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Holding the veil in front,



take top edge corner in R hand and glide L hand along top edge approx. 14 inches.



Then in your mind's eye draw a diagonal line from your left hand down to the bottom edge corner (below the R hand)



Gather the fabric along the diagonal about half way along that (imaginary) diagonal line



and tuck into your R shoulder going under the strap from inside to out.



Taking a hold of the veil along top edge, draw across front of body and under left arm...



Taut across back and back under R arm.



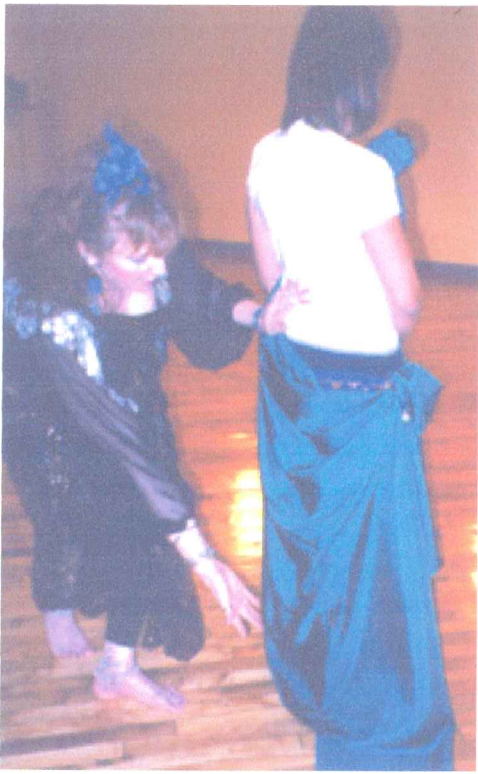
Then in your mind's eye draw a diagonal line from your left hand down to the bottom edge corner (below the L hand)



Gather the fabric along the diagonal about half way along that (imaginary) diagonal line and tuck into the R hip



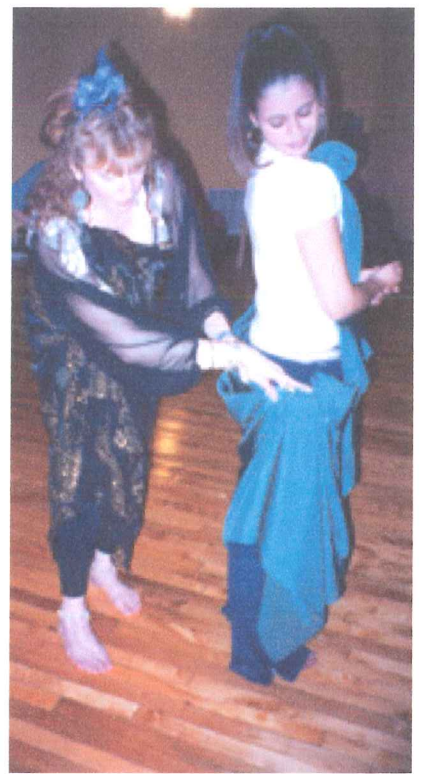
Voila! The Grecian Goddess wrap



You followed my directions but your veil is a bit longer and there's some fabric dragging on the floor behind you.



So, take a little "poof"



And tuck in at your hipline next to the first tuck you put at your hipine.



There! That looks nice ~

Now, to "unwrap" the veil :



From Grecian wrap you are going to use L thumb (with palm of hand facing out) and tuck your thumb under the top edge of wrap and

Start turn with R hand extended forward looking out over R hand. Once your back is to audience allow the L hand to release fabric from shoulder tuck.

By the time you finish the turn the veil is released from the shoulder tuck and now is secure in your left hand.



After doing whatever with the veil with your left hand, take the right hand...



...slide it along the top end of the veil



... and frame your eyes maybe do a few head slides here too!



Position R hand at the upper corner  
Release the L hand...

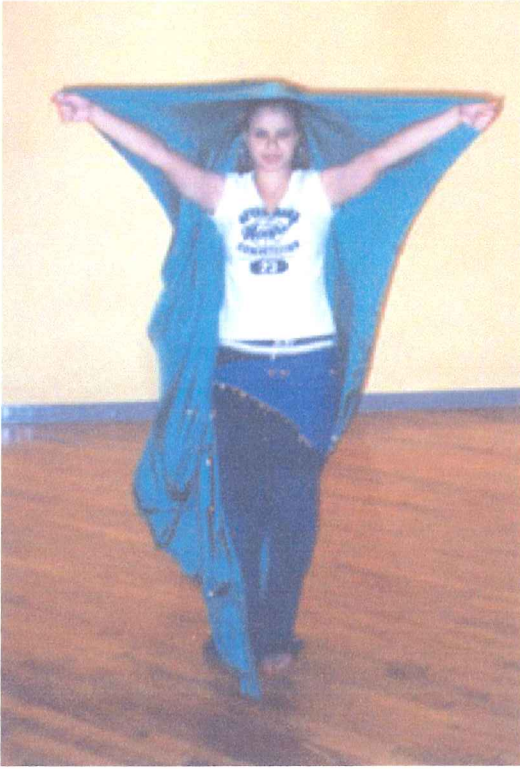
And begin to aim it toward that  
lower corner/edge (directly below  
the R hand).

Raise right arm over head as swing  
Left arm out. Then raise both  
arms over head and "catch" the  
air as you walk, keeping the veil  
lifted and enjoy the...



**SAIL!**

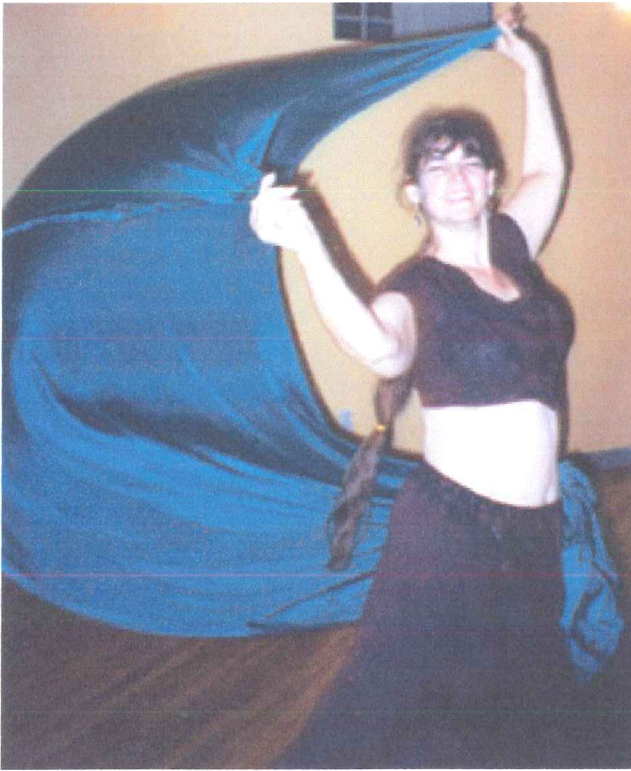
*Women of all ages and from all walks of life love to sail!*



Here's 15 yr. old Mena



and here's Rose, age 79!



Juli's an elementary school music teacher.





After "sailing" a while, bring arms forward over head to create a tent effect. Very becoming! Do a few figure 8 patterns with hips before transitioning out....



Left arm lowers and right arm circles forward overhead



As Right arm makes it way forward, let go of veil in L hand



bring right arm with veil in right hand across front of body as left hand takes a hold of the top edge of the veil



then let go with R hand



and begin a turn to back with L hand palm up leading the turn as air lifts the veil ~ do a few turns here. Enjoy this moment....





As you are turning, while your back is to the audience, allow thumb of R hand to slip under the top edge of the veil that is wrapped around the back and still tucked in a R hip. Take a hold of the veil and lift it up as your hand glides along edge gently releasing the veil from its tuck at the R hip.



Spin in spiral of sparkling particles swirling around you.



artwork by Donna Haney

# Language of the Veil



artwork by Donna Haney

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*Inhale, and think about bringing in new oxygen, new life force. Visualize this force streaming in and flooding through every cell of your being. With each inhalation allow your focus to spiral inward and with each breath discover a deeper level of intimacy within and on the exhalation breathe out your stress, push it on out of there ...*

When you pick up your veil lift it on the inhalation and then lower the veil without letting it fall, keeping it airborne. Align the movement of the veil with your breath ~ keep an awareness in your mind and body ~ focus only on the veil and music. Allow the veil to be your portal to the ethereal... Put aside any thoughts of clumsiness and think of how the waves ripple in the ocean, trees sway in the wind, how a manta ray glides through water, (remember) how it feels to be in love or inspired and express that feeling with the veil. Fall in love with yourself. Let the veil excite your soul, your imagination and your mind. Working with the veil has the potential to free all types of

invisible limitations which when removed spawn feelings of lightness and happiness giving birth to new ideas and expanded creativity.

[Adnan Sarhan, Director of the Sufi Foundation of America, encourages use of the veil suggesting, ] *"Allow the veil to become like a wind playing with the waves of the sea... the waves rise and fall tenderly impressing the wind... The waves feel the coolness on their cheeks and fall down to the sea with joy and delight and then rise again for another tempting kiss."*

I am reminded of the Rumi poem:

There is some kiss we want with our whole lives,  
The touch of Spirit on the body...

Seawater begs the pearl to break its shell  
And the lily, how passionately it needs some wild Darling!

