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A free West African dance experience coming



Little Dancer

Entering the Holy of Holies, An Institute of Learning and Healing, Inc. (ETHOH) will celebrate their 4th annual dance spectacular "Dancing Into the Light" on Wednesday, December 19, 2007 from 6-9pm at Countee Cullen Community Center in Harlem.

The free traditional West African Dance Class was the innovative idea of ETHOH Founder and CEO Nafisa Sharriff. Nafisa, a renowned dancer and choreographer always celebrated various religious holidays and the coming of the New Year throughout the month of December.

One day while meditating, the Interfaith Minister had the spirited idea to include all religious and cultural holidays that celebrate and honor light: Christmas, Kwanzaa, Hanukkah and Three Kings Day into an evening of traditional West African dance. All of these religious and cultural holidays celebrate the power of light and its significance to a certain segment of people.

But, Nafisa had a thought, "why not celebrate the light within us all!" Through that aha moment "Dancing Into the Light" was born. The intention of the class is to create an opportunity for people to come together within the community to celebrate in harmony, unity, their likenesses and their differences in a positive environment that promotes family, fun and good vibrations.

A highlight of the class is the meditation segment that allows every participant the opportunity to begin looking within him/her self as they also look ahead and rejoice about the New Year that is to come.

This year's "Dancing Into the Light" program will include West African Dance, live drumming, singing and food. This family oriented event is free and open to all. Participants can donate a $5.00 Love donation, if they'd like. All proceeds from the donations will be used to further support the mission of Entering the Holy of Holies which is to provide meditation, Spiritual Tools for Transformation and wellness services that balance the mind, body and spirit to individuals seeking personal growth and spiritual development regardless of their faith or religious affiliation.

Program Details

"Dancing Into the Light" will be held at Countee Cullen Community Center (PS 194) located at 242 W. 144th Street, between 7th and 8th Avenues in Harlem. Take the A, B, C or D train to 145th Street or the #3 train to 145th Street and walk across 144th Street to the school. Drumming will be provided by Frank Malloy, Edward Jones, Atiba Wilson and Jerry Wolley. Free food and drink will be provided.

About Entering the Holy of Holies and Nafisa Sharriff

Entering the Holy of Holies, An Institute of Learning and Healing, Inc. is a New York-based not-for-profit organization with 501(c) (3) status. The net proceeds from this event will benefit the organization and their continuing mission to guide others to live in light and love, and to continue to raise funds for a building space to hold ETHOH seminars and workshops.

The concept for ETHOH was inspired from Founder and CEO Nafisa Sharriff's personal life. At the age of 29 Nafisa suffered the severe lost of her beloved mother and was searching for direction. She was introduced to the teachings of the Brotherhood of Light.

Encouraged and inspired by these teachings, Nafisa was empowered to embark upon an intense course of spiritual study, leading to a life of total transformation. Nafisa, a professional dancer of 32 years and Master instructor of traditional West African folklore, began teaching meditation and Spiritual Tools for Transformation in 1995. Shortly thereafter Entering the Holy of Holies, An Institute of Learning and Healing, Inc. was born.

Earlier this year, after decades of teaching in the United States and studying in Egypt and India, Nafisa was ordained an Interfaith Minister. She believes her personal mission is to empower people to recreate their lives in love and to become masters of their own lives.

Since its incorporation in 2004, Entering the Holy of Holies, An Institute of Learning and Healing, Inc. has touched the lives of well over 1,500 people helping them to recreate their lives in light and love. Visit Shabazz Communications at Thysha Shabazz, Chief Publicist Consultant at pr@shabazzcommunications.com.