

YOUR GUIDE TO  
**GNAWA**



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Gnawa is southern Moroccan trance music with roots in pre-islamic animist traditions.



What is Gnawa?

# YOUR GUIDE TO GNAWA

Gnawa was created by formerly enslaved Black Africans to preserve the religious and spiritual traditions of their ancestors, and remains a cornerstone practice for Black Moroccans worldwide. Traditionally played with a sintir (a three-string plucked lute, also known as a gimbri or hajhuj), qraqeb (metallic castanets, also known as karkabas), and tbel (a large double-headed drum, also known as ganga).

Traditionally, Gnawa was used in healing ceremonies called lilas, in which a Maâlem (or "master") guides the ceremony through various songs that represent different colors. Gnawa provides trancelike, hypnotic music throughout this process to facilitate spiritual healing.

For more resources on how traditional arts can heal Brooklyn communities, visit our site at [brooklynartscouncil.org](http://brooklynartscouncil.org)

**Lilas are held to  
heal the spirit.  
How can you heal  
your spirit?**

# Healing with Gnawa

**Healing can look like connecting with  
your surroundings and breath. Connect  
with your breath by following this  
meditation as you listen to sounds:**



**Get into a comfortable, seated position.  
Close your eyes, and taking a cleansing  
breath in. Set an intention. On your exhale,  
notice how you feel. Listen to the sounds  
around you. Notice your breath when you  
listen.**

**Get into a comfortable, seated position.  
Close your eyes, and taking a cleansing breath in.  
Set an intention.  
On your exhale, notice how you feel.  
Listen to the sounds around you.  
Notice your breath when you listen.  
Allow the sounds to guide your awareness.  
When you hear an instrument, where do you feel it in your body?  
What does it make you think of?  
When you feel ready, take a final cleansing breath.  
Open your eyes.  
Notice how you feel.**



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In support of Brooklyn traditional communities, BAC lists

# Local Mutual Aid

Bed-Stuy Strong:  
[bedstuystrong.com](http://bedstuystrong.com)  
Instagram: @bedstuystrong

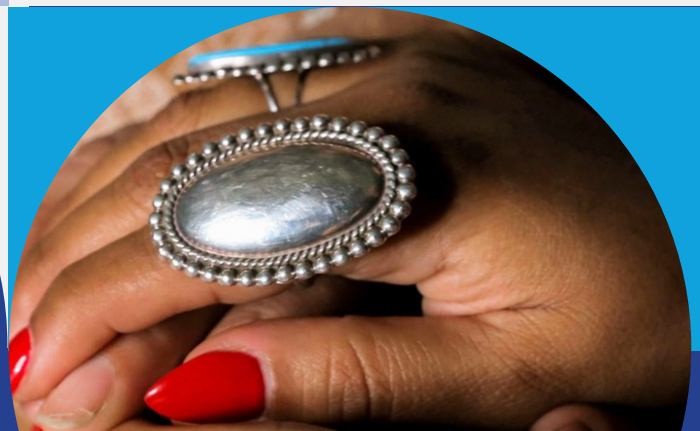
Bushwick Ayuda Mutua:  
[bushwickayudamutua.com](http://bushwickayudamutua.com)  
Instagram: @bushwickayudamutua

Bedford Stuyvesant Preservation Coalition:  
[preservebedstuy.org](http://preservebedstuy.org)  
Instagram: @preservebedstuy

Crown Heights Mutual Aid:  
[crownheightsmutualaid.com](http://crownheightsmutualaid.com)  
Instagram: @crownheightsaid

East Brooklyn Mutual Aid:  
[campsite.bio/eastbrooklynmutualaid](http://campsite.bio/eastbrooklynmutualaid)  
Instagram: eastbrooklynmutualaid

**Volunteers are paired with neighbors who need help.**



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## **Blogs, Podcasts and more, Online Now**

**EXPLORE + LEARN!**



- A mix of live music, digital arts, and impactful community healing spaces open to all Brooklyn neighborhoods.
- The events will have a number of popular local musicians like Zane Rodulfo, Vong Pak, Samir Langus, Aeilushi Mistry, and Martin Vejarano.

## **WELLNESS FESTIVAL Coming in June 2022**

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