***Spiral dances and the Jonas story***

Symbolically, this dance form expresses the search of man to the essential, the holy, the depth, the core of things. By dancing in a spiral movement you can feel, your own quest, looking forward to the short moment of "meeting" with the "holy healing ..." After reaching the middle, there will be a turn. The first dancer turns around after the meeting with the saint, the centre, we dance outwardly. The spiral inward becomes such a spiral outward. The experience in the meeting with the saint is now carried out en every dancer now is pulled open. He or she is invited to contribute to the outside of the meeting in the centre. and share their meeting with the centre with the world.

During these four days we want to dance a spiral dance every day again as a ritual. With another music, another step, another content accent.

1. ***Spiral dancing trough the whole Jonas story***

As Jonah departs, the ship draws away the wide sea. But the circumstances, the seamen, the storm force Jonah increasingly to the centre, to the depth. Being swallowed by the fish, the stay inside, and the excavation on the land is symbolized by the smaller circles of the core inward and the lashing outward. The ever-increasing circles of the spiritual outward, refer to Jonas's challenges to put further steps into his life, the call of God, the people and the king of Nineve, the sun and the tree ... Already dancing we can experience how it feels to be physically open out when challenged by the world.

***Dance The way of Jonah***

This dance and music has become part of the Flemish and French culture but originally has Eastern European roots. These dance steps represent the usual fast pace of life, in which man dares to jump and pursue afterwards by himself, or step backwards and consider the event.

Attempt to remember the course of the story and to feel it. What do you most experience, the way in, the presence at the depths, the way out ... be aware... and feel

***Dance passes***

We are standing hand in hand. The right hand is open upwards and receives the left hand of the previous dancer. Let your hands loose loosely next to the body. Be aware of your predecessor and of the one who follows you. Turn your body a little to the right, in the dance direction, a little too to the centre. Walk in the trail of the dancer before you. Not next to him/her!

We start with 4 Steps: start with the right foot: Right, Left, Right, Left. In the direction of the dance.

Then: Jump with the right foot forward, a little bit to the centre (left) and bounce (whip) softly on the right leg. Put the left foot backwards and bounce (whip) a little on the left leg. Feel your resilience! Then forward in advance four steps ahead. And so on

**Muziek:**

*Danse de l’ours – polka de l’ours*

<http://www.dailymotion.com/video/x2s41aq> (4 min.) (gelijkmatige dans)

1. **The descent of Jonah to the depths.**

We are standing hand in hand. The right hand is open upwards and receives the left hand of the previous dancer. Let your hands loose loosely next to the body. Be aware of your predecessor and of the one who follows you. Turn your body a little to the right, in the dance direction, a little too to the centre.

Now you are all like ‘Jonas’ who leaves his land (country) with a ship. Going into the ship, into the storm, into the belly of the ship, into the sea and into the belly of the wale... We dance the descent of Jonah to the depths.

We start with 4 Steps forward: start with the right foot: Right, Left, Right, Left.

Then jump to the right, a little bit forward, then to the left, a little bit forward (both 2 times)

Summary:

Walk: Right and Left, and Right and Left. Jump: Right, Jump Left, Jump Right, Jump Left

<https://www.youtube.com/watch?v=t2urxjGykFQ> ( 4 minuten)

Muziek: Harmonie -fanfare: leidmotief van de Springprocessie van Echternach

1. **Trown into the sea and to be swallowed up**

The emphasis in this dance will be to be thrown into the sea and to be swallowed up by the big fish.

Here too, a spiral dances to the middle, towards the whale's belly.

At the beginning and during the course of the dance, elements of the story and possible experiences are provided during the dance movement. Dancing inward imagined to be thrown into the sea and being swallowed by the fish.

The dance stops at reaching the centre: In the centre of the spiral is a fish with Jona visually depicted

It will be a short moment of reflection, meditation, experience ... and then dancing again.

The path of the story we know, but not yet live. This part of the dance can also simply be taken in silence. In dancing out (steps) the hope of being exclaimed on the beach is depicted, the sequel to the story.

**Meditative spiral dance (with cross)**

1: 4 steps forward R L R L

2: Make a cross with the feet: right side, left side right back and left forward:

Life is starting again every day and trying to move forward.

It is repeatedly at crossing points and should choose right or left, forwards or backwards. A moment of reflection and consultation. It is also the experience of the cross, the pain, the renunciation, the symbolism of the Christian cross, with the hope of breakthrough, resurrection, liberation, view.

