

## **Power Dance**

The whirling dervishes perform its powerless modern form.

As done by modern whirling dervishes:

- 1) Right hand raised, palm up, toward the sky.
- 2) Left hand lowered, palm down, toward the ground.
- 3) Measured whirl, to the right, in place, for 1 half of an hour or more at a time-

This takes a lot of physical training to build stamina and balance, until their endorphins kick in.

- 4) Speak, hum, drone, think and beg a prayer by rote.

Basically without intent, emotion and gratitude, just a dance or display of physical training and stamina.

Even so whirling dervishes are in great health and live long lives.

### **The Power Dance done correctly:**

- 1) Right hand raised, palm up, toward the sky.
- 2) Left hand lowered, palm down, toward the ground.
- 3) Measured whirl in place:

A) Measured- if this is your first time whirling since you were a child; slowly turn in a circle a few times. If you are physically unable to whirl or turn, stand, sit or lay, close your eyes and believe you are whirling in a measured and controlled way.

B) Whirl- if you are in the Northern hemisphere turn/circle right. If you are in the Southern hemisphere turn/circle left, if you are near or on the equator observe how water twirls/whirls down the drain,

in your location, you turn/circle in the same direction.

Whirl/twirl/turn/circle one or more times depending on your personal strength and stamina. You will improve.

When you stop you will feel a whirl inside of you that will continue for some time, stand and enjoy it.

Do not attempt to walk or move, until the inner whirling has stabilized, you might lose your balance.

C) In place- do the best you can. You do not want to bump into things or trip. Choose level ground or clear floor to do the power dance.

4) A) Welcome and feel life, joy, happiness, health, wealth and gratitude. Know life, joy, happiness, health, wealth and gratitude.

B) The source is boundless and infinite.

C) Nature loves and delights in life ever increasing.

D) No words spoken by rote or fever, no demands or shouts of hate, fear, anger or cruelty, no begging or crying will be answered.

E) Joyous sounds of laughter, mirth, welcome and gratitude must be answered.

F) Grasping, grabbing and attempting to hold the source will push the source away.

5) You are a tube, a funnel, welcome the source, step aside your ego, allow the source to pass through you. You will reap the benefits of the power passing through you. You are acting as a channel for the source.

6) By channeling the source the normal level of the source in your body, home and neighborhood area will increase dramatically.

7) You cannot twist, direct or manipulate the source. Any

attempt to do so will set up resistance and the source will be shut off.

- 8) The source is limitless, boundless and ever increasing.
- 9) The source is everywhere, everything.
- 10) You can increase the level of the source by welcoming it and feeling life, joy, happiness, health, wealth and gratitude.
- 11) Nature delights in life ever increasing.

Note: insects, rodents and other pests will not overwhelm you! These have their places, for example: flies do 90 plus % of all the pollination needed in the world!

But an overpopulation of them will not bring welcome, life, joy, happiness, health, wealth and gratitude.

- 12) The source is attracted to welcome, life, joy, happiness, health, wealth and gratitude.
- 13) The source is repelled by wonton greed, cruelty and destruction.

Note: Some of the signs of decreasing source in an area is lack of rain, in the rainy season, an over abundance of pests, failed harvest, etc.

- 14) At one or more times of the day and spontaneous wherever and whenever, one person or many people may dance the power dance.

### **Reasons and uses for the power dance.**

- 1) You will feel better, which will improve your ability to feel joy, happiness, health, wealth and gratitude.
- 2) Your physical body will strengthen and be better able to experience joy, happiness, health, wealth and gratitude.

- 3) Your home will feel and be safer and contain more welcome, joy, happiness, health, wealth and gratitude.
- 4) Your neighborhood, local and surrounding areas will feel and be safer allowing more welcome, joy, happiness, health, wealth and gratitude.

Note: Do not attempt to exempt a nasty neighbor; you will shut down the source increasing.

Besides, flooding an area with the source will improve that nasty neighbors' life as well!

- 5) If you are afraid/unsafe in your home, doing the power dance will flood it and your area with itself and those horrible elements must change towards life or leave the area.
- 6) All who will voluntarily join you in the power dance will add even more source.

Note: Do not worry their internal resistance will effect your channeling, it will not!

Do not concern yourself with accidentally whirling the wrong way; your open intent is understood. But the effects are stronger when whirled in sync with the source.

### **More Uses for the power dance.**

- 1) To stabilize deserts.
- 2) To invite life to the deserts.  
You will be amazed at the seeds scattered in the deserts.
- 3) To stabilize the Ocean dead zones.
- 4) To invite life to the Oceans dead zones.

- 5) To stabilize the Ozone holes.
- 6) To invite life to the ozone holes.  
Yes, there is life in our atmospheres.
- 7) To stabilize governments and criminals.
- 8) To invite life to governments and criminals.  
You will be amazed at the reduction of corruption and criminal activity.

Just think, by doing the power dance in your home you can affect the world!

As more and more people practice the power dance, properly, even the ozone holes, which are an indication of decreasing source, will close.

True, one or more people can travel to a desert and perform the power dance. You are a channel and, of course, you cannot manipulate the source, only channel it.

If you are on or near a location of trouble the source will be channeled directly to it!

How long until noticeable effects?

- 1) In yourself, immediate, even if all you can do is just one or two whirls/turns, standing or lying down.
- 2) It seems the worst the condition the faster the effects are seen.  
First crime  
reduces, economies pick up, weather improves, etc.

How long do the effects last?

Days, weeks, months even years before returning to "normal".  
Repeating the power dance will keep the effects building and growing.

For the fastest feedback, monitor your local news, weekly.

Imagine the newscasters filling in their time with more and more good news!

A word of caution:

Yes, you can perform the power dance in reverse.

- 1) You must think and feel death! You must be death!
- 2) A power dancer risks death in only a few minutes of dancing this dance.
- 3) The reduction of source will last only as long as the dancer can reverse channel, less than 6 minutes.
- 4) Nature abhors a vacuum and the source will rush into the area from every where and every when to flood the area with life, joy, happiness, health, wealth and gratitude.

But the power dancer will be dead or dying.

Yes, the power dance can be performed by women, men and children. In fact a child does the whirling/twirling instinctively, once they are informed of how to channel the source, they can begin to power dance.

Yes, once you are familiar with the physical/mental/spiritual process of the power dance, you can earn a living by performing it.

Weddings, new baby, new business, any celebration of life.

- 1) Explain what you are going to be doing to the celebrants of life.
- 2) Invite the celebrants to join you in the power dance.

Secrecy is why so much knowledge has been lost. You do not want to be part of the problem. You are the solution.

One last observation:

The twirling/whirling dervishes are already trained physically, they can easily begin to feel welcome, life, joy, happiness, health, wealth and gratitude and dance the true dance of power, for pay. If one is stronger, word will get out and he/she can charge more for their services.

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Rhondalyn Teel also recommends  
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