

## South Australia Adelaide Hills Dances of Universal Peace Circle January 2024 to March 2025 ( Report for 2025 DUPA AGM )

This offering begins with [January here in the Adelaide Hills 2024](#)

A group of us gathered for a residential retreat weekend focused on ‘**The Elements of Mastery**’ particularly focused for mentees and deeply committed ones to the dance path.

Maria travelled from Darwin , Bronnie, Jillian, Susan and Iain and myself from Sth Australia.

This retreat gave a deepening in my commitment as a Mentor and also a deepening in the practices to all who attended.

Walks, wazifa, prayer, dance, working as a group, eating together, connecting to the lineage from which the dances spring, sharing ,building sangha / connections.

Some of our sessions were supported with reflections which included poetry and drawing. We gathered at Jillian’s house ( Blackwood) for the weekend , her generosity in opening the space made for a magical weekend.



**Susan,Amrita,Bronnie,Iain,Maria . Jillian in photo above and at the harmonium.**



**Above - reflective retreat spaces during 'Elements of Mastery' retreat -poetry/art/space**

### **March 2024 – March 2025**

**An ongoing monthly gathering studying the Healing Breath teachings- The Beatitude Way** ( teachings from Neil Douglas Klotz) began in March 2024.

A group very interested to connect with these teachings gathered at Jamileh's house ( Mt Barker) some from our ongoing monthly dance circle and also some new people from local Sufi and Christian communities. This journey has deepened my connection to the teachings and practice as a facilitator and also my personal healing path.

We were fortunate to be able to dance the Beatitudes along side the teachings.

**In April 2024 I attended the DUPA Annual retreat at Yarrawarra Corrindi NSW** and Susan and Iain from SA came too. Cedar Prest from SA also travelled to the retreat bringing her wisdom and freshness of spirit.

The retreat was a beautiful opportunity for us all to connect more deeply with the dances and so bring this home to our circle with a feeling of a core group holding space together. Much gratitude to all who attended the retreat to fill the circle with presence and energy and all who created the retreat together .

**In May 2024** - Maria Manno from Darwin visited SA to continue her beginning dance leading path. We held a Dances with Children gathering which Maria, Susan and I offered together. Maria accompanied some of the dances playing open tuned guitar.

The session included; some Yoga for children (Maria and Susan) , song, story, dance, games and sharing of food. Iain and Jillian and Jamileh helped to hold the space too by being present and available to the afternoon needs.

We were a group of children aged from 3 – 11 yrs accompanied by parents and grandparents. One most delightful moment was when we were turning as prayer wheels – Om mani padme hum and a little girl called Mani was just shining!

During this time Maria also visited the school where I work and joined in with class 2 to get some ideas on how people might work with children in different situations.

The visit was combined with an adults dance circle the following day and opportunities for Maria and I to connect.

## July 2024 Outreach initiative supported by DUPA. (Ya Shakur)

In July I travelled to Darwin to share a Dances of Universal Peace event at the Lakeside Drive Community Gardens where Maria is an active member. Maria and I met together on zoom to plan what was needed to organise a brand new offering in Darwin. Maria was creative with her way of looking at what venue would be suitable and fit organically with the dances. She created a beautiful flyer and advertised the event .

Susan from SA and Heidi from Nth Qld travelled to Darwin, which was great support. We all got to know each other a bit more and deepened our connections to each other and the dance work.



Heidi, Maria, Amrita, Susan.

Maria organised for a local Indigenous woman , Lia to teach us how to make dream catchers and also share her plant wisdom. The children / family gathering was very casual and organic. The adult dance circle drew young women from the local area and the garden community together who value Maria from her connection with the Community garden.

These seeds which have been planted will bear fruit in ways which may surprise us in the future.

Maria's openness and spirit of learning is amazing. Ya Fattah!

## **In November 2024** Hakim and I were invited to attend and be part of an event called **'Fertile Common Ground'** hosted by the **Multifaith Association of SA** held at the **Glandore Community Garden** .

The event highlighted International day of Peace, the importance of cultivating resilient and sustainable food systems, commitment to Interfaith Harmony, Cultural and Spiritual food significance.

The dance - 'Spirit of Peace' supported this theme and mostly new people joined the circle to dance with some core group dancers joining the event too. We danced under the ancient peppercorn tree. This was a coming together of our Sufi / Dances of Universal Peace / Interfaith community creating together. We concluded with eating pizza prepared in the garden and cooked in the community garden pizza oven.

**Our monthly Dances of Universal Peace group** met at Jillian's house the first Saturday of the month **during 2024.**

The core group of dancers which come nearly every time were solid / steady and bring presence to the circle and practice which take us quickly to unity. We were blessed with some new people coming along and also Jillian supporting by playing harmonium and also leading some dances too. Iain and Susan step forward to share poetry/ readings and occasionally a dance or practice. The idea and manifestation of holding the space together has been cultivated where we will often meet together between dance meetings to play music and dance together and just be. We enjoyed spaciousness after the dance to share food and be together.

**During 2024** Fatima from WA, Arjuna from Sydney, Maria from Darwin and myself continued to meet as a followup from our **God is Breath prayer wheel ( Sufi foundation teachings)** to keep our Sufi connections across Australia alive by doing practice together.

**In January 2025 I was fortunate to travel to New Zealand** to meet with Halima and Abraham Sussman to connect with Halima as my Sufi Guide and to join the Mana Dances of Universal Peace retreat which for me was a wonderful gift.

Bronnie from SA also attended the Mana retreat and I am sure she would say ...came away with a beautiful gift.

**So now in 2025 we are dancing at a new venue out in the community** ( The Effective Living Centre Wayville) on the first Saturday of the month, a new area in Adelaide – may those who are drawn find their way to dance and sing in praise!

Much gratitude for this beautiful path

'May peace be in you heart'

Amrita ( Area Connector Sth Australia )