



Making a Difference

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Making a Difference is published once each year by One Heart, Many Rhythms, a social profit organization [501(c)(3) in the USA] that works in partnership with first peoples of the world to conserve and express the traditions of their cultures.

Dancing in the Clouds

by Martha Sherman, a guest with the One Heart, Many Rhythms friend-raising journey to Peru.

The Cusi Huayna Youth Group in Chinchero, Peru works to keep alive the traditional dance, music, and ritual for the first peoples of the Andes.

We had already experienced quite a remarkable couple of days by the time we reached Chinchero, high in the mountains of the Sacred Valley of Peru. Puma Singona, our guide, had introduced us to the cultural, historical, and architectural wonders of several temples and sites in the Sacred Valley. He had been teaching us, through ritual and ceremony, to “let go of fear, let go of limitation,” and of the importance of “being present.” He reminded us that, “The ceremony, the sacred, is not just in doing, but in being. The ritual is in being here.”

When we got to Chinchero, we truly arrived in the clouds. We stopped on the road to look at the ring of the Andes surrounding the town, some enshrouded in the day’s mist, some very clear and distinct. We watched the people of the town parade in Peru’s Independence Day celebration, each civic group wearing distinct clothing and walking proudly with their organization’s banner.

The goal of the day though, was to meet the young people of Cusi Huayna and to join them even higher at the top of a ridge that was almost 14,000 feet above sea level. First, we met several of them in the courtyard of Puma’s family’s home, where some of the young boys played their instruments for us as we



balanced bowls of delicious soup on our laps and enjoyed the hospitality of the family. From there, many more in the community piled into our four traveling cars—the dancers, the musicians, and generations of family (babies to grandmothers) squeezed in to join us for the event.

The drive up into the mountains was desolate and dusty, but beautiful. As we got to the top, a mountain woman was walking through and Puma introduced us to her. As the designated guardian of this land, this was really her territory—we were clearly her guests. And then

the musicians, in full native dress—the wonderful colors and woven patterns of the ponchos, the traditional caps, vests, and sashes—started to play. The music of the area is so recognizable—the sweet flute and simple drum. Yes, Condor Pasa is also one of their own favorites—not just Paul Simon’s. And when the dancers began—it was truly amazing! They swirled and jumped with the girls’ round skirts floating and the tops of

Project Update: The members of Cusi Huayna continue to engage the youths in their communities in preserving the ancient traditions of their culture. They recently won first prize in their division at a national competition in Lima celebrating traditional dance and music.

We can only highlight a few initiatives here.

Please visit
www.oneheartmanyrhythms.org
to see the others.

Holiday Gifts that Matter

Make your holiday gifts to friends, relatives, and clients make a difference. You can purchase a set of 4 note cards that are reproductions of the paintings by the children of the Amazon who have attended the Yarapa School of Art, a project supported by One Heart, Many Rhythms. Each set is \$18 which includes shipping. To order, visit <http://oneheartmanyrhythms.org/store.html>

Our Projects Worldwide

Members of our Board of Advisors help us select and evaluate projects to sponsor throughout many regions of the world. These projects include:

Australia—Wisdom of Country Documentary

Canada—Environmental Aboriginal Guardianship through Law and Education

India—Nursing Students, NASI Center for Holistic Education

Indonesia—Tado Community Research & Education Center

Israel—Wadi el Nám Medical Center, Abu Tlul Sustainable Learning Site, Tel Sheva Desert Medicine Learning Site

Mexico—Accounting Student, Chiapas Women's Sewing Cooperative

Peru—Teaching Students, Cusi Huayna Youth Group, Yarapa School of Art, Apu Oolqepunku Pilgrimage, Ayni Ayllu Weaving Cooperative

the men's caps moving in rhythm. It was easy to become entranced by the patterns of movement and color, ringed by the mountains and the dramatic clouds.

After they had danced for a while, they stopped to rest and to introduce themselves—when they had joined Cusi Huayna, where they were from. Some were shy, some bolder—but each proud to announce themselves. And when they got

up to dance again, they invited us to join them. It was splendid! Except, of course, that within two minutes, not one of us could breathe. The demands of the dance, the thinness of the air were far beyond us. And still our hosts danced.

It was remarkable, beautiful, and a truly spiritual experience that we had been welcomed into with such open arms—a Peruvian gift.

Indigenous Community Invites Tourists to Help Conserve Endangered Biocultural Diversity

by Jeanine Pfeiffer, Board of Advisors

The Tado Community Research and Education Center is the first, and only, indigenous biodiversity conservation center in Indonesia managed entirely by local farmers.

In a remote corner of eastern Indonesia, a local community is taking charge of their destiny. The Tado, a tribe who can trace their ancestry back 14 generations, are the first on their island to develop a community-based ecotourism program. For eight years, the Tado have documented their local biological diversity (native flora and fauna) and cultural diversity (related practices, rituals, and narratives) using sophisticated research methods. Now they are teaching visitors about the value of this biocultural diversity, by inviting ecotourists into their homes, fields, and forests.

Community-based ecotourism (CBE) is one way for native peoples like the Tado to “add value” to threatened biota and customs. The income and prestige gained from tourist visitation provide valuable incentives to retain traditional practices that would otherwise be lost due to pressures to modernize or conform to global markets.

