

WHY SINGDANCING?

a Manifesto

Use your Self, your Whole Self, and Nothing But Yourself!

- ~mind, body and voice
- ~raw, immediate, at your fingertips—no props required

Create your World!

- You create your emotional environment via:*
- ~your music -- personalized and specialized to heal and entertain you
- ~your dance -- your chosen actions, which create a visual environment along with the musical environment you created
- ~the visible and audible offering you make to others who watch and listen

Stay in the Moment!

- ~Ephemeral, intangible art
- ~Doesn't hold still
- ~Not explainable in words
- ~Release old emotions and become present
- ~No trash by-products!
- ~Can change forever, just like life
- ~Be Here on this planet, right Now,
physically through your body and your attention
- ~It needs your presence:
You can write it down or record it to help you remember how it goes,
but it only really exists while you are performing it

Make Beauty!

- ~Define and clarify your own aesthetic
- ~Create and be a beautiful environment for others
- ~Manifest heaven on earth by bringing music – the highest form of intelligence humans can perceive —to the body – the physical plane, the place we live right now.

Stay Healthy!

- ~Body:
Dance your way to physical awareness and fitness
- ~Emotions:
Express your emotions through movement and song
Cleanse your entire channel to a state of mental/emotional clarity
- ~Voice:
Promote the healing of your own cells with your own vocal vibrations

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