

# Ecstatic Dance - Stages of the Journey\*

\* Ecstatic Dance is a Shamanic Journey of Sound & Movement - for Healing, Celebration, and Communion

## 1 – Opening (Dream, Womb Gestation)

Genre: Ambient, Acappella

Tempo: 0 (Drone – Bells – Strings - Voice)

Metaphor/Emotion: Spaciousness, Sacredness, Intention, Possibility

Time: First 5 - 15 Minutes (Evolve into “Awakening” Stage with the first Beat)

## 2 – Awakening (Birth, Infancy, & early Childhood)

Genres: Downtempo, Chill Out, Psy-Dub, Singer-Songwriter, gentle Classical, chill Jazz

Tempo: 60 – 90 bpm (Please don't play tracks that feel more like “Post Climax” here!)

Metaphor/Emotion: Innocence, Possibility, Mystery, Melancholy, Sweetness, Sensuality, Grace

Time: Next 20 – 30 Minutes (Evolve into “Building” Stage with growing Intensity & Tempo)

## 3 – Building (Adolescence, & Young Adulthood)

Genres: Dubstep, Trap, Hip Hop, Glitch, Midtempo, Funk, Latin, Moombahton, Drum & Bass

Tempo: 70 – 110 etc. bpm

Metaphor/Emotion: Exploration, Playfulness, Tension, Sexuality

Time: Next 60 – 90 Minutes (Evolve into “Climax” Stage with Uptempo Tracks - over 120 bpm)

## 4 – Climax (Adulthood & Mid Life Crisis)

Genres: House, Breaks, Techno, Trance

Tempo: 120 – 140 bpm

Metaphor/Emotion: Power, Intensity, Explosiveness, Joy, Ecstasy, Transcendence

Time: 30 - 40 Minutes (Return to any of the Previous States if there is time, otherwise Evolve onto “Post Climax” when close to 30 minutes left in dance)

## 5 – Dream, Awakening, Building & Climax Revisited

If time is left in the dance, jump back to any of the first 4 Stages, and build up to Climax again.

## 6 - Post Climax (Elder & Old Age)

Genres: Pop Remixes, Deep House, Liquid Dubstep, Reggae, Dancehall, Jazz, Folk / Singer-Songwriter

Tempo: Various

Metaphor/Emotion: Nostalgia, Contentment, Connection, Nourishment, Satisfaction, Love

Time: 20 – 30 Minutes (Evolve into “Closing” Stage when close to the end of Dance)

## 7 – Closing (Death, After Life & Beyond)

Genres: Ambient, Acappella, Singer - Songwriter, Drone

Tempo: 0 (Drone – Bells – Strings - Voice)

Metaphor/Emotion: Peace, Serenity, Finality, Assimilation, Integration

Time: Final 5 – 15 Minutes

\* Most Music should be New/Fresh/Cutting Edge (made within the last year or sooner)

\* Please Balance Vocals with Instrumentals. Keep all Lyrics Clean, and Ideally: Inspirational

\* Practice Harmonic Mixing (Mixed in Key) to move up the Musical Scale: harmoniously rising & falling

\* Realize Opening and Closing tracks have a very different feel from each other. Are we Starting or Ending?

\* Touch on all Human Emotions with a Story Woven with your Music. This is for our Collective Healing

\* Visit: [www.SoundCloud.com/official-ecstatic-dance](http://www.SoundCloud.com/official-ecstatic-dance) to hear Sets from Edances around the World

\* Prepared by Tyler Blank of Ecstatic Dance Bay Area, for DJs playing ED Oakland (Weds), SF, & Fairfax