

**SDG's First Sacred Dance Journey:
Sedona and The Grand Canyon
October 5-9, 2011
Poems, Articles, Testimonials, and Photos**



Poem

from Phoenix to Sedona - A Canadian Perspective

by Carol Talbot (London, Ontario, Canada)

Tall cacti stand like sentinels
 on the hills
 stark in unbarrenness
With tufts of grass and scrub bushes
 dotting the landscape –
Stark contrast to the deeply forested
 foothills of the Rockies
Still they evoke memory echoes
 of an Okanagan landscape



Low lying clouds feather the sky
 in swirls magical
Flat topped hills speak
 of timeless watching
And this land sings a new song

of ages past for me –
Here not the shale layered outcrops
of the Niagara escarpment
Nor the time worn surfaces sculpted
on the Laurentian Shield –
Here the scree of rock dotted hills
and rust dyed sandscapes



The ever moving clouds shift to cotton ball dapples
But too soon they are scuttled
By a morose mass hanging heavy overhead
Threatening to smother the light
With a brooding scowl sagging low on the horizon
Rolling hills suddenly morph into steep cliffs –
Stern reminders of Nature’s capriciousness

Suddenly a marvelous vision greets my eyes –
The red rocks of Sedona paint the landscape
in striking beauty
Castle shapes rise to meet the sky
Pillars of stone in shapes multitudinal



I gasp in awe at this Artist’s handiwork.

Article

Beauty We Are: A Sacred Dance Journey

By JoyBeth Lufty



Beauty before us, Beauty behind us

Beauty above us, Beauty below us

Beauty all around us, Beauty we are...Eleven of us came from California, Maine, Massachusetts, Iowa, Ohio, Illinois, Texas and Canada to dance the sacred in **Sedona and The Grand Canyon** for SDG's very first **Sacred Dance Journey** October 5-9. From the first breathtaking view of The Sedona Red Rocks seen from the seats of our Phoenix shuttle van to the spectacular sunset sky that surrounded us from on top of The Citadel's Anazasi ruins, ours was indeed a sacred journey of mind, body and spirit.



This was a collaboration between our Sacred Dance Guild, Sacred Sites Journeys (our travel agency), and Red Rock Tours of Sedona. Our Sedona van driver Pete, jeep driver Big John, and our big hearted and very funny driver and tour guide for our day long adventure to The Grand Canyon, Joel, kept us informed and also laughing. Our home for four nights was The Inn of Sedona where we were surrounded by views of the Red Rock vortex formations. Many of us from the north country managed to get in our last outdoor swims for the year and warmed up in the bubbling hot tub.



Our Sedona Vortex Guide was Mark Amaru Pinkham, Director of the World Alliance for Planetary Enlightenment. Mark led us to four different vortexes, providing us with many facts and figures about the history and geology of the area. He took us on an adventure into ancient and future civilizations using the energy from the vortexes, lecture, meditations, medicine wheels, 4-direction ceremonies and Peace Prayers from many traditions around the world. And, of course, we danced...

At or near Airport Mesa, Bell Rock, Cathedral Rock, Boynton Canyon and The Grand Canyon, we danced our SDG official song and body prayer "Moving Mysteries" using the power of the vortexes to connect and become one with all peoples. "People of the East, people of the West,

come dance in the rising of the sun. People of the North, people of the South, moving mysteries we are one...”

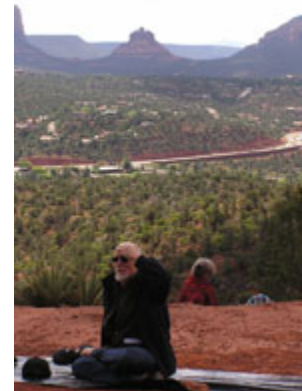
We connected with and brought in the healing energies of the beauty that surrounded us by dancing the “Beauty Before Us” Body Prayer inspired by North American Native Peoples. Dancing “Circle of Love” helped us to bond as a group and in friendship and was a gift to us all: “We are surrounded by a circle of love, a circle of light, a circle of truth. We are surrounded by a circle of love, a circle of healing power...”



“Deep Peace”, taken from Celtic origin, deepened our connection with the transformative energies of nature in all its forms. “Deep Peace to you. Deep peace of the starry night to you.” Other songs and dances arose spontaneously out of the moment at times and contact improvisation added to the playfulness that happened between the deep silent spaces. We embodied the awesomeness of The Grand Canyon in a free form dance of

connection and became the Condor, Puma, Snake, and Dragon of shamanic ceremony in front of the shimmering temple-like formations of Boynton Canyon.

We played with two different dances/songs that Elaine Sisler is developing for our up and coming Festival 2012 “Dancing a World of Hope” at Hope College in Holland Michigan July 24-29. All our dancing and meditating, deep dialogues and laughter-filled playfulness, explorations and discoveries made it hard to leave one another. However, knowing that another dynamic opportunity to dance the sacred together is coming up soon for SDG helped us all to go back home to spread the love and peace we shared in Sedona and The Grand Canyon.



The Blessing of the Goddess

By the Earth that is her body, By the Air that is her breath, By the Fire of her bright spirit,
And by the Waters of her living womb, May the peace of The Goddess go with you. Merry meet, merry part, and merry meet again...

Testimonials



Thank you so much for providing the space for the Sacred Dance Journey in Sedona. I had an awesome experience dancing on the rim of the Grand Canyon!

It was all a healing experience; in particular talking about my intentions for the journey there, walking and dancing at the Grand Canyon facilitated releasing some pain that no longer served me, and most of all it is so special and I felt so honored

to be part of someone's healing moment.

I look forward to future Sacred Dance Journeys.

*Peace & love,
-- Ann from Texas*



My head and heart are still buzzing from the Sedona experience. I cannot imagine a more perfect setting for the Sacred Dance Guild's first "journey" or for my first contact with the Guild. I will never forget the conscious concentration of the group as we interpreted the breathtaking landscape of the Grand Canyon through movement. I will also treasure memories of the spontaneous rhythms and movement interactions that emerged from and between various group members at the bases of Bell Rock and Cathedral Rock. More important than the dancing, the beautiful red rock scenery, or the energy of the vortexes, however, was my discovery of this unique community of dancers who so generously share their lifelong passion for dance and spirituality. Every member on the journey inspired me and offered their support and friendship with open arms. Thanks to all who made this memorable experience possible!

-- Lisa from Toronto, Canada



"This was my third time to Sedona and this was my favorite! I experienced the power and peace of the vortexes more this visit than ever. I loved hearing about the placement of vortexes in line with the chara energy & about the ancient history of the area! I understand about lay lines & the life force energy grid better now than ever before. The individual attention that offered each of us was very touching - I observed how the SDG Hostess had an intimate moment with every woman and that makes everyone feel like they belong and makes a journey so much more meaningful!"

I shall carry Sedona energy in my heart until I return. Thanks for taking such care in all the details of this Journey!"

-- Kay from Iowa

Photos:





