

Dreamcatcher

Environment Low End - Giant dreamcatcher + small ones. Stripey rugs, parachute shelter, chief costume, feathers, necklaces, red/blue face paints. High end - Sweat Lodge (large parachute and bamboo poles) circle of mats and rattles, gathering drum, lit, in centre, small round gourds, round and octagonal drums + beaters, animal totem stones. Buffalo stampede projection.



Dreamcatcher Enter space through giant dreamcatcher, stretching elastic to make patterns and shapes. Greeted by chief/medicine man. V. ritualistic presentation of necklaces, celebrating each individual with naming, singing and chanting. Play with feathers, stroking, tickling, dressing hair. Adorn faces, hands, feet, legs with red/blue face-paint in preparation for 'Gathering Ceremony'.



Sweat Lodge The drum calls you to gather together in the lodge. Follow chief and take your places around the gathering drum. Rhythms begin with rattles and shakers - all sound different, listen and explore sound qualities as you build the rhythms together. An individual is invited to start the drumming - perhaps dropping gourds onto the drum or playing with beater. Others join and drums are passed around, playing together, feeling the vibrations on your body, dancing round the circle, chanting and singing as the ceremony climaxes.



Totems The chief stills the tribe and each person is given/chooses their own totem and is given a name: Chloe - dancing horse, Laughing Bear, noisy Wolf, Painting Man etc. Focused attention on each client - attributing, celebrating their character traits.

Trance and Dreams Spread blankets and enter the dreamworld as video projection reveals buffalo running across the plains towards you.



Observations Quite minimalist workshop with only a loose structure - enabled lots of time/space for 1-1 work, celebrating each individual. Face paint particularly successful this time, maybe because part of ritual, maybe because third term, but all clients either painted us or were painted - happily. Musical section free and energising - with gentle pulse holding us altogether. Totem stones were pretty special - not only cool and smooth to the touch, but clients really focused on their own chosen ones.

