

CREATIVITY IS THE BIRTHRIGHT OF US ALL OR DANCE, AND MAKE EVERYTHING BETTER

Public Dancing- Promotes community, good feelings, improves health

Meditative Dancing- Increases longevity, health, reduces stress

Repetition Dance- Trance state for spiritual flow

Follow-Along Dancing- physical & mental health

But for increasing creativity...

Step 1 Earth: We begin with awareness of space around and within us, in stillness. HOW does the music affect your body? What wants to move? Talk to your body parts.

*Breath into your hands and put music there.

*Bring this healing touch to your throat and neck.

*Feel the music as a weight in the bones, especially the spine.

*Bring gratitude into the space.

Step 2 Water: Be the emotions in the music. How does this longing to be more creative feel? Allow your body to express what words will not. Feel your body react to the rhythm of expression.

Air: Inspire yourself to do SOMETHING NEW with the body. Be intentional: Thought leads the body; explore geometric shapes, ASK QUESTIONS.

If using the journaling technique we touched upon:

Q: How do the words “I long to be more creative” make you feel? Write it out. Dance the feeling.

Q: I admit... (This is where you acknowledge the things in life, the temptresses, that keep you from your true desire.) Dance how those actions you have or have not done make you feel.

Q: And this exists in my life because... (Often, this is because we don't value our own, deepest needs.) Dance how that feels.

Q: Continue the “I admit” cycle. Seven is an ideal number. Dance each segment.

Fire: Put all that shit you just worked to understand in the center. It's YOUR energy. Fire will TRANSFORM the energy you have spent. Replace any negative emotions with FANTASTIC images of you doing the work of creating you goal. Don't visualize the rewards of the work, but the WORK itself. “I want to be a writer!” – Dance with visualizations of yourself researching, writing, making the time for yourself.

CLAIM better images as the right you have, by birth. Now ignite them as you move your body and breathe them into your cells. Visualize the cells of your body alight with a new flame.

Dance as meditation is the therapeutic use of movement. It is as old as humanity, and indeed, it was your very first form of communication. When you were in your mother's body and she shifted in a way that you didn't like, you let her know—you kicked, bucked and made it absolutely clear that, whatever the heck was going on in some outer world, your physical presence demanded change.

Babies feel no need to make allowances for what they need. A need exists—they demand it, and it happens.

So, I want YOU, TODAY, to RECLAIM that feeling of CERTAINTY in your very existence. “I am here. I have desires and needs. They are to be answered.”

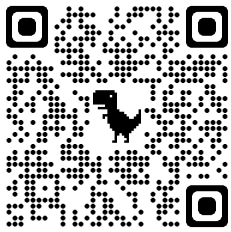
And as you exist in the physical world, you can do this through movement. It is healing because you are a healer. It is expressive because you have emotions, and you never needed words to convey them.

Music used in the workshop:

PART ONE

*The chant for the **spiral dance**:

What serves life will stand
What does not will fall
The power is in our hands
Love changes all



I was SO excited to find a link of the grandmother of the reclaiming path leading with this song!!

*The meditation song: Lydia's song by Tim Story

*The follow-me-movement song: Yanni Hu Wey
by One At Last

*The ecstatic/repetitive move song: Whirler



PART TWO

EARTH- Medicine Chant by Anilah



Water- Where Are We Now by The Burned

Air- An Toll Dubh by Runrig & Paul Mounsey

Fire- Animal Angel by Kan’Nal

CLOSING: Reczanka by Laboratorium Piesni

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