

The Rhythm of Virtue – Current Media Links

June 8, 2018.

Live Links to audio, video and more indicated by this icon >



and/or as relates to the book *The Rhythm of Virtue* by Denise Flora
Release 1.1 v10b, May 29, 2018.

Order in print at <http://www.lulu.com/spotlight/florasabi> or

<http://www.lulu.com/content/paperback-book/the-rhythm-of-virtue/22879307> .

Welcome and Introductory Videos:

Welcome to The Rhythm of Virtue
Activities Taster: The Rhythm of Virtue

<https://vimeo.com/208434548>

<https://vimeo.com/208431257>

General Links:

audio	Soundcloud	https://soundcloud.com/florasabi
video	Vimeo	https://vimeo.com/florasabi
photos	Flickr as dflora_pix	https://www.flickr.com/photos/25434820@N00/
print	Lulu	http://www.lulu.com/spotlight/florasabi

Specific Links for pages within the book:

Introduction	p4	<i>pdf</i>	latest version of this Current Media Links file at www.florasabi.org
Chapter 1	p10	<i>audio</i>	Verses for a Meaningful Life (2009) https://soundcloud.com/florasabi/verses-for-a-meaningful-life-1
Chapter 3	p14	<i>video</i>	Walking rhythm for Verses for a Meaningful Life https://vimeo.com/208434548
Chapter 4	p27	<i>video</i>	Infinity Integration motions https://vimeo.com/207028211 3 min version https://vimeo.com/206674667 7 min version
Chapter 5	p38	<i>video</i>	16 Names Heart Chant https://vimeo.com/207028877 tapping version https://vimeo.com/207031227 walking version
	p42	<i>video</i>	Essential Phrases Happy-Mind drum rhythm from Table 5-2 https://vimeo.com/207416167
	p44	<i>video</i>	Essential Phrases Happy-Mind rhythm with phrases as Table 5-3 https://vimeo.com/207557642
Chapter 6	p55-56	<i>audio</i>	21 Stanzas for Peace https://soundcloud.com/florasabi/21-stanzas-for-peace

Chapter 9

p71-77 Awakening Salutation

slideshow Basic postures at flickr.com on the dflora_pix photostream in album Salutation Poster1

<https://www.flickr.com/photos/25434820@N00/albums/72157679521293231>

video Basic Names version – basic postures with guideline Names spoken
<https://vimeo.com/207213294>

video Basic Phrases version – basic postures with Essential Phrases spoken
<https://vimeo.com/207561648>

video Basic Silent version – basic postures without words
<https://vimeo.com/207213272>

video Full Names version – full motions with guideline Names spoken
<https://vimeo.com/213159273>

video Full Phrases version – full motions with Essential Phrase spoken
<https://vimeo.com/207542672>

video Full Silent version – full motions without words
<https://vimeo.com/207539138>

video Full Instructions version – full motions with detailed verbal instructions
<https://vimeo.com/207213328>

Appendix A

p156 *audio* General link <https://soundcloud.com/florasabi>
video General link <https://vimeo.com/florasabi>

p158 *audio* as p10 above

p161 *video* as p27 above

p162 *video* as p38 above

p163 *video* as p44 above

p164 *video* as p44 above

p168 *audio* as p55-56 above

p172 *video* as Full Phrases version from Chapter 9 above

p173 *video* as Full Names version from Chapter 9 above

Appendix D

p184 *audio* entire Rhythm of Virtue Children's collection (audio album /set)
<https://soundcloud.com/florasabi/sets/the-rhythm-of-virtue-childrens-songs-games-chants>

p185-192 *audio* entire Seven Steps Swing Set – all in one audio file, including:
185 “Split the Orange” – a cooperative hopscotch game/chant
186 “Connect the Drops” – jump-rope rhyme w/ hand motions
188 “What’s next?” – a hand-clap
189 Three Swing Rhymes
190 “Red and Green” – a ball-bouncing chant
191 “Just like You” – a beanbag toss call/response
192 “Gonggi Gatti” – a jacks-like game w/ 5 ‘pebbles’ each
<https://soundcloud.com/florasabi/seven-step-swing-set-1>

Appendix D ctd.

- p195 *audio* “Humble Cake” – a jump-rope rhyme
<https://soundcloud.com/florasabi/humblecake-1>
- p197 *audio* “Belly Blues” – a song from Ready Set Happy
<https://soundcloud.com/florasabi/bellyblues2017-1>
- p205 *audio* “Everyone” – a lullaby
<https://soundcloud.com/florasabi/everyone-2>
- p211 *audio* “Tend the Fire Call” – chant for cooperative racket and ball balance game
<https://soundcloud.com/florasabi/tend-the-fire-call-v1>
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- p213 *video* Positive Chants for each of the 16 Guidelines – tunes & instruction
<https://vimeo.com/213090361>
- p214 *video* “It’s In My Hands” – a hand-clap, fine-tuned from Ready Set Happy
<https://vimeo.com/212845263>
- p216 *video* “Cup-ola” – a cup game – alone or with any size group
<https://vimeo.com/213020002>

May this be of benefit!
Denise Flora