**Bulgarian music**: <https://www.youtube.com/watch?v=5bLZSwE1jQU&list=RDqA9deth4Xlg&index=21>

1. ***In the Billy of the whale***

The dance wants to express 'the hope of light', in the darkness of the belly of the fish, into the deep of the sea. The music is hopeful and joyful in nature. The light comes slowly step by step into the belly of the fish. When the light of every dancer, close to the centre of the spiral meets, the dancers stop, and become aware of the light, the fire in the darkness. After this meditative moment, it is encouraged to carry the light outwards. To go outside, turn the fish in motion to spit Jonah out, land the land.

* **Spiral dance Light dance**

Open half circle, hands on shoulder height in a W-posture. In the right hand, it is held 'light' (the tea light in a glass jar) that is carried along. The left hand supports the right hand with the light of your co-dancer. The dancers dance in a wide bow as a spiral to the centre. Then the dance stops Then music and dance start again, but now it is danced outwards.

* **Dance passes**

We are standing in a open half circle. Put your hands on shoulder height in a W-posture. In the right hand you hold a light, a tea light in a glass jar. The left hand supports the right hand with the light of your co-dancer.

Step with your left foot aside and bounce (whip) a little bit. Step right along and whip a little bit. Repeat it all 4X. Be aware your resilience.

Standing and leaning on the right leg, tap with your left foot with the tip on the ground, first forward to, then sideward, then backward and then joining the right foot and bounce(whip) softly.

L touch Forw, L touch Side, L tip Back, L by R : bounce (whip) on R.

Repeat the same with the right foot standing and resilient (bouncing) to the left.

R touch Forw, R touch Side, R touch Backw, R by L : bounce (whip) on L

1. **The whale vomited Jonah onto dry land**

* **Dance passes**

We stand stand hand in hand in a semi-open circle.

Part 1 consists of 16 slow steps. Right Left (8 times) in the right direction

1 hard step on right foot and a soft step left The left foot next to the right (8 x)

Then part 2 with 4x4 quick little steps forward. The first of the four is hard and the other three are soft.

The dance start in the centre, in the middle of the spiral en goes a little bit inside the spiral. You are aware that you are now (like) Jonah in the whale. Then the dance turns and it goes only outwards. The whale is going to vomit you out on the land. The dance goes into wider circles. At the end, when the music stops then you throw yourself on the land you have made symbolically. Then yo be awere: you are Jonah on the land. How does it feel? What do you think, what is in your mind?

Noorse Pagan music: 5 min.

<https://www.youtube.com/watch?v=3pTUvB9uExI&list=PLsrbgLKTkqvdxkT2a2AidCDuonUtjTMGB&index=3>

<https://www.youtube.com/watch?v=sHsledb9tXU&index=4&list=RD0lMT9VS6KfE>

1. **Jonah on the land and how is it going on?**

* **Dance passes**

We stand hand in hand in a semi-open circle.

Tree passes in the right direction: Slow: Right forward, Left forward, Right forward

Fast: Left forward to the Right, Right forward : a shuffle with left

Slow: Left side, rock (swing), Right side

Fast: Left backwards, Right back to the Left, Right forward (a shuffle with right)

R and L and R and shuffle L and R forward. Side L side R. L back, shuffle R back

In this dance you are(like) Jonah who is going to his future his way to Nineve , your Ninive to day.

Should I not have concern?

The dance goes forwards and backward, and sideways to, to the left or to the right. This dance isn’t simple, neither is the reality of Jonah, neither yours

Many times you must be aware how to go. Often you have to be aware of what your steps are.

Literally and symbolically: R and L and R and shuffle L and R forward. Side L side R. L back, shuffle R back

**Biserka: (Servische dans)**

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

1. **Jonah’s confrontation with Niniveh: a spiral dance**

** Meaning**

In the dance we follow the process of the story. We try to get along with Jonah in his confrontation with Niniveh, with his own reaction patterns and with God's answers to that response, including his last sentence: ‘Should I not have concern?’

*And should I not have concern for the great city of Nineveh, in which there are more than a hundred and twenty thousand people who cannot tell their right hand from their left—and also many animals?” Jonah 4,11*

At the same time, we are already trying to connect this dance with our own Ninive today. From the core of experiences of this four-day meeting, starting from the center we dance our own way out, meeting our own reality. Our own Ninive. What do we experience as a call, how do we experience the way there? How do I see myself functioning in my own place / country / relations? What pieces of peace can I find, take along? What will my possible reactions be?

* **Dance passes**

The dancers stand close together, the right hand on the right shoulder of the predecessor.

