

Dance of Oneness<sup>®</sup>:  
30 Days of Dance  
Reading Material



MODULE I  
Earth Initiation

## ■ Session 1: The Weave - Awaken Your Body and Ground in

در این خاک در این خاک در این مزرعه پاک      بجز مهر بجز عشق دگر تخم نکاریم

*In this land, in this body, in this immaculate field,  
let's not plant anything but kindness,  
let's not plant anything but love.*

- Jalaleddin Rumi

## ■ Session 2: Full Body Shaking to Liberate Your Energy

Ney      نی

Persian for "Reed," "Flute," "Sugar cane."



یک دهان پنهان است در لبهای وی

دو دهان داریم همچونی

*We have two mouths like the reed flute*

*One mouth is hidden in the lips of the Divine.*



چونی پر از شکر آکنده باشی

گر خالی شوی از خویش چونی

*If you become empty of yourself like the reed*

*Like the reed you will be filled with sugar.*



*Bandari* - Persian for “From the port,” is a style of tribal or folk dance from the southern part of Iran that is characterized by vibratory movement. The music of this dance style is called *Bandari*.

## ■ Session 3: Root Lovingly in the Earth

*Do you think there is a place  
where your soul will be less thirsty, less in longing?*

*In that great void, there is no-thing.*

*Be strong then and enter into your body,  
that way you have someplace for your feet.*

*Listen real carefully, says Kabir, and don't go flying somewhere else.*

*Let go of all illusion and stand firmly in that which you are.*

- Kabir

## ■ Session 4: Earth Dance Prayer

تو ز خاک سربرآور که درخت سربلندی...  
شکری شکریشان کن که تو قند نوشقندی  
بنواز نای دولت که عظیم خوش نوایی

*Rise up, out of the soil, you are a lofty tree...  
You are sugar, so spread sweetness!  
Yours is a grand music of joy, so play the reed and spread the wealth.*

- Jalaleddin Rumi

## ■ Session 5: Rapture in Being Here Now

*Being in the body and conscious is cause for rapture.*



تو مبین جهان ز بیرون که جهان درون دو دیده است

*Don't look at the world as outside yourself, for the world is in the way you see.*

