

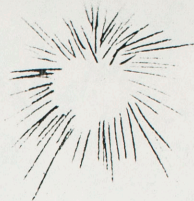
Movings etc. for outside

by Heloise Gold

What is it that we are dancing for?
What is it that we are singing for?

for the nature of all things around us

a dance to welcome the new day



move forwards and backwards varying the movement
any way you feel like - all the time your head is
turned towards the east

Find a path in the woods - walk along and get into
the momentum of walking - when you are well into
that momentum get into running - get into the
momentum of running and change again to walking -
keep alternating between the two

hope for a long path!

by the stars dedicated to Phil

look at the stars

find patterns and rhythms

music and dance

by the trees - for 3 or more people

each person stands by a tree

each person changes to another tree

(everyone goes at the same time - waiting for
the impulse to move as a group)

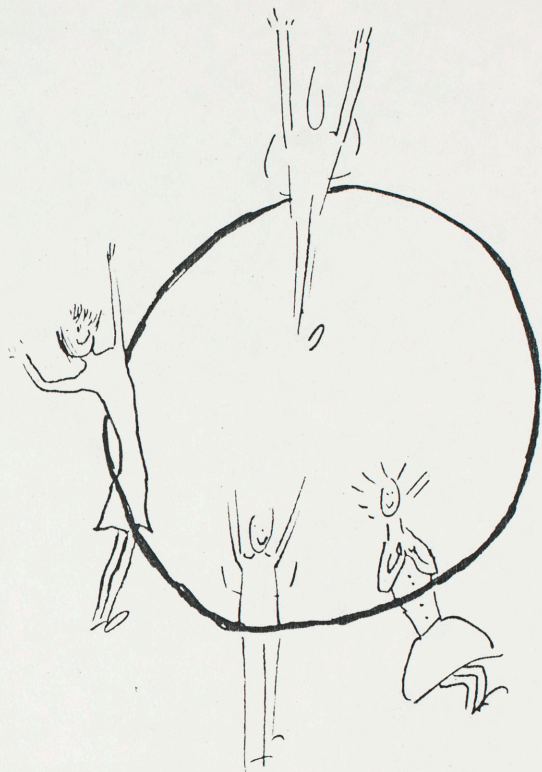
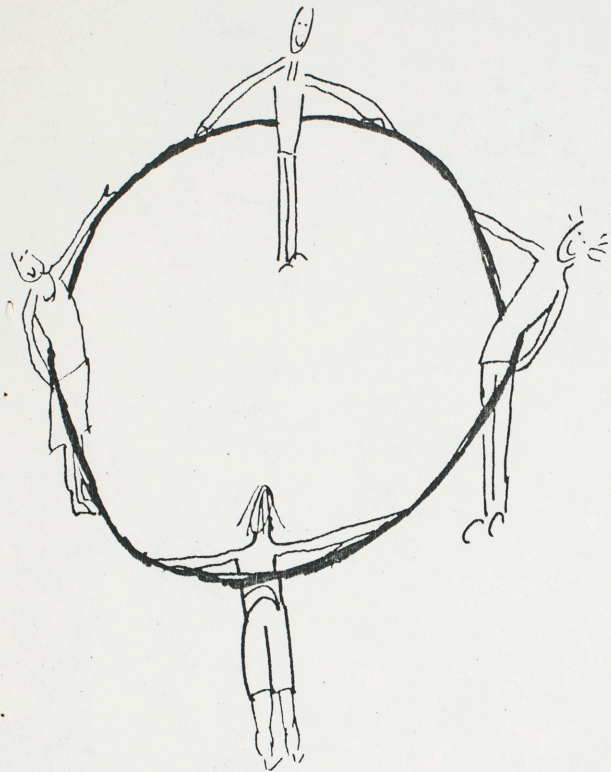
pick a place (in the woods) that you have walked
to before as your destination - this time run
there

rope dance

in collaboration with Vicky and Phil and
friends in New Mexico

(to be done in a big open space - a lawn or meadow)

make a large loop out of nylon rope - 3 or more people get
inside of it and bring the rope up to waist level - lean
backwards and let the rope support the weight of the bodies -
try to keep the rope taut and twirl around and move along the
periphery of the circle — find other games to play with the rope



i took a walk

i put the mouthpiece of a recorder into my pocket

i wasn't sure which direction to go in so i just went
as i walked i blew into the mouthpiece and chatted with a few
birds

i noticed that all the leaves on the trees were still except for the
aspen leaves which were dancing and singing softly

i saw yarrow stalks and a few red raspberries

i danced towards a butterfly and tried to catch it i kept
dancing and trying to catch it but i couldn't
catch it so i just kept dancing

butterfly dance

if you see a butterfly dance towards it and try to catch it - if you catch it hide it in your hand a short while and then let it escape - look for another butterfly and repeat ; if you can't catch one keep on dancing

i walked up to the Lone Tree and i rested under it
i smelled the ocean in the breeze and i stared at the
clouds hoping it would rain

i took out the mouthpiece and joined the songs of some
more birds

i walked further up the hill and down the canyon to the west

i sat out on a bed of moss

i saw a chipmunk

i heard a crow and other birds

i made love with the moss and the pine needles

i joined the songs of some more birds

i walked further on to the canyon to the south

i saw yellow flowers and purple flowers and

penstemmons

i danced towards another butterfly i couldn't
catch it so i just kept dancing towards it

i looked around for the spring but i couldn't find it

i found lots of bear droppings instead

i sang a few more songs with the birds and then

headed back to the cabin

everything was sucked dry very dry
i started watering the garden
the plants grabbed the water in and yearned for more
there was thunder all over and heavy dark clouds
it started to rain and rain
we all felt happy and relieved

a dance-healing ceremony at dawn dedicated to Deborah

When I arrived again in Las Vegas New Mexico I luckily bumped into a couple of friends. We made a date to meet in a special place in the country in order to participate together in a dawn dance. Everyone spread the word. At sunset on the specified date adults and kids and pets all came together to eat and camp. The next morning almost everyone awoke before sunrise. As the sun was becoming visible a bunch of us walked out into an open meadow to dance. We did the yoga sunworship together and "a dance to welcome the new day" and some group dancing. We then sat around in a circle

cont. on next page

and talked about healing. We talked about dedicating the coming dance to the healing powers that are within and around all of us. We shared various images that might help us concentrate on and conjure up these particular energies. One was imagining light rising out of our heads and through the fingertips and sending this light energy out as healing energy and then moving with it. We noticed that we were surrounded by many healing herbs that were growing wild. Some people picked a few and stuck them onto various parts of their bodies. Everyone had their own feelings about healing and their

own ideas and images but as a group we had the common
commitment to participate in a dance for healing. We moved on to
another spot surrounded by large old cottonwood trees that were
growing in a circular pattern. To begin the ritual we held hands in a circle.
We took 3 slow deep breaths. With each breath we imagined the vital
force of the universe coming into the body. We held each breath in order to
fully imagine this force spreading throughout the body, and then let the air
out gently. We concentrated on the vital force being retained in the
body. We attached bells-on-elastic-bands to various parts of our bodies.
There were many instruments around to be played. We danced and sang
cont. on next page

and played for about an hour or 2 (who knows!) Everyone seemed "into" whatever he or she was up to. I felt excited and high.