

LONG DANCE INSTRUCTIONS

Long dancing is an ancient Native American Dance that is done at night because "no-wia" means the night time. It is the time to bring forth associations that lie in the subconscious mind and by dancing them, they can be brought up to conscious aware levels. Once we dance these subconscious associations to the conscious levels we can dance them, own them and then release them during the dance.

There are two distinctly different associations in the subconscious under which fall a number of forms we are dealing or not dealing with in life and they are as follows:

1. The sound vibration forms that associate us with the certain principle ideas :

A - ahh - purity, voidness, before birth

E - eh - relationships

I - eee - awareness

O - ohh - childlike innocence

U - ooo - to be carried or carry

2. The forms that associate us with karmic vision:

Greed Jealousy

Anger Denial

Pride Attachment

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1. A principle idea is a fundamental truth, law, doctrine, or motivating force, upon which others are based.

The dance begins at dusk or shortly thereafter and continues without stopping until early dawn.

Participants should bring:

Tobacco to make prayer bundles.

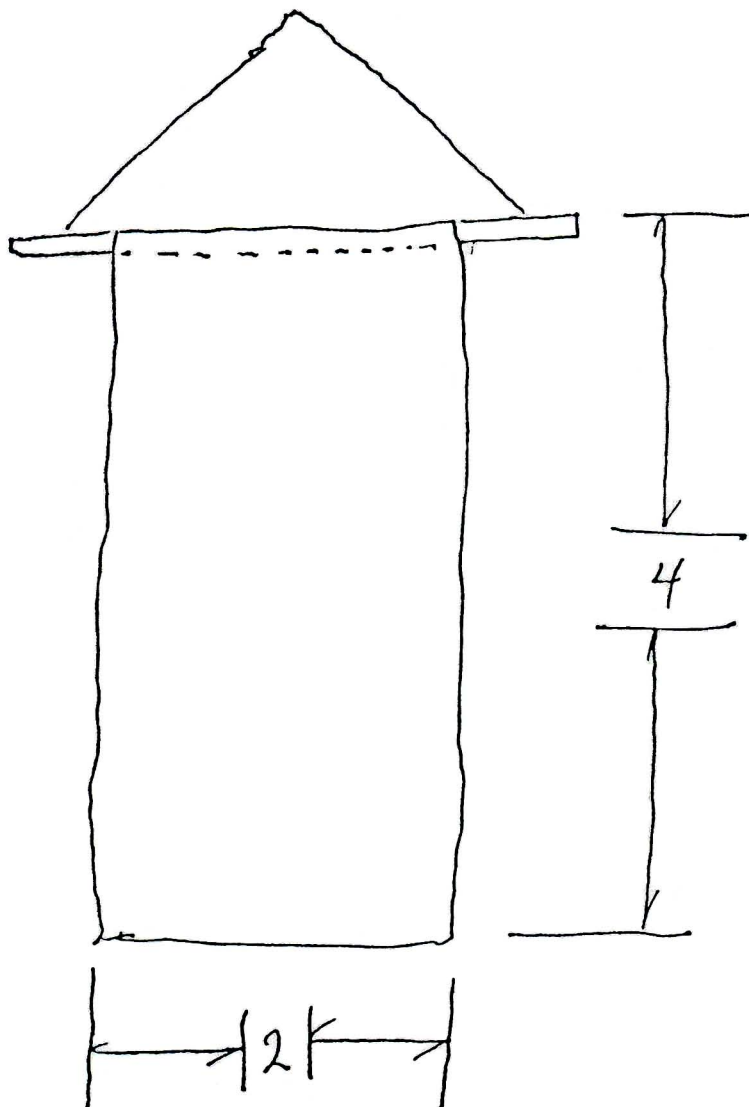
Warm layered clothing as the night may be cold.

Drums, rattles and sticks to dance with.