- Both verses are by Jalaleddin Rumi from different poems

## ■ Session 6: Bridging the Invisible and the Visible

روحي است بي نشان و ما غرقه در نشانش

*There is a spirit signless and we are immersed in signs of it.*

روحي است بي مكان و سر تا قدم مكانش

*There is a spirit placeless and yet head to toe is its place.*

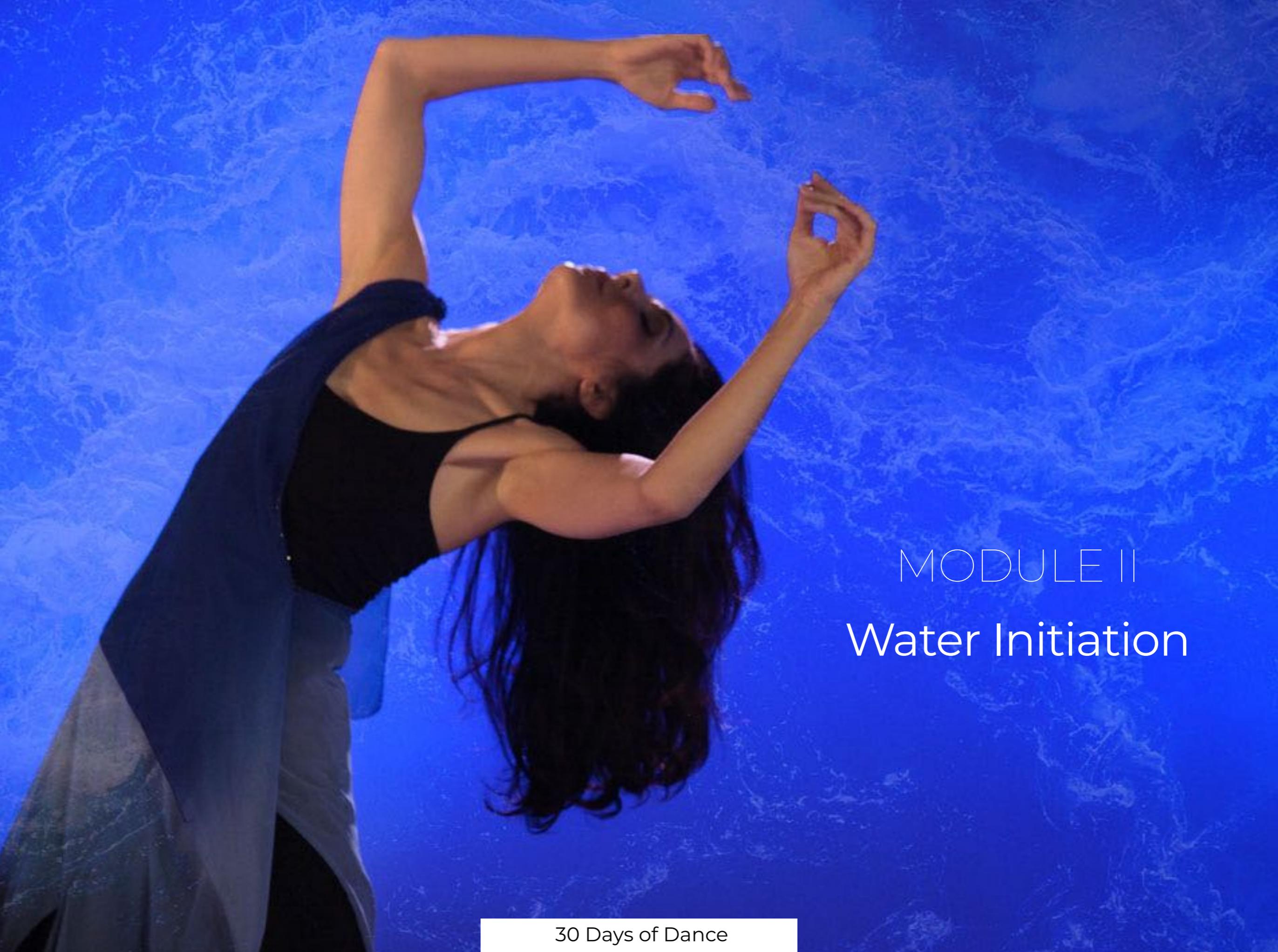
- Jalaleddin Rumi

## ■ Session 7: Stretching Sequence

*What is inside the ground begins to sprout because you spilled  
wine there.*

*What dies in Autumn comes up in Spring.  
Out of one huge NO comes a chorus of YESes.  
Rivers of light flow from human eyes.  
Be silent now, let yourself become living poetry.*

- Jalaleddin Rumi



MODULE II  
Water Initiation

## ■ Session 1: Emanate Rays of Light from the Sea of Glory

Ravan      روان

*Persian for “Psyche,” “Soul,” “Fluid,” and “Flowing.”*



زندگی صدای سخن شماست

*Life is the sound of your inner narrative.*



*Give yourself a kiss.*

*Don't look for it somewhere else.*

*If you want to hold the beautiful one, hold yourself to yourself.*

*When you kiss the beloved, touch your own lips with your fingers.*

*...An artist comes to paint you and stands there with his mouth open.*

*Your love reveals your beauty.*

*And all coverings would disappear if only for a moment,*

*your holding back would stand before your generosity*

*and ask, Sir (Madam), who are you?*

*That's when life herself gives you a wink.*

- Both verses are by Jalaleddin Rumi from different poems

## ■ Session 2: Fountain of Living Water

تو به روح بی زوالی ز درونه باجمالی  
تو هنوز ناپدیدى ز جمال خود چه دیدى  
تو از آن ذوالجلالی تو ز پرتو خدایى  
سحرى چو آفتابى ز درون خود برآیى  
تو به چنگ خویش باید که گره ز پا گشایى  
تو چو باز پای بسته تن تو چو کنده بر پا

