

Sacred Dance Guild Official Song/Dance or Body Prayer

The Sacred Dance Guild is thrilled to announce that "**Moving Mysteries**" has been chosen as the official song for our organization.

This simple invitational piece was originally created by member Emmalyn Moreno for the Sacred Dance Guild's 50th anniversary festival, held in July 2008, for which the theme was "Moving Mysteries". Festival 2008 opened with all participants learning the song and movement and it was used at various events and times during the Festival. Participants embraced the song and movement in a deep and lasting way and in the 2 1/2 years since 2008 we learned that members had continued to use this song at many events and have shared it widely.

We encourage you to help us to spread "Moving Mysteries" and send us a picture with the information about the who, why, and where it was shared and we'll post it here.

Pres@sacreddanceguild.org

Since both the words and the movement so reflect what the Sacred Dance Guild is we were delighted that Emmalyn also welcomed this becoming the organization's official song and movement and in April 2011 the Board unanimously voted to make this happen. The words and movement of the song invite all to join us:



Encore Dance Ensemble & Luther Conant School Students dancing "Moving Mysteries" at International Dance Day 2010 Performance in Acton, Massachusetts.

People of the East	Right hand moving from body center stretching straight to far right
People of the West	Left hand moving from body center stretching straight to far left
Come dance in the Rising of the Sun	Right hand circles down and on word "Rising" right hand claps on left and then left hand arcs up and over head back to far left (representing rising sun)
People of the North	Right foot forward and both hands reaching up and in front
People of the South	Bowing down and moving both hands down and back
Moving Mysteries, We are One	Hands out to the side and creating circle to overhead coming down with hands together

The phrase is repeated 7 times each time adding dimensions and building harmony and instrumentation – representative of the relationships that we build one to another. The same movement is repeated taking time to face each of the 4 directions with an additional 3 times to honor above, below and within.



Emmalyn, a performing artist, pianist, composer, singer, dancer, and teacher, is a lifetime member of the Sacred Dance Guild and we are fortunate that she generously shares her talents with us.

To see and hear a collage of "Moving Mysteries" taken from our 50th Anniversary, find it on our main Festivals Page and enjoy!

"Moving Mysteries" is available on Emmalyn's CD "Sister Moon" from her web site at www.musicbyemmalyn.com. The single is also available on iTunes & Amazon. You can contact

Emmalyn at 1-800-810-1693 for sheet music and/or detailed choreography notes.

MOVING MYSTERIES STORIES...

SDG Member, Elaine Sisler's, from Boston, MASS. USA, favorite *Moving Mysteries Stories* are these, thus far:

Hearing 6th grade boys singing *Moving Mysteries* as they exited school on their way to the school buses. This was after an Encore interactive dance performance celebrating International Dance Week last April...

A 40 year old, male elementary school teacher designing a whole unit on *Moving Mysteries* with kids singing in rounds, playing Orff instruments and dancing in circles with scarves. This was after his participation in my professional development workshop titled "Minds in Motion"...

Kindergarten children deciding that *Moving Mysteries* was their favorite dance of the year because, as one of them said, "We are all *Moving Mysteries* of course!" This was after a year-long creative dance program whereby the students had dance class once a week instead of a second PE class...