

Hilary's Tribal Manifesto, June 2013
(The intentions I strive for on my Tribal Path)

In Body

Eat real food, mostly plants (an idea borrowed from Michael Pollan). Prepare and eat delicious foods that are grown sustainably, locally, and fairly. Listen carefully to discover which foods do or don't work for your body. Food is a gift from Mother Earth, and eating is a sacred exchange of energy. Honor the intuition of your body, knowing that its daily needs for food, water, movement, and rest change. This body is your temple for full self-expression. Be grateful for it every day.

In Mind

Study the words of those who light your path: Paulette Rees-Denis, Lynne Twist, Don Miguel Ruiz, Nina Simons, Arkan Lushwala, Illarion Mercurieff, Thich Nhat Hanh. In them, find inspiration to create your own story. Remember, review, and rehearse what you've learned in your dance training and when the mood strikes, create. Write from the heart about the ideas that captivate your mind: dance, body, connection, community, health, food, spirituality, beauty, interconnectedness, finding our way back to Earth and each other. Don't believe everything you think.

In Spirit

Meditate, read, journal, walk. Laugh and cry it out. When the story isn't working, change it. Sit in stillness in the mountain forests, on rocks in the desert, next to clear streams, and by the vast ocean to feel the pulse of the universe. Feel gratitude for the extraordinary physical experience your spirit is having in this lifetime. With your dancing sisters, transcend the mundane. Become one, leaving thoughts, egos, and worries outside the circle. Dream a new dream.

As a Student

Never stop learning. Seek the experiences that will perpetuate your evolution. When you learn to dance, discover how to communicate from your heart and be in your power. When you learn to teach, remember how to be a student again. Have the humility to realize that you will never stop growing. As a student, everything is interconnected. Every lesson opens a new door.

As a Teacher

Your passion is to share this dance, and to be a catalyst for the magic it weaves differently for each student. Remember that each student comes into the studio with her own stories, loves, traumas, losses, joys, secrets, fears. Helping each student unlock her own magic is a sacred process and you must be so, so gentle and perceptive, to create the safe container for her unfolding. At the same time you must also challenge her to find her passion, the authenticity of her own movement, the aesthetic expression of herself. Help your students refine their movement so that we can all be one in the Tribal flow and create the hypnotic beauty of women

moving in unison. Be a clear channel for the intuitive voice that shows you how to give each student what she needs. Learn from your students as much as you teach.

As a Troupe Director

Be authentic and be vulnerable. From this stand everything else flows. Listen and watch, protect the vibe. You don't have all the answers but you have a vision that you invite others to share. Be open to unconventional methods. Sometimes you step up with the skills in your toolbox and sometimes you step back and watch as others bring their skills and inspiration to the table. Hold the space in your heart and your life so this troupe can weave its beautiful web.

As a Performer

Feel the fear and do it anyway. Performance is a pressure cooker that makes the seeds of potential creativity, expression, and energy explode into real time. Express your joy, pride, connection and reverence through performance. Hold it as a space for us, as women, to share what we're all about, whatever it is in that moment. We are complex, beautiful, expressive creatures.

As a Dancer, Living Life

Know when to say yes to a new possibility or opportunity. Know when to say goodbye and how to let go with as much grace and authenticity as possible. Cross-pollinate ideas: the work of Tribal Dance is the work of healing ourselves and the Earth. Let your failures be the compost for a new garden of surprises. Watch for the quickening pulse, the spark of interest, the fire in the belly. These are indications of the right path to take.