The dance starts from the center. The row of dancers are in a tight spiral together. The dance starts with a few steps to the center to return to the outside. The step rhythm consists of four steps

With slow step, three steps forward and one step backwards. Right forward, Left forward, Right forward and Left slightly backwards. Keep repeating this series. The spiral unleashes, the dancers try to feel in a meditative dance movement with their own calls, like Jonah, like Jonah. The dance is a German spiral dance with a song that can be sung. The song invokes calls "to go". The lyrics of the song can be sung by the dancers.<https://www.youtube.com/watch?v=JIP03kerJWU> (8 min.) [Iria - Lieder fürs Leben](https://www.youtube.com/channel/UCtIBAVsYZgSs4ikC4EL8zbg)

* **Lyrics**

Ich gehe und gehe, weite die Kreise, gehe zum Ursprung und Ziel  
Ich gehe die Pfade der großen Spirale und singe das uralte Lied.“ (2x)

Ik loop en loop in bredere kringen, ik ga naar oorsprong en bestemming,

Ik loop het pad van de grote spiraal en zing het oeroude lied.(2x)

I walk and walk in wider circles; I go to origin and destination,

I walk the path of the big spiral and sing the ancient song. (2x)

**Processing**

The dance ends in a circle with the faces facing each other.

Everyone expresses a posture, a gesture and possibly one word of his / her experience, experience. Finish the dance event with the singing of the mantra

We ask you to express something of the call that reflects our own experience, and add it to your own suitcase.

**The Dance of vulnerability**

The dance wants to be a ritual expression of learning to deal with vulnerability. As human beings, we are limited in possibilities, we carry our problems with us. If our masks of being tough and strong are put away, we notice how fragile we are. Thrown on the land we experience ourselves (like Jonah) again as we are truly in the face of the world and of a calling God.

The dance shows in gestures the doubt, the fear, the flight response for this call in the daily course of the life in which we, even though moving forward, we yet too often want to return. The dance contains the invitation to show our vulnerable inside. But in the dance we are not alone with our vulnerability. We recognize our vulnerability in others and vice versa. With and in our vulnerability we try to grow and continue in life. Shoulder to shoulder. Step by step. In the dance, we cherish this vulnerability and show it to our outside world, even more share it with the outside world. Thus we are invited to search for a stronger connection with the group and to deepen this step by step. Connected with each other, being aware of our vulnerability, is essential to faith.

**Steps of the dance**

The dancers stand in a circle face to face and hand in hand.

The dance begins with the right foot and extends in the right direction, counter clockwise. The dance starts with eight steps forward. Then four back and forth four forward.

Then the dancers turn in the face and the body and put four small steps towards the center of the circle towards each other while keeping the arms at shoulder height. The center symbolizes the holy, the good, the call of the divine ...

Stepping to the centre the dancers gently shake their hands stretched out. They symbolically show their existence and vulnerability to each other.

After the four passes forward (the dancers are close together, shoulder to shoulder), they put two passes sideways to the right: i.e. to the right side, left there and left to the right to the left. In our vulnerability, we are trying to get ahead. Step by step, shoulder to shoulder, we know that we support others as well are supported by others.

Then they cross their arms and hands for the chest and step back four steps. We cherish this new experience and return to our own life situation. We are invited to show this new experience to the world.

In the dance, this goes as follows: In four steps, we turn left in an arch to return to the starting point. You walk a little round outside the starting point of the dance circle. Meanwhile, we extend our arms and hands to the outside world. We express our willingness to share our experiences.

Then the dancers quickly search each other's hands and then the dance starts again with the eight steps forward ...

**Homeless**

Homeless Graceland - Paul Simon : <https://www.youtube.com/watch?v=8iC__kZDoc0>

In de dans ondersteunen de dansers elkaar. Zich bewust van hun bestaan in thuisloosheid, stappen ze dicht aaneengesloten arm aan arm, hand in hand, Bewust van het feit dat ze ‘op zichzelf bestaan’ en van hun ‘fundamentele eenzaamheid’ reiken ze naar nabijheid en gemeenzaamheid. Het voelt als in een lied van H. Oosterhuis: ‘Dat wij niet uit elkaars genade vallen en doelloos en onvindbaar zijn. De songtekst: *‘And we are homeless, homeless. Moonlight sleeping on a midnight lake’,* klinkt als een onophoudelijk mantra. Dicht aaneengesloten steunen de dansers elkaar in de gestage vooruitgang in het leven. Als ze elkaar loslaten en hun eigen weg gaan, worden ze zich bewust van hun ‘all-een zijn’ en keren terug naar de groep om zich te koesteren, om sterkte op te doen, om gemeenzaamheid te ervaren. En om nadien mogelijk weer eigen wegen te gaan in zelfstandigheid. De dansstap drukt in de beweging vooruit het voortdurend zich wagen aan vooruitgang en diepgang uit, tegelijk ook de veerkracht. In de stap opzij, wordt het aansluiting zoeken uitgedrukt. De danspas op het einde van elke tweede dansbeweging geeft het op zichzelf gaan en staan weer en het verlangen om niet alleen te blijven.