*By spirit you are deathless, imperishable, magnificent from within!  
You were born of the rays of divine majesty.  
What have you seen of your own beauty?  
You are still hidden, unmanifest...  
One dawn, like the sun, you will arise from within...  
You are like a hawk whose feet are tethered, weighed down by the body.  
It's with your own claws that you must untie the knots.*

- Jalaleddin Rumi

## ■ Session 3: Persian Dance as the Expression of Aphrodite

*...Through love stones melt like butter  
Through love grief turns into delight  
Through love, demons become servants of God...*

- Jalaleddin Rumi



*Blessed are those in emotional turmoil, they shall be united inside by love.*

- Jesus

## ■ Session 4: Waves of Love

آب حیات عشق را در رگ ما روانه کن

*Let the living water of love flow through our veins.*

- Jalaleddin Rumi

## ■ Session 5: The Heart Field

مردم بودم زنده شدم گریه بودم خنده شدم دولت عشق آمد و من دولت پاینده شدم

*I was dead, I became alive.*

*I was tears, I became laughter.*

*The wealth of love came into me and I became everlasting fortune.*

- Jalaleddin Rumi

## ■ Session 6: Liquid Grace

*Healthy are those who have softened what is rigid within.  
They shall receive physical vigor and strength from the universe.*

- Jesus

## ■ Session 7: Dancing in the Ocean of Beauty

رو سینه را چون سینه ها هفت آب شو از کینه ها      وانگه شراب عشق را پیمانه شو پیمانه شو

*Go wash your chest and cleanse your heart sevenfold of hate, disdain and grudges,  
Then unto the wine of love, become a chalice, a worthy chalice.*

- Jalaleddin Rumi



*Forgiveness is a gift you give to yourself.*

- A Course in Miracles



MODULE III  
Air Initiation

## ■ Session 1: Dance as Invisible Architecture

آید هر دم رسول از طرف شهر یار      با فرح وصل دوست با قدح شهر یار

*Every moment, with each breath,  
a messenger arrives from the city of the Beloved,  
with the joy of union and the wine-filled chalice of the King...*

- Jesus



*The awakened lover speaks directly to the Beloved,  
You are the sky my spirit circles in, the love inside love, the resurrection-place...  
I have five fingers to say, five fingers to give into your grace.  
First, when I was apart from you, this world did not exist, nor any other.  
Second, whatever I was looking for was always you.  
Third, why did I ever learn to count to three?  
Fourth, my cornfield is burning!  
Fifth, this finger stands for Rabiya, and this is for someone else.  
Is there a difference?*

*Are these words or tears? Is weeping speech?  
What shall I do, my love?"*

*So he speaks, and everyone around begins to cry with him, laughing crazily,  
moaning in the spreading union of lover and Beloved.*

*This is the true religion. All others are thrown-away bandages beside it.  
This is the Sama of slavery and mastery dancing together. This is not-being.  
Neither words, nor any natural fact can express this.*

*I know these dancers.  
Day and night I sing their songs in this phenomenal cage.*

- Both of the above verses are by Jalaleddin Rumi. They are not part of the same poem.

## ■ Session 2: More Energy than Matter

اندیشه ات جایی رود وانگه تورا آنجا کشد

*Your thoughts take flight this way and that, and drag you with them, to and fro.*

ز اندیشه بگذر چون قضا پیشانه شو پیشانه شو

*Go beyond your thoughts like destiny,  
become a guide to your thoughts, become a guide.*

- Jalaleddin Rumi

## ■ Session 3: Persian Dance: Uniting the Ethereal and the Sensual

*Gravity is the root of lightness.*

- Lao Tzu



*Adore Him and He will reveal to you that each thing is a drop from His infinite ocean of*

- Jalaleddin Rumi



*Oh my Lord, if I worship you from fear of hell, burn me in hell.  
If I worship you from hope of paradise, bar me from its gates.  
But if I worship you for yourself alone, grant me then the beauty of your Face.*

- Rabia

## ■ Session 4: Dancing in the Field of All Possibilities

*When you are with everyone but me,  
you're with no one.  
When you are with no one but me,  
you're with everyone.  
Instead of being so bound up **with** everyone,  
**be** everyone.  
When you become that many, you're no-thing.  
Empty.*