Medicine Shield

Make a medicine shield in the shape of a banner, 2 feet by 4 feet, with a pocket to insert a pole on one end. Any color may be used. Put artwork on it that depicts:

- a. Where you come from
- b. where you are now
- c. where you hope to be after the dance

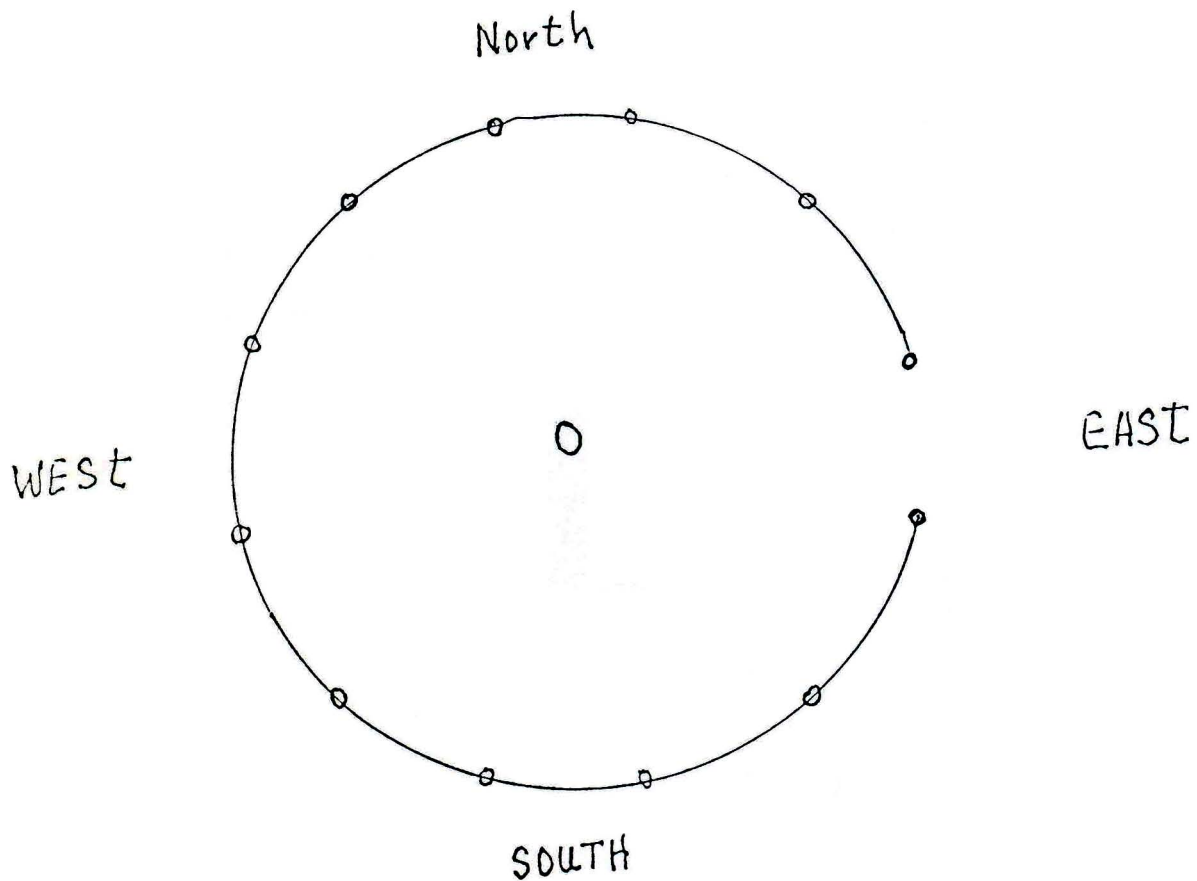


Instructions for Creating the Long Dance Dance Site

12 small poles in a circle and one large pole in the center.

(See illustration)

Join the 12 smaller poles with 4 strands of heavy string or twine.



IN THE LONG DANCE OF LIFE . . .

every step forward

awakens three opportunities

for the human

one -- placement in eternity

two -- purification of past forms and

three -- new opportunities for adventure

for in the instance of eternal time

the new always refreshes and cleanses.

Beautiful Painted Arrow

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