in the world's spiritual traditions, including Judaism, Hinduism and Christianity. He envisioned dance with simple lyrics and movements, to touch the spiritual in each of us. He felt that DANCE was a dynamic method to promote Peace thru Art. He started with 50 dances, now there are over 500, and these dances occur all over the world, in churches, schools, home, prisons, out in nature.

I would like to teach you the words first, then the dance movements of one Universal Dance. We will then put it all together.

The words are: Oh, Peace, Deep and Divine, Enter this heart of mine.

 Oh Peace, Deep and Sublime, Enter this heart of mine.

 Ohhhh

 Shanti, shanti, shanti

The movements: make two circles, one inside the other, the inner circle a smaller number of women.

Hold hands, walk into center, raising hands (oh peace deep and divine)

Walk back, drop hands, bring hands to heart (enter this heart of mine)

Hold hands, walk into center, raising hands, (oh peace deep and sublime)

Walk back, drop hands, and place arms over each others shoulder (enter this heart of mine)

Turn and face the woman to your right, hold hands, and circle (Ohh, oh, oh)

Turn and face the woman, hands together, bow (shanti, shanti, shanti)

 We will be accompanied, have the music from YouTube,

4 times thru Singing: 1st and 2nd time to the Right

 3rd and 4th to the left

2 times thru instrumentally: 2 circles turn and face each other

4 times thru singing: 1st and 2nd to the right

 3rd and 4th to the left (last round is slow)