

## **Exercises For The Music**

One of the things that brings me the most joy is having my music used by people who are ministers, authors, workshop or retreat leaders or anyone who understands how music can anchor a message. I love adding movements to my songs and chants and also find that when I use my music as an exercise in a workshop it takes the teaching and message to a deeper level.

I have many chants and songs in my catalog that can be used as exercises but here are a few that you can use - feel free to change these to make it work for you!

### **Let It Go (One Heart At A Time)**

This chant can help people let go, forgive and surrender by singing along while standing up and moving their arms or legs - literally flicking off what they want to let go of. I have started this process with a meditation about what is no longer serving them in their lives, and then passed out leaves, flash paper or stones that as the song goes on they can write what they are letting go of. When the chant is done you can create a ceremony where they crumble the leaves, burn the flash paper, or bury or throw the rock away or put it in water.

### **Ho'oponopono (One Heart At A Time)**

This is a wonderful ancient Hawaiian mantra where you think of a person or situation that you want to forgive them (or yourself) and say over and over “ I’m sorry. Please forgive me. Thank you. I love you.” In putting music to this I am hoping that people can allow themselves to get into that space of forgiveness of themselves or others. I have started this song with doing a meditation of seeing that person in your mind’s eye (or visualizing looking at yourself in the mirror) and saying these words. I encourage people to use imaginary scissors to “cut” the ties from their heart that is keeping them stuck. I ask people to close their eyes and put movements to these words as they sing them over and over. To learn more about this I would suggest you Google: Ho’oponopono.

## **Namaste (One Heart At A Time)**

Most people are aware of the Sanskrit expression of saying “Namaste” and bowing when you greet someone. “Namaste” means the God or Divine in me greets the God in you. I start all my retreats with people singing this to each other in dyads and then waking around the room trying to greet as many people as they can. During the short verses I would suggest people just keep moving and connecting with as many faces as they can. When the chorus comes back, stop, and do a Namaste bow to whoever is in front of you. This is a very sweet and non- threatening icebreaker for any retreat.

## **The Face of God (Songs of the Spirit 2)**

I start off every retreat with this chant as a way to have everyone connect on a deeper level. There are a few ways to use this chant. You can do it as a Sufi-like dance with 2 circles and moving the inner circle so that each person connects while singing, but I find that just having people walk around while singing and trying to connect with everyone in the group is a lovely ice breaker. You can also do the hand movements (PDF below) and have people get in smaller groups to share this intimate connection.

## **I Stand Before You (Chants and Sing-alongs For All Kinds Of Gatherings)**

This is a Sufi-type dance that I wrote with my friend Rev David Ault when we facilitated a retreat and saw that we wanted to have a simple dance where everyone could connect in a sweet way. You can play the song and have people get in dyads doing the movements and then do a Namaste bow to each other then find another partner.

(The movements are in this PDF below. )

I will usually call out the main movements:

Open your arms to your partner.

Mirror with your hands.

Open your arms to your partner.

Namaste bow.

Hand on each other's cheek

Namaste and then find a new partner.

I have other exercises but this gives you an idea - if you need any more information please feel to contact me!

