

With hosts Prajna Patti, Tasnim Betty, Marty Jablonski.

With Assistance from Jusuf and Jyoti on Zoom sound and music.

Thank you to Zareen and Rahmana.

### Dances

#### 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, Mayan 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 Mayan 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 Mayans: 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.

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### Alastu bi Rabikhum – First Remembrance (from the Q'uran Sura 7:172) Question and Answer

**Question to the Human Race: Are you willing to be the example of love peace and harmony?**

**Alastu bi Rabikhum 3x**

La illaha illa'llah

Humans answered: Yes, we are willing!

Ba'ala shahidna

La illaha illa'llah

3x

Words, music and movements by NDK.

More on Saadi Neil Douglas-Klotz

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

Guided Meditation by Saadi:

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

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### Every Wave of the Sea

Every Wave of the sea, as it rises seems to be

Stretching its hand upwards, as if to say, hey

Take me up higher and higher. 4x

Cada Ola del mar, levantandose parece

Elevando sus manos, como diciendo, hey

Llevame mas hacia arriba. 4x

Spanish

1988 Europe II DUP, Amida Harvey, adapted from original melody of Firoz Stephen Smith from a writing and prayer of Hazrat Inayat Khan

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### Ixmucane (Eesh MOO cuh nay)

Ixmucane, Ixmucane

Abuela de la Tierra (Grandmother of the Earth, Spanish)

Ixmucane

Maltiox, Maltiox

Por toda la vida

En el Mundo.

Thank you, in Tzutujil Mayan language

for all life, Spanish

in the world, Spanish

by Grace D Marie, 2020

One of the highest level feminine deities in the Mayan tradition. Ixmucane is who co-created all life, is all powerful, is revered and honored today in the Maya culture. She is the grandmother of Ixchel, who is the lesser known in that culture, generally speaking.

1470 - 1524 – Iximche Mayan Ruins, outside of Antigua, Guatemala, was the capitol of the Maya Kingdom.

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### Harvest Zikr

Based on a hymn whose roots are dated to the 11<sup>th</sup> century, whose melody became popular in other countries where people sang words for their culture. In Poland, it was adapted and written in the 18<sup>th</sup> Century by X. Mioduszewski, called Piesn Poranna in Polish, or The Morning Song, and, same melody different words, Wszystkie Nasze Dzienne Sprawy, or All our Daily Lives. It is a well known hymn throughout the country.

In the DUP Library the Dance is called Zikr on a Polish Hymn by Radha Tereska Buko, my DUP mentor. She writes a beautiful testimonial of her experience. She uses 6 steps in the dance where the version my mother sang added 2 more steps to 8. Radha and I created very similar movements to the same Dance without knowing it.

My mother sang me a version of harvesting a wheat field. With the wheat, bake bread to nourish yourself, and your home. Then, Share the bread with your community. Then, Share the bread beyond your community. Come home to harvest and bake the bread to nourish yourself and your home. The cycle of life begins again.

Each version of words, including the written hymn, are about the cycle of life. Both Dances reflect that cycle of life, the circle of life.

Words in Arabic: La illaha il allah hu – There is nothing but Unity with God.

Music – Traditional

Words - Arabic

Movements – 2 variations, one by Grace D Marie in 8 count, and one by Radha Tereska Buko in 6 count.

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All My Relations – Peace be with you, Peace be with me, and All of my Relations. 2x Hey ya hey ya hey ya hey, Hey ya hey ya hey ya hey.

Paz contigo, Paz conmigo, y con toda mi familia. Hey ya hey ya hey ya hey, Hey ya hey ya hey ya hey.

Grace D Marie, 2014

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Poem read by Prajna Patti

### Sweet Darkness by David Whyte

When your eyes are tired  
The world is tired also.

When your vision has gone  
no part of the world can find you.

Time to go into the dark  
where the night has eyes  
to recognize its own.

There you can be sure  
you are not beyond love.

The dark will be your womb tonight.

The night will give you a horizon  
further than you can see.

You must learn one thing.  
The world was made to live free in.

Give up all the other worlds  
except the one to which you belong.

Sometimes it takes darkness and the sweet  
confinement of your aloneness  
to learn

anything or anyone  
that does not bring you alive

is too small for you.

-From *The House of Belonging*

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### **Shaman's Creation Prayer**

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

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**DUP Radio – have one station with playlists of DUP and also playlists of our family of musicians in other genres. Need more technical people to answer questions if this idea is feasible. Jusuf has ideas in motion and is testing out links and possibilities.**