- Jalaleddin Rumi

## ■ Session 5: The Breath of Life

آن نفسی که باخودی یار چو خار آیدت  
آن نفسی که باخودی بسته ابر غصه‌ای  
آن نفسی که باخودی یار کناره می‌کند  
آن نفسی که باخودی همچو خزان فسرده‌ای  
جمله بی قراریت از طلب قرار تست  
جمله ناگوارشت از طلب گوارش است  
جمله بی مرادیت از طلب مراد تست  
...عاشق جور یار شو عاشق مهر یار نی

وان نفسی که بیخودی یار چه کار آیدت...  
وان نفسی که بیخودی مه به کنار آیدت  
وان نفسی که بیخودی باده یار آیدت  
وان نفسی که بیخودی دی چو بهار آیدت  
طالب بی قرار شو تا که قرار آیدت  
ترک گوارش ار کنی زهر گوار آیدت  
ور نه همه مرادها همچو نثار آیدت  
تا که نگار نازگر عاشق زار آیدت

*In each breath that you are self-serving, the Beloved is a thorn to you.  
In each breath that you are self-less, oh, what the Beloved can do for you...*

*In each breath that you are self-serving, you are bound to a cloud of sadness.  
In each breath that you are self-less, the moon will come to your side.*

*In each breath that you are self-serving, the Beloved evades you.  
In each breath that you are self-less, the Beloved's wine will flow to you.*

*All of your bitterness is from your demand for sweetness.  
If you abandon that demand, even venom will taste sweet.*

*You remain unfulfilled as long as you demand fulfillment.  
Otherwise, all fulfillment will come to you without effort.*

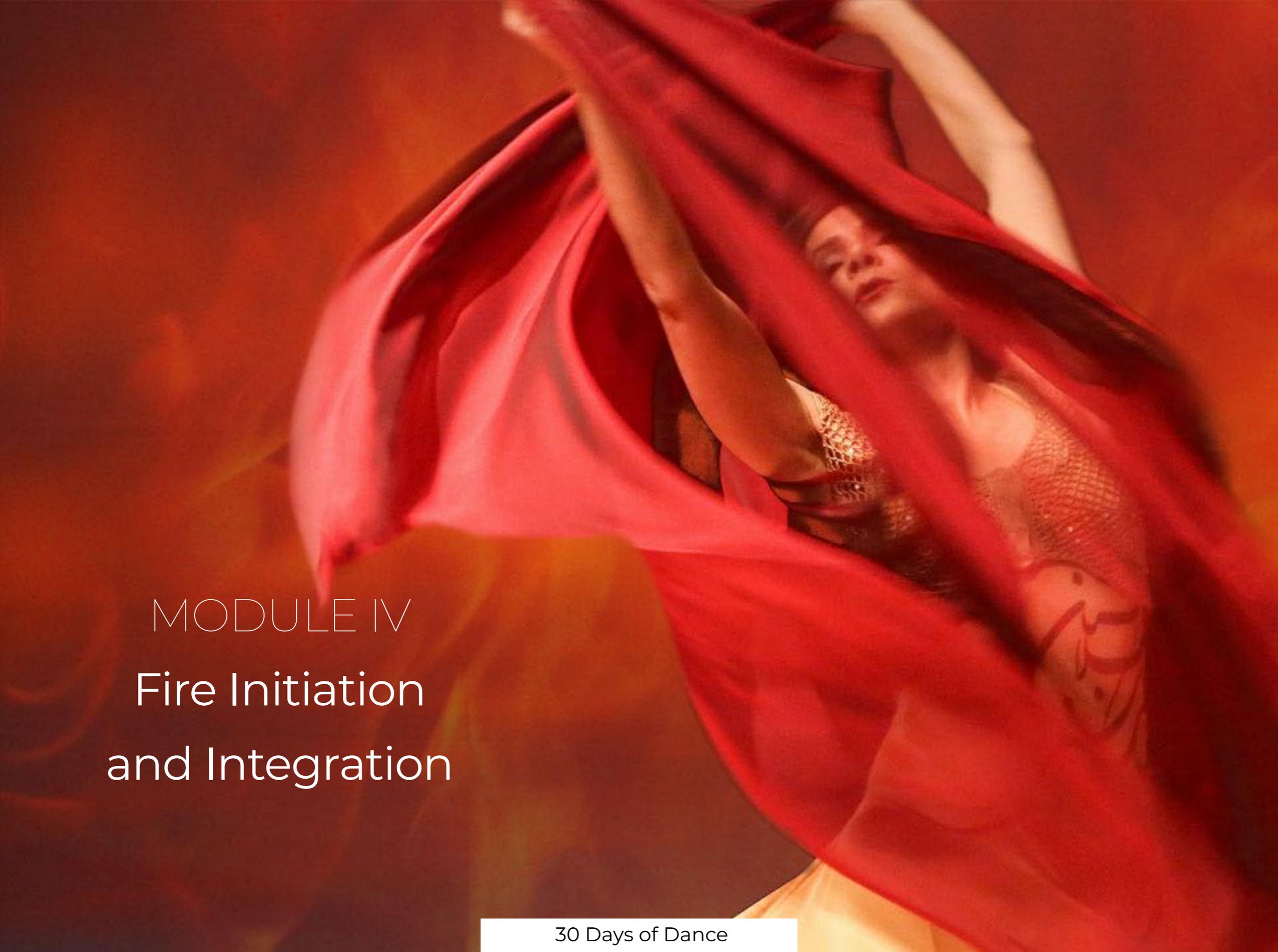
*Fall in love with the agony of love, not just the sweetness.  
Then that coy Beloved will fall in love with you...*

