

 **The TALKING HANDS / TALKING FEET FLORILEGIUM:**—100 poems, sayings, chants, songs, and rhythms to learn by heart

(0) **INTRO** The 14 basic fourteen-step daily WARM-UPS:—

“With each breath, drum and sing and dance Sun and Sound center stage.”

“The world is sound, revealing itself in the living voice.”

“Sine sole sileo / Without Sun I am silent.”

“Every day, a poem, a flower, a dance, a chant, a song.”

“Every day, I grow a day older and learn something new.”

“Your first instrument is always your speaking singing voice.”

“Your second instrument is the drum of your tongue feet hands.”

“Your third instrument is the Orchestra that brings them all together, the DANCING CHORUS of your speaking singing voice, and the TALKING DRUM of your tongue feet and hands.”

“The word’s the thing:—in TALKING HANDS say STEP not SYLLABLE.”

“4’s are for squares:—in TALKING HANDS we count in sets of 5.”

“BALANCE in all things:—what we do LEFT we always do RIGHT.”

“CROSS RHYTHMS, two complementary voices speak
at once.”

“POETRY, MATH & MUSIC:—Three sides of one
whole movement.

“With each breath, stay WOKE, ears wide open,
liberate the sound.”

[222 steps = squared 49284 Qualitative Ground QG]

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