

## Sample Dances of Universal Peace Team Leadership Suggestions

Dance teams may find it useful to come to agreed-upon principles or guidelines for working together. Such guidelines may be put in writing, or simply become mutually held “values” upon which all agree. Having such agreements can help to stem the difficulties or misunderstandings that may arise in working together. The following are ideas gleaned from many different Dance teams.

### **Expectations of Dance Leaders/Team**

1. Team members have a wholehearted commitment to the transformative potential of the Dances and have demonstrated their basic commitment by joining the Center for the Dances of Universal Peace.
2. All team members, including musicians, should have a mentor or have finding a mentor as their goal. (This shows care and respect for the proper transmission of the Dances.)
3. Team members agree to read the guidelines for mentoring and abide by them
4. Team members demonstrate their commitment by attending the Dance Circle frequently (intention, rather than specific number of times, is the key here.)
5. Team members agree to let another member know when they plan to miss a Dance Circle
6. Team members agree to attend planning and practice meetings on a regular basis and to notify the host of any meeting they plan to miss. It is understood that in order to be considered available for dance leading at any given Dance Circle, members must be present for the planning meeting of that Dance.
7. Any changes in the schedule of meetings or Dance Circles will be communicated to Joanne. She will keep a monthly calendar and initiate a “phone tree” to inform everyone on the team of schedule changes.
8. Dance leaders, to the best of their ability, will present Dances acting as a channel for the sacred phrase and/or intention of the dance.

### **Process for Giving Feedback to Each Other**

1. No cross talk during the Dance; during the Dance the leader is “Murshid”
2. Be sensitive to where and how you offer feedback
3. Begin feedback by asking, “Are you open to some feedback?” and respect whatever answer is given.
4. Try to provide feedback in a timely manner, whenever possible.
5. Team members will meet monthly to practice dances we are working on for support and feedback from other members.

### **Process for Affiliating New Members of the Dance Leading Team**

1. New members may ask or be asked to join the team.
2. All current teams members should actively encourage interested members of the Dance Circle to share leading or musicianship

## **Suggested Dance Circle Guidelines**

1. Our usual format is 5 dances.
2. When possible, it's good to begin with a non-English, mantric dance to get the circle breathing as one.
3. "Energy raising" dances fit best in the middle of the meeting rather than at the beginning or end.
4. End with a blessing dance whenever possible. Partner blessing dances are very effective.
5. Try not to end with a mantric dance that takes people inward; instead to something that puts people back into the "real world."
6. Plan a maximum of three partner dances; suggest opening dance not be a partner dance.
7. Plan a maximum of one long, deepening dance per meeting.
8. If there is a bathroom break, please keep it to a maximum of 10 minutes.
9. Stay attentive to the stamina of the individuals in the circle; offer the opportunity for participants to sit in the center with the musicians.
10. It is loving, appreciative and recommended that the focuser acknowledge the musicians in some way.
11. Individual dance leaders are responsible for arranging for musical accompaniment, if desired, unless handled by the focuser.
12. Focuser will adhere to starting and ending times, beginning no later than 5 minutes than the published starting time.