- Jalaleddin Rumi

## ■ Session 7: The Love Breath

*There is type of breathing that is constriction and there is another that opens you to  
infinity.*

- Jalaleddin Rumi

A woman is captured in a dynamic dance pose, wearing a shimmering gold sequined top and a large, flowing red fabric that she is holding aloft with her right arm. The background is a warm, monochromatic orange-red, creating a dramatic and intense atmosphere. The lighting highlights the texture of the sequins and the folds of the fabric.

MODULE IV  
Fire Initiation  
and Integration

## ■ Session 1: Ignite the Flame in Your Heart

*Light the candle of your 5 senses from the fire that is in your heart*



مرا عاشق چنان باید که هر باری که برخیزد  
قیامت‌های پر آتش ز هر سویی برانگیزد  
دلی خواهیم چون دوزخ که دوزخ را فرسوزد

*For me a lover should be so in love that every time she rises,  
from every direction she'll command insurrections full of fire.  
Give us a heart, like an inferno that can burn down the flames of hell to the*

- Both the first verse, and the set of verses are by Jalaleddin Rumi from different

## ■ Session 2: The Taste of Fire

*Lovers, it's time for the taste of fire.  
Let sadness and your fear of death sit in the corner and sulk.  
The sky itself reels with love.  
There is one being inside us all, one peace.  
Flute notes are calling us into friendship.  
Begin in.  
Play the melody all the way through this time.*

- Jalaleddin Rumi

## ■ Session 3: Flamenco, the Dance of Fire

*Creation, Destruction, I dance them both...*

- Jalaleddin Rumi



*Flamenco is a dance that came out of not being pristine, came out of not being free, and as a result the soul was made free, the soul burst free, and not only for the people who danced the dance and who made the music, but in the people who were the listeners and the people who were the watchers of it.*

- Clarissa Pinkola Estes



آتشی نو در وجود اندر زدیم      در میان محو نو اندر شدیم  
نیک و بد اندر جهان هستی است      ما نه نیکیم ای برادر نی بدیم

*I set a new fire to my being and entered a new non-being, a new void.  
Good and bad are a part of the world of existence.  
I am not good, brother, nor am I bad.*

- Jalaleddin Rumi

## ■ Session 5: Alchemy of Transformation: Turning Lead into

دلی خواهیم چون دوزخ که دوزخ را فرسوزد

*Give us a heart, like an inferno that can burn the flames of hell down to the ground.*

