

of mind journey Through
CREATIVE DANCE

using
The Music & DANCE MOVEMENTS
of SPAIN.

Dance of Spain

Introduction

History of Spanish Dance

Primitive to Andalusian Dance Positions

leads arm movements from Sevillanas
set to music

Part I

A Mantra - RA Pre-Meditation Exercise

1. Explanation - a short verbal phrase constantly repeated.
2. The repetition of it sinks into our unconscious minds and influences our thoughts perceptions and actions.
3. The Mantra to be used is for the purposes of
 - (a) to create a vibrational pattern in your body
 - (b) to expand your aura and increase the flow of evolution and vitality
which in turn will help you to come into contact with the sympathetic vibrations of the music I am going to be playing

B Method

1. Inhale to count of 4
 2. As you exhale, chant the following letters each 4 times on the note I am going to play USE C#
The letters are EEEE RRRR AAAA
 3. Chant as loudly and as forcefully as you can.
- Repeat 3 Times

Background

For centuries, music has had the Power to heal through meditation.

It still does, if we would but take the time to allow it to do so.

Music has since the dawn of time, been a powerful influence on civilizations, again through its use in meditation.

And depending on who was in charge and what kind of an ego trip that individual or individuals was on, the music through meditation, was used to uplift, elevate, cleanse or produce devotion and destruction within the civilization.

It therefore came as a great shock to me when, during the course of my research into the subject, I learned that it was MUSIC and not invading hordes from across the borders that destroyed the great civilizations of Mesopotamia and Rome and Egypt.

The destruction of these Great Civilizations to cite a few, seems to have been caused in each case by the MISUSE of certain sounds which made up the music of the Time.

As the point is to uplift and elevate during this meditational period, that is what the ultimate aim is to do.

Our first exercise - is a Yoga Mantra -

Part II

A

Meditational Breathing

1. Assume your favorite position for meditation
sit on floor for the next 20 minutes
lie down etc to half hour.

2. take a deep breath to the count of 4
- Hold for 4 counts
- exhale to count of 8.

| | | | | | | | |
|------|---|---|---|---|---|---|---|
| In | 2 | 3 | 4 | | | | |
| Hold | 2 | 3 | 4 | | | | |
| Out | 2 | 3 | 4 | 5 | 6 | 7 | 8 |

3. Repeat 3 times

4. Continue to breathe deeply 3 more times

B

Meditation Song

1. To Phase 1 - breathe in

[Demonstrate on Piano]

2. To Phase 2 - breathe out

[Demonstrate on Piano]

3. Practice Run one phase.

4. CLOSE eyes, become comfortable. Breathe in
and out ~~to the phrases of the music.~~

5. Now I will begin to talk to you and give
you some instructions! You are not required to follow them,

Part III ONLY do so if you CHOOSE to do so.
You may STOP at any POINT you DESIRE!

Meditation Song and Music KEEP EYES CLOSED.
Instructions - Breath normally - close your eyes.

As you listen I want you to try to become involved with the music - that is become conscious of the two phrases & your breathing.

Become less aware of your individual personality

As I pass from the meditational song & begin to play the music for tonight's meditational session I want you to allow the music to visit the repository of your unconscious mind.

Let the music evoke the forgotten memories, emotions fears and feelings.

Let the music bring these things to the surface that you want to bring to your conscious awareness.

What you do not want to bring to your conscious awareness, you do not have to bring it there unless it is for the specific purpose of meeting and dealing with that part of you. This is Part of the Healing Process

As you listen to the music try to be aware of what it expresses to you, the sounds, silences - the essences of Timelessness within the music and a feeling of Deep Joy, or whatever else the music evokes within you.

REMEMBER: you may STOP listening whenever YOU CHOOSE.

For those who continue to the end, there will be a

(3)

Time of sharing within the group or with myself personally after the meditation has concluded.

The music I have chosen for this evening is based on Old Manisho Chants and originated in that part of the world once known as the Far East.

Please Breathe to Deep Breaths as I begin to play the Meditation Song.