At night I open the window and ask the moon to come and press its face against mine. *Breath into me*

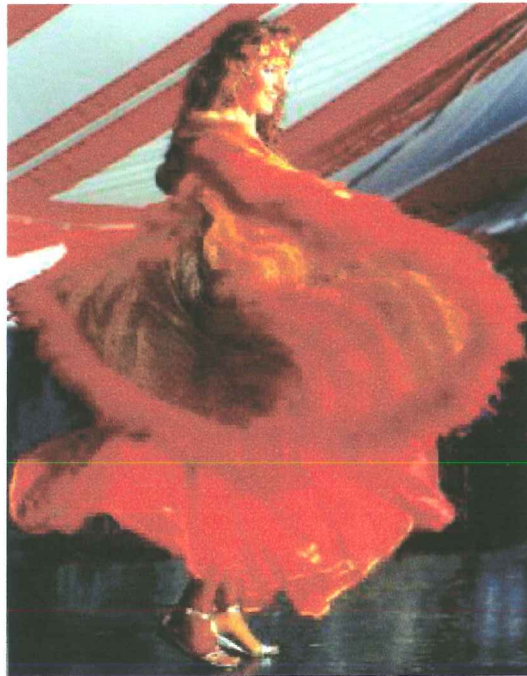
Close the language door and open the love window. The moon won't use the door, only the window.

Open the window and ask the moon: *Breath into me*

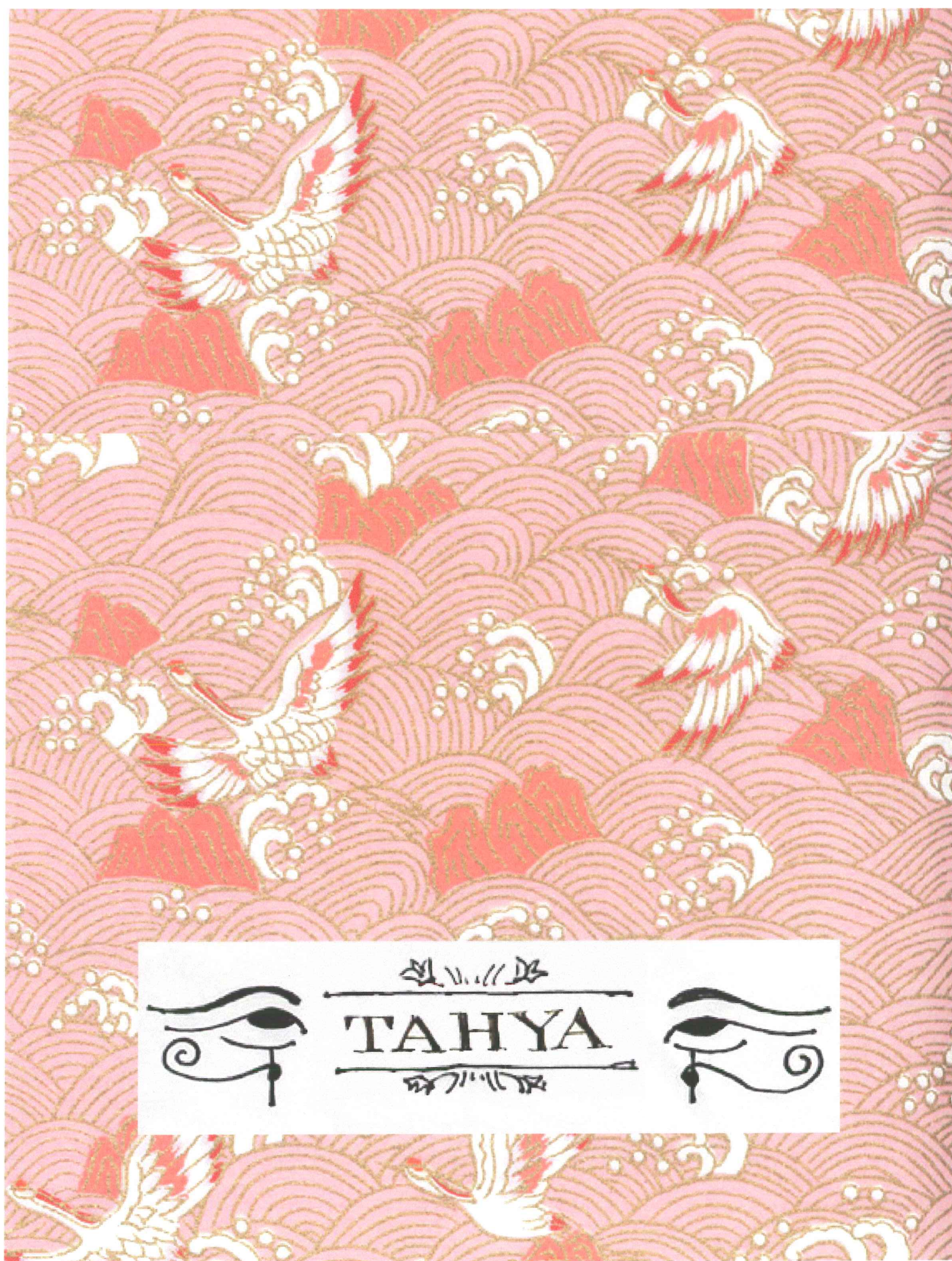
As you dance with your veil keep the focus on your breath and move in harmony with your breathing. Allow this to be a "practice" with a sense of devotion (to your inner/creative child/spirit), "practice" with a sense of openness and willingness to explore.

*Intoxicated with love  
I too dance the rhythm of this moving world*

*- Rumi*



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