- Jalaleddin Rumi



زیر پای من گل است و زیر پاهایشان گل است      چون بکوبم پا میان منکران ای عاشقان

*Oh lovers beneath my feet there are flowers and beneath theirs, there is mud.  
This is how I dance and stomp my feet among the deniers, surrounded by cynics.*

- Both the first verse and the set of verses are by Jalaleddin Rumi from different poems

## ■ Session 6: Garden amidst the Flames

باز فروریخت عشق از در و دیوار...  
باز سر ماه شد نوبت دیوانگی است  
خیز دگر بار خیز خیز که شد رستخیز  
گر ز خزان گلستان چون دل عاشق بسوخت  
باغ جهان سوخته باغ دل افروخته  
آه که سودی نکرد دانش بسیار من  
مایه صد رستخیز شور دگر بار من  
نک رخ آن گلستان گلشن و گلزار من  
سوخته اسرار باغ ساخته اسرار من  
خلعت صحت رسید ای دل بیمار من  
نوبت عشرت رسید ای تن محبوس من

*Once again love pours forth from my walls, from my door...  
Once again the new moon has arrived and it is the time for insanity.  
Alas, all my knowledge has been simply useless...  
Rise up, rise up, the uprising has arrived.  
Let your fire, your passion fuel a hundred uprisings.  
If Autumn has burned the garden like the lovers heart  
Let the Beloved's face become your meadow, your garden.  
The worldly garden is scorched and the heart's garden is illuminated  
This world's mysteries are burnt and the inner mysteries are revealed.  
Oh my caged body, it's time to rejoice.  
Oh my troubled heart, the gift of wellness has come!*

- Jalaleddin Rumi

## ■ Session 7: Harnessing Volcanic Energy

*We are living in a time in which there are volcanically intense evolutionary pressures for the radical reconfiguration of all life structures.*

- Rick Tarnas

## ■ Session 8: I Am Exactly Where I Need to Be

حیلت رها کن عاشقا دیوانه شو دیوانه شو و اندر دل آتش درآ پروانه شو پروانه شو

*Let go of your trickery and your schemes lover and surrender your mind.  
Enter into the heart of fire and become a butterfly, a butterfly.*

- Jalaleddin Rumi

## ■ Session 9: Dancing the Joy and the Pain, Both

*One day in your wine-shop, I drank a little wine and I threw off this robe of my body,  
and I knew drunk on you this universe is harmony.  
Creation, destruction, I am dancing them both.*

- Jalaleddin Rumi



چه تدبیر ای مسلمانان که من خود را نمیدانم  
نه شرقیم نه غربیم نه بریم نه بحریم  
نه از خاکم نه از بادم نه از آبم نه از آتش  
نه از دنیا نه از عقبی نه از جنت نه از دوزخ  
مکانم لا مکان باشد نشانم بی نشان باشد  
دوئی از خود برون کردم یکی دیدم دو عالم را  
هوالاول هوالاخر هوالظاهر هوالباطن

نه ترسا نه یهودم من نه گبرم نه مسلمانم  
نه از ارکان طبیعیم نه از افلاک گردانم  
نه از عرشم نه از فرشم نه از کونم نه از کانم  
نه از آدم نه از حوا نه از فردوس و رضوانم  
نه تن باشد نه جان باشد که من از جان جانانم  
یکی جویم یکی بینم یکی دانم یکی خوانم  
بجز یا هو و یا من هو کسی دیگر نمی دانم

*What is happening to me oh Muslims, I don't know who I am.  
I am not Christian, Jewish, Zoroastrian, nor Muslim.  
I am not from the East or the West,  
not out of the ocean or up from the ground,  
not natural or ethereal, not composed of elements at all.  
I am not made of Earth or wind, nor of water or fire.  
I am not an entity in this world or the next,  
I don't belong in Heaven or hell,  
did not descend from Adam or Eve or any origin story.  
My place is placeless, a trace of the traceless.  
Neither body or soul, I belong to the beloved.  
I drove duality out of myself, and have seen the two worlds as one,  
and that one I call to, see and know.  
First, last, inside, outside,  
only that breath breathing human being.*

- Jalaleddin Rumi

