

Twirling, Turquoise, & Toques



<http://www.robertharding.com/gallery/Whirling%20Dervishes%20festival>



Whirling Dervish: Sufi by Lady Gradiva www.deviantart.com

Try not to resist the changes that come your way. Instead let life live through you. And do not worry that your life is turning upside down. How do you know that the side you are used to is better than the one to come?
~ Rumi

<http://rumimasnavi.blogspot.ca/2014/12/try-not-to-resist-changes-in-your-life-rumi-quotes.html>

This year, December 10 to 17th is the annual Festival of the Mevlana (the Master) in Konya, Turkey. Seb-i-Aruz marks the death of the 13th century Persian Sufi poet Jaluddin Rumi and the Seba ritual dance occurs at his mausoleum. It is said that Rumi was in a market one day when Spirit moved him to dance in a spiral. The "Turn" is replicated by Dervishes of the Melvana order in their dance, pivoting on the left leg, with the head counter inclined to the right. The right hand is lifted to draw in the positive energy while the left hand channels down negative. The Dervish spins counter clockwise in a ritual trance while silently praying to Allah.

Sufism is the mystical branch of the Muslim religion. I love mystics. Their devotion to the divine is experiential rather than dogmatic. I once heard a story of an ecumenical encounter between Western and Eastern religions. The monks from both had no problem finding common ground in their mystic experience, while the priests argued over literal interpretations of doctrinal differences. When in doubt, communicate from the heart rather than the head. That is what the Yogic greeting of Namaste embraces: "the divine light in me greets the divine light in thee."

The Melvana order thrived under the Ottoman Empire, but was officially banned in Turkey after World War I. Since the 1950s, they have been permitted to dance the Seba once a year for the economics of tourism, but not for spiritual expression. UNESCO named 2007 the Year of Rumi in honour of his 800th birthday and celebrations were held in Iran, Turkey and Afghanistan. Rumi's family fled Afghanistan, due to the Crusades and Genghis Khan. They went to Iran and then Turkey. Despite current political differences, those regions remain united on the aesthetic plane by the artistic expression of Rumi and his mystic poetry.

Maybe the Sufi legacy will prevail in the end for world peace.

See the Whirling Dervishes dance here

<https://www.youtube.com/watch?v=twbpCW3upL8>

There is a Dervish retreat centre that offers retreats, classes, and workshops on Sufism and the Melvani dance in Spencer New York
<http://www.whirling-dervish.org/index.htm>

Jalaluddin Rumi



1207 – 73

A refugee himself as a child, Rumi's spirituality is suffused by a sense of cosmic homelessness and separation from God.

Founded the Sufi order commonly known in the West as the "whirling dervishes"

"I knocked and the door opened, but I found that I'd been knocking from the inside."

<http://sologaki.blogspot.ca/2009/08/rumi-homesick-persian-immigrant-in.html>

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A secret turning in us makes the universe turn. Head unaware of feet, and feet head. Neither cares. They keep turning.

Rumi

Turquoise

Turquoise is a stone whose position is firmly established in jewelry dating back to antiquity in the Middle East. Its very name means Turkish in French. For Arab men, Turquoise is one of the gemstones revered to bring one closer to Allah.

Afghanistan and Iran are well known for their Turquoise deposits. Known as Firouzeh, it has been used on auspicious ceilings to represent heaven on earth. Turkish soldiers wore it to keep from falling. The mask of King Tutankhamen was embellished with Turquoise as well as Lapis and Carnelian. The Egyptian goddess Hathor was called the Lady of Turquoise. In the South West of the United States and Central America, indigenous tribes such as the Zuni, Navajo and Aztecs have created ceremonial and artistic Turquoise pieces.

Turquoise is a hydrous copper aluminum phosphate found in arid locations. Its mineral format borrows from other stones around it. Apatite influences phosphate, malachite or chalcopyrite bring copper streaks and feldspar contributes aluminum. Nowadays, true Turquoise is hard to find. Most of what is marketed as Turquoise is actually either reconstituted or stabilized Magnesite or Howlite. Lighter robin egg blue type Turquoise is considered purer, while the types with spider trails of other minerals within are considered less desirable by experts. Personally, I like the rich texture of matrix copper veins in Turquoise, but to each his own.

Turquoise is said to adapt to the energy of the wearer, fading if the person was not well. It is thought to support thymus and throat. If you are shy or have kept silent for some reason, but now want to express your truth, wear Turquoise near the neck.



Compare Mojave Turquoise and Citrine Earrings
versus Magnesite and Glass Earrings

Rock Star of the Month



<http://www.nativeindianmade.com/Detailed/6424.php>

Turquoise Belt Buckle



Did you know?

- Saudi Arabian women voted for the first time on December 12, 2015
- Saudi women were political candidates for the first time on December 12, 2015
- The municipal election for councillors is the only political role Saudis vote on.
- 979 Saudi women were candidates
- 17 Saudi women were elected as municipal councillors (some media reports say 5, others 19, the true total will emerge eventually in the media)

Coaching Questions:

- When was the last time you danced?
- How do you express your divinity?
- What is turning in your world?
- Are you expressing your truth?
- What physical actions do you take to provide balance in your life?

Practice makes Progress

Last week I spent a day at the Scandinave Spa baths in Collingwood with a friend. If you have never been, it is worth the drive to create space to unwind. First, you sit in the steam room or sauna to open up the pores and detox. Then, there is a quick dip in cold water followed by a soak in the hot jetted pools. After, you lounge in a heated room or in the sun by an outdoor wood fire for 20 minutes before doing it all again. Throw in a Swedish massage and an organic lunch and you have the perfect day spent surrounded by birch trees.

<http://www.scandinave.com/en/bluemountain/>

I was lying back in the heated room looking at the birches upside down. It occurred to me that from that angle I could not tell which were the branches and which were the roots. They looked alike without the leaves on. What a metaphor for life! Try it. Look at something from a different vantage point physically. We get so ensconced in doing and viewing things in a particular way, but just taking a different vista can blow open new possibilities.



<http://ici.radio-canada.ca/>

25,000 Toques for Syrian Refugees

<https://www.facebook.com/25000tuques/>

It started in Quebec as a response to some of the negative sentiments that arose after the Paris attacks about bringing in Syrian refugees.

A call went out on Facebook to knit winter toques to give to the Syrian refugees when they arrived in Canada. It was symbolic of the toques given to newborn babies to keep them warm since the refugees will be birthing a new life here. In small and large communities, people began to knit. Knitting brought people together. Libraries, wool shops, churches offered free space for groups to gather and knit.

Offers went out to teach people how to knit. Stores offered free wool along with the space. Toques were the beginning. Scarves, mitts and cowl neck warmers were also being created to keep the new arrivals warm. Communities are being built around the charitable act of creating warmth to welcome and in so doing warmth is reflected within our own communities. From New Brunswick to Edmonton there are news reports of knitters contributing to the 25,000 toques. I love this. It is so simple and easy to do. Charity does not have to be costly. It can be grassroots. Every little action helps. Check out the Facebook link above for more updates about this Canadian initiative. Maybe you might even knit.



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