



Circle of Song: A Community Building Experience

Facilitated by Julie Blue

The Circle of Song Experiential Activity is a two-hour program designed to experience the joyful connection of community through song and movement.

This program builds upon the ideas and exercises presented in Julie's workshop "Empower your Voice / Activate your Spirit, however the experiential activity moves from a personal focus to a community focus. The intent is to experience joy through connection to others in a safe and sacred community space.

Using songs like "All That We Are", Julie facilitates a community of 50 to 500 people to sing and harmonize while moving together in a circle dance. The meditative words "*All that we are, all that we're becoming, we come together as One*" are repeated in chant, in harmony, until they resonate deeply. The fluid movements of the circle dance encourage individual expression and acceptance within an inclusive community.

Another exercise involves using "Sound Healing" in interactive circles. Those wishing to receive healing form a circle facing out into the room, while those offering healing form a circle facing the inner group. The outer group is encouraged to release any musical sound they wish. Although there is no plan, the "song" that is heard by those in the inner circle is truly amazing. The experience is often described as "sounding like legions of angels singing in surround-sound" while the vibrational force is actually felt within the body.

One further example of a community building exercise is for the group to co-create a song together. Words and ideas from the participants are put together into a unique song, which the entire group then learns and sings together.

Throughout the program, Julie teaches participants songs from her "Wing and a Prayer" CD. The group becomes a contemporary gospel choir. These songs of connection and unity are easy to learn, uplifting to sing and a joy to hear.