

Ann Arbor – Toledo First Friday Dances of Universal Peace on Zoom February 5, 2021, 7 PM



Figure 1: Screenshots of typical dance nights

The monthly first Friday dances of the Ann Arbor Toledo Dances of Universal Peace are hosted by the MultiFaith Council of NW Ohio on Zoom during the pandemic to keep everyone safe. The February 5 dances were dedicated to the World Interfaith Harmony Week. The theme was Love in all its deepest expressions. Dances from Sufi Universalism, Judaism, Christianity, the Hindu faith, and Buddhism, were led by certified leaders Judy Lee Nur-un-nisa Trautman and Drake Moses Meadow and mentored leader Rev. Elizabeth Rand. Sixteen of us met February 5.

In more normal times the dances are an intimate experience of simple folk and modern dance steps set to the sung mantras of the world's faith traditions. Created first by Sufi mystic Murshid Samuel Lewis in the 60's, the dances are now danced in circles across the globe. The fifty original dances have now grown to well over 500 dances.

The dances are an experiential and embodied way to learn about diverse faith traditions.

The dance circles have maintained their connections by meeting on Zoom and dancing safely in individual homes to music performed in individual musicians' homes. Modified dance movements are presented on a PowerPoint.

Despite the necessity to meet virtually, the dancers have retained a deep intimacy as they share greetings, reflections at altar time, and at closing. We do not record the dances live, so that we may protect privacy of the dancers.

Sample dances and art meditations are published to YouTube for personal meditation in between dance meetings. The Samples from February 5 may be found here <https://youtu.be/BAFVVRzMj-M>

The Ann Arbor Toledo Dances of Universal Peace website is [here](#).