



December 2020 Leaders Guild newsletter

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Tapping Zikr: a surprising new way to optimize zikr on zoom by Sadaya Zimmerle

Summary:

Tapping Zikr is a combination of acupressure for wellbeing and zikr that grew out of this time of quarantine and zoom and the pressing need to transcend current limitations. It provides a fulfilling way to pray and sing together when we cannot necessarily touch each other, sing in harmony together, feel each other's heartbeats and breath. Each of those elements impacts our nervous systems when we are physically together.

Tapping offsets elements lost to physical distance by harnessing our body's own energy, touch, and rhythm. We are empowered directly to promote intensive soothing of the nervous system while we engage the inherent powers of singing our prayers. Learn more what Tapping Zikr is, how it came about, and experience a sample in the article to follow.

[Read the full article here.](#)

Have you explored the resources available to dance leaders?

[Click here for an illustrated version of this article.](#)

Every year our [website](#) continues to grow in content and in the languages offered.

This year there has been a 'pandemic harvest' of many many new dance write-ups which leaders have sent in from all round the world. As I have been sitting at home, watching all these blessings flow in, it occurred to me to ask,



when did you last take half an hour, or 15 minutes, to explore our website, and to see what treasures you could unpack?

We are giving thought to how to make these resources more accessible – here are a few tips.

1. First, choose your language: French is coming soon, and the website is translated in more or less detail into Spanish, Portuguese, German, Russian and Dutch.

2. check out the [guide](#) to the website

3. The password-protected areas, (available to leaders current with their fees and who are currently mentored) include:

- [dance and walks resource library](#)
- [articles and papers](#)
- [the Leaders Guild directory](#).

The Articles and Resources page has an index at the top of the page, so you can easily find Elements of Mastery, for example.

4. The [Leader Guidelines](#) are useful for new and existing leaders – is there anything here that has new significance since you last read the guidelines?

5. There is a section in English for [dance musicians](#), who can also be mentored.

6. There is much of interest in the [history](#) and the [timeline](#) of the dances.

7. Reconnect with the [50th anniversary](#) of the dances, that brings the timeline up to date.

8. Check out the archive of [newsletters](#) stretching back to 2011, including tributes to dancers no longer physically with us.

9. Please [contact me](#) (Aziz Dixon) with any suggestions or questions about the website.



Connecting with the Sanhga – zikr of the doorknob

Wali and Ariëne van der Zwan describe how their sangha has evolved during the pandemic, inspired by Thich Nhat Hanh – ‘if you live alone... you can always use your doorknob or handrail as your sangha.’

The year group of students who would have met at Khankah Samark comes together in virtual space every Sunday morning. Some sessions have been recorded for a wider group, and Zoom in Motion has followed the example of Pir Shabda with a zoom Sesshin reaching participants all round the world. The circle can be wider than with a live Sesshin but retain the intimacy that is so important for the Khankah.

Read the full article [here](#).



Rise! Arise! Arise!... Life is calling you...

Dancing live in New Zealand
By Dakini Warrior

It is Aotearoa, the Land of the Long White Cloud. And we are about to celebrate the Summer Solstice and Christmas all at once, dancing together, hand to hand, heart to heart. The privilege of gathering together, the touch,

the direct glance into another's eyes and heart, sharing food and simple intimate connection – these are, on one hand, acknowledged and appreciated strongly at our regular dance meetings; and on the other hand, they feel so normal and ordinary, that the Covid-related challenges the rest of the world faces, seem like long forgotten fairy tales from far-away lands.

I arrived in New Zealand together with my husband and daughter, to spend here six months, dancing and traveling around in a house truck. When the Covid lockdown hit in March, we got stuck on a desolate, deserted pebble beach in the South Island, away from even a mobile signal. For the next two months the nature invited me in, love flowed freely, and I simply accepted the blessing. I discovered that it was a beach of precious stones, and every step I took was on agate, red jasper and green quartz; an audience of birds, seals and dolphins joined my morning practices... My heart felt nourished and graced and I knew very little about the world outside.

It is now more than a year later, and the three of us are still in a house truck on the land of long beaches and live dances. The restrictions on gatherings lasted for a few months, and by the winter the dance circles had returned. By that time the zoom boom had bloomed worldwide, and alongside with it, had come the exhaustion from zoom for many.

So how is it for us to eat, dance and pray together in person, knowing that we are in a totally unprecedented unique position in the world to be able to do it?

Click [here](#) for the full article and some thoughts from a few dance lovers in New Zealand. By any means these only represent a small fraction of the whole picture, yet they may give you a snippet of a current feel for the dances in New Zealand.

An updated German Foundation manual is in preparation, and will be posted [here](#).



Leader recognitions

The Guidance Council would like to congratulate and acknowledge all the Walks and Dance leaders who have been certified or recognized as Mentors in Training since our last newsletter:

Mentor in Training

Karen Weiss, Australia

Sally Azima Mabele, New Zealand/Aotearoa

Emma Relph, England

Certified

Sue Lennox, Australia