CBE enables communities to develop relationships with the outside world on

their own terms. The community develops a code of conduct for visitors, determines which areas of their community are open for visitation, and decides which traditions



they would like to share with visitors. Careful planning ensures that revenue from CBE activities supports both individual households and the community at large.

One Heart, Many Rhythms is supporting the Tado's CBE program by providing much-needed funds to develop multilingual educational booklets on traditional Tado foods, herbal medicines, handicrafts, and stories. The booklets will be distributed to Tado schoolchildren and their families. To support future print runs, the Tado will sell English versions to visiting tourists.

Project Update: The center has developed and is beginning to distribute a series of trilingual (Bahasa Indonesia, Kempo Manggari, and English) educational booklets for Tado school children and Tado households as a means to actively conserve Tado culture and life-ways.

Bringing the Desert to Life Again

by Sara, a resident of Tel Sheva and volunteer for Bustan

The Tel Sheva Desert Medicine Learning Site creates alliances between various groups of Bedouin and Jewish women interested in learning about how to sustain the fragile desert environment.

The desert's easterly winds are blowing movement and transformation across the sacred land that is rapidly changing before our eyes. We returned to the Tel Sheva site amazed to find a storage area full of junked irrigation and car parts cleaned and organized and ready to house goats and chickens, as begs to be actualized in our plans.

We got to work laying out the dimensions of the garden plot—concentric circles of beds for the desert plants interspersed with paths leading to the center. By the end of the day, after hours of measuring and laying rocks we collected from the Wadi (valley) to outline the beds, we could finally see the vision of how the site will come into tangible manifestation. The vision released a surge of excitement and sent smiles to our dusty faces.

We closed the work day with a plant walk through the valley just before the sun set. We were amazed both at how much garbage lay strewn in the Wadi, but also at how diverse and abundant the plant life was next to the valley's flowing waters—how the negative space of neglect is actually filled with green hope.

Soon the site took on a completely new appearance. The work beckoned and we literally jumped into it. We were overjoyed at the addition of a wheelbarrow (borrowed temporarily from a neighbor), another shovel (also borrowed), and Aviva a new volunteer (also borrowed). Between us and these three precious tools, we were able to literally move mountains of soil, compost, and heavy stones. We added compost (courtesy of neighboring goats) to the dry desert soil as well as collected rocks from the Wadi to lay as borders for our new garden beds. We searched together for stones as the afternoon sun reached the center of

the sky and our stomachs began to rumble in testimony to our efforts. Extended members of the Abu Regeyek family came together on site to lend a hand (and provide us with an amazing lunch) and together we marvel at the beauty that we were contributing to all around us.



We are ready to bring in medicinal plants and flowers to add color, beauty, and opportunities to learn around the periphery. Our next task is to develop site signage in Arabic, Hebrew, English and Latin that will identify the plants that are growing and to develop literature which will enable visitors to the site to learn about the traditional uses of these plants by the Bedouin throughout the course of many centuries.

Working the land continues to be a source of medicine for us all. It continues to feel right and good to work to hold on to the pieces of old knowledge which we believe are now laying the foundation for an alternative blueprint to future human life on this planet. We are saddened to think of all the Bedouin elders who passed away silently watching the vast expansiveness of desert that they knew so intimately transform before their eyes. They were the wisdom keepers. They knew the secrets that lay deep within the plant life that we today so easily destroy through the development of industry, new infrastructure, and new forms of pollution. Their relationship with the land was alive. And now that the Bedouin have been urbanized (or are being pushed with immense force in that direction), the keys to continuing a living relationship with the plants are threatened.

If we do not seize the opportunity to ask questions of the wisdom holders and elders who still remain alive, then we will be the ones wandering into the not too distant future with disconnect—ignorant of our sources of food, healing, and life. We owe it to the entire chain of human existence, both those who have preceded us and those not yet born, to strengthen the bonds between past and future, people and land.

Project Update: The group sponsors public workshops regarding nutrition and health focused on the importance of preserving a traditional diet suited to the climate and eating organically, locally, and seasonally targeted in particular to women motivated to trade and document their knowledge of traditional medicine.



Our Vision:

We are all connected. The way we express ourselves is unique. We are of one heart beating with many different rhythms. It is in our diversity that we can create unity.

Our Mission:

Work in partnership with first peoples of the world to conserve and express the traditions of their cultures.

If you are interested in contributing to our work in the world, your gift will have an impact far beyond the individual or community that receives your support. Your willingness to be part of the dream that all peoples can reach their fullest potential by being true to their own heritage is a courageous and vigorous act. You will have made a difference for many.

One Heart, Many Rhythms is a 501(c)(3) organization and all donations are fully tax deductible. Please join us in making a difference.

We Believe:

All peoples of the world are precious resources, all ways of life are worthy of preserving, and all ways of knowing add value to our well being.

We Provide:

Educational Assistance, Cultural Conservation, and Community Support

Your donation of the following items will be given to our scholarship students or to a village school or youth group that we support.

- Laptop Computer (Pentium III or better)
- Computer Software (basic word processing, spreadsheets, etc.)
- Digital Camera
- Audio and Video Tape Recorder

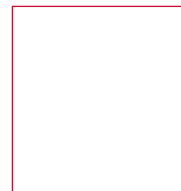
Wishlist



Making a Difference

The Newsletter of One Heart, Many Rhythms

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