

Virtual Grace D Marie, April 24, 2021 –

<https://LifeasaGarden.com>

With hosts Zareen Connie Delaney and Rahmana Elizabeth Sayer.

Intention: Unveiling. Recognizing the light all around and within. Going beyond what you know. Newness. Creation.

Sharing 2 of my favorite long time Dances with my own to feel comfortable and grounded. I will notate whenever possible the year of its publication in the books, as I like to know about this and want to share with you.

Dances

Unveiling the Parable of Genesis as a Personal Creation Process. Creation happens every day. Using the movements beginning at the heart in an intention of unveiling our own personal creation for the day, for the moment. Going to the beyond of the heart, beyond what we know, to a new day, a new idea, in whatever capacity.

Heart Sutra – words from the Prajna Paramita Hridaya Sutra
Gate Gate
Paragate
Parasamgate
Bodhi Svaha

Buddhist, 1982. Book 2 and Foundation Manual. NDK music. Movements NDK and Prajna Roberts.

Saqil K'olem Sakari

Saqil – light, clarity, whiteness, brightness, purity. In Quiché.
K'olem – being the nature and essence of the light. In Quiché.
Sakari – The light is here, I am here. In Tzutujil.

Saqil K'olem - words from the Popul Vuh, Maya Sacred Book, in the Quiché language, and refers to the Calm and Relaxing state of the Brilliant light that is all around and inside of everything, including us, wherever we are.

Sakari – is a word in Tzutujil.

2020 – Grace D Marie, Guatemala, from the Maya Tradition.

There are 23 or more Maya languages in Guatemala, Quiche and Tzutujil are two, used in this song.

Its meaning described to me by our Mayan teacher, and other Maya: Sakari is a common word used when family or a friend come to visit, knock at the door, come in and says loudly with their hand waving high, “Sakari, Sakari”, meaning approximately, the light has come, I have come. I am here. Welcome the light. Sakari is another word meaning the light, that is all around us. Like Saqil K'olem above, in Quiche.

We knock on the door of our hearts in the Dance to invite the light that is all around us.

This song with Dance was created in Guatemala, and inspired by spending time with the Maya people and learning some of the language and culture of Lake Atitlan, Guatemala 2014 – 2020. For me, and those of us working with the Maya, the words and meaning of this song are deep, profound, and gives us another pearl of wisdom in our life learning from different cultures.

The first time it was danced was Feb 2020, in San Juan la Laguna, Lake Atitlan, Guatemala.

The process of creating a Dance using Mayan words took many years of direct contact and personal study and desire about the culture.

Upbeat rhythms are enjoyed with Marimba as the national instrument.

Movements:

Saqil K'olem - Face partner. With both hands extending upwards over the head, begin to bless the light all around while also blessing your partner bringing arms out and downwards towards your sides.

Sakari – Both hands in a soft fist and knock on the door of your heart.

Saqil K'olem – change places with your partner by making a half turn, face same partner.

Sakari - Both hands in a soft fist and knock on the door of your heart.

Saqil K'olem – Face the Center both arms extending out acknowledging the light in everyone and all around.

Sakari, Saka- – not holding hands, stepping slowly into the center 4 steps R, L, R, L, waving your arms as if you just knocked on the door of the beloved, and announcing your presence as the light. The light is here. I am here.

-ri – Stepping back 4 steps, R, L, R, L, while bringing arms behind in a back embrace in group, but loose and ready to face partner at the end.

In your chair, face on one side with movements, face other side with movements, face center with movements, ending all together.

Jamil Allah

Jamil Allah, Jamil Allah
Ishq Allah Jamil.
Repeats.

Divine Beauty
Yearn for Beauty.

James Burgess 1997 UK IV

Grace Kyrie

Kyrie Eleison
Christe Eleison
Alleluia Alleluia
Alleluia Alleluia

Greek – Lord have mercy, Christ have mercy.

Namaste

I honor the place in YOU
Where the entire universe dwells.
I honor the place in ME.
Namaste, Namaste, Namaste
Namaste, Namaste, Namaste.

Yo honro el lugar que hay en TI
Donde todo el universo esta
Yo honro el lugar que hay en MI
Donde todo el universe esta.

Namaste, Namaste, Namaste
Namaste, Namaste, Namaste.

2004 Grace D Marie

Shaman Creation Prayer

Video and words are on my website blog titled
We are Shaman.

<https://LifeasaGarden.com/Blog>

Unveiling the Parable of Genesis as a Personal Creation Process.

Using Saadi’s work from his book, Original Meditations (formerly as my guide, I created an outline using Genesis as our personal creation process. It is located on my website under Dances Downloads titled:

www.LifeasaGarden.com/Genesis as a Personal Creation Process/

More on Saadi Neil Douglas-Klotz

<https://abwoon.org/workshops/>

Original Meditations: A Guided ‘Genesis’ Meditation by Saadi:

<https://abwoon.org/downloads/genesis-live-a-guided-meditation/>

For information on the book, Original Meditations: The Aramaic Jesus and the Spirituality of Creation
<https://abwoon.org/originalmeditation/>

DUP Radio – have one station with playlists of DUP and also playlists of our international family of musicians in other genres.

Pir Shabda supports the idea. Need more technical people and information to move forward.

Thank you Juzuf and Jyoti for contacting me with your interest.
