

1.1 AM OPEN TO ALL THAT YOU ARE (capo 2)

At Home With Chant – B Heideman

- Am G Am
1. I am open to all that you are(2)
G Am
2. I am open to all that I am(2)
Dm C Am G Am
3. Oh oh om tat sat, 4. Oh oh om tat sat, 5. Oh oh om tat sat 6. hare om.

1. Facing partners, partner on the left starts by making gesture that ends with palms facing partner at you own sides about 6 inches from your body (as sing I am open to all that you are). On the repeat the other partner does same movement and words.
2. Partner on left raises hands to sky spread about 3 feet apart and sings (I am open to) then brings hands to heart and sings (all that I am). On repeat the other partner does the movements and sings.
3. Both partners make gesture to side with their non-dominant hand/arm as if gathering up all aspects of their shadow/the parts of themselves they deny (singing oh oh om tat sat) gesture ends with fingertips resting on heart-leave them there as you make the next gesture. 4. Repeat gesture with dominant hand/arm as if gathering up our light/gifts/higher self, fingertips also resting on heart (singing oh oh om tat sat). 5. Hands cross on heart as bow to partner (singing oh oh om tat sat). 6. Hands come up as spin past your partner passing right shoulders : end facing next partner. REPEAT WHOLE DANCE

2. OM GUM GANAPATAYEI NAMAHA (Capo 2 or 3)

- Am G Am
(1) Om Gum Ganapatayei Namaha (twice)
C G Am
(2) Om Gum Ganapatayei Namaha (twice)
F C G
(3) Om Gum Ganapatayei Namaha ah ah ah (twice)

1. Holding hands in the circle. Stepping on right foot with double bounce. Then left with double bounce. Keep going through both repetitions of the mantra. The whole dance is with a double bounce. There are eight double bounces in this section. Then repeat 1
2. Coming in to center with four double bounce steps. Then out with four double bounce steps, again in with 4 double bounces and out with the four double bounce steps.
3. Moving counterclockwise with the double bounce step. When the melody goes up at the end of nama "ha" raise the hands a little higher with each higher note(eight double bounces in the part). Drop hands and repeat mantra continuing counterclockwise(eight more double bounces).REPEAT DANCE

3. GAYATRI (short version of the mantra- capo 2)

- Am G Am G Am C G Am F C G AmG Am
1. Om Bhur 2. Bhuvaha Swa(3.)ha 1. Tat Savitur 2. Varen(3.)yam 1. Bhargo De 2. vasya 3. Dhimahi 4. Dhiyo
G Am
5. Yona Pra 6. choda 7. yat 8. (2 beats)

1. Holding hands about at shoulder level, right foot steps right and left leg raises in front of right about 6 inches
2. Left leg steps left and right leg raises in front of left about 6 inches
3. Step in to circle two steps (right then left) and out two steps (right then left)
Repeat 1-3 two more times as the mantra continues.
4. Right foot steps into center
5. Left foot joins right
6. Right foot side steps one step
7. Left joins right
8. Then step back on right joined by left
REPEAT THE DANCE

4. OM MANI PADME HUM (capo 1 or 2)

Am Dm E Am
1. Om mani padme hum Om mani padme hum, Om mani padme hu oo oo oo oom 2. hri (2)

Dm Gm A Dm
3.Om Mani Padme Hum, 4. Om mani padme hum, Om mani padme hu oo oo oo oom hri (2)

1. Side stepping to right, hands moving together describe an infinity symbol or figure 8 out in front of the body. Sweeping up toward the heart on Om and then up again on Hum. So sweep up on Om, on padme you are sweeping down and away and again up on Hum. The figure 8 sits like it is resting about 4 inches away from the heart. Step right on Om , close on padme, open on Hum, close on pause in music.

2. On Hri , stop sidestepping and and make blessing/grounding gesture to earth-hands spread to your sides in front of you..

Repeat 1. sidestepping to left. Seal with Hri as before.

3. Stepping in to center one step. Hands, palms up, fingers overlapping about 2” start gesture just under the heart and raise hands up above head and then describe a circle out in front of the body coming to rest under the heart again.

4. Repeat 3 two more times, taking another step in each time, then make the same gesture to the earth on Hri as in 2

5. Stepping out one step making the same gesture as in 3

6. Repeat 5 two more times, ending with the same gesture to the earth on Hri

Repeat the whole dance

5.MOOLA MANTRA (CAPO 2)

Am C Am C Am G Am
1. Om Satchida 2.nanda Para 3.brahma 4.Purushottama 5.Paramatma (repeat 1-5)

Dm C G Em
6 Shri Bhagavati 7.Sameta

Dm C Am

8.Shri Bhagavate 9.Namaha

1-3.Rocking forward on right foot on Om, nanada and brahma; rocking back on left foot on Sat,da and ma(of brah ma) (in 1-3). The hands start just in front of the heart with the thumbs together and the first fingers together forming a circle. As you rock forward your hands move directly over the crown chakra and as you rock back the hands stay above the head. As you rock forward the second time the hands come back in front of the heart (still holding the fingers in a circle). As you rock back the second time the hands stay in front of the heart. As you rock forward the third time the hands come above your head again. As you rock back the third time hands stay up.

4.The weight is on the back(left)foot (you have just finished the third rock back) the hands are above your head –do a slow turn to the right with your hands still on top of your head.

5. The hands come slowly down in front of your heart as you finish the turn started in 4.

Repeat 1-5

6, Hands out to side, right hand down, left hand up, hands joined with neighbors, swaying slowly right and then left 4 times

7. Continue swaying hands come to heart-2 sways

8. Continue swaying with palms or fingertips touching the person on both sides at shoulder level. 4 sways back&forth

9. Stop swaying and bow to center of circle with prayer mudra

REPEAT THE ENTIRE DANCE

6. OM ASATOMA SAT GAMAYA (capo 2)

Am
1.Om Asatoma Sat Gamaya, (2)

Am C
Tamasoma Jyothir Gamaya, (2)

Dm G F
Mrityorma Amritam Gamaya (2) 2. Oh Om

1. Sidestepping to right (and looking right and swinging the body a little to the right) on OM, close on TO of asatoma (looking to the center as you do this). Open on SAT close on YA of gamaya. Heads continues to move right and then center. These movements continue through all the verses until the

2. OH OM. On the OH your right steps in, on Oh of Om the left closes. Then on the next beat of the pause the right steps out and on the next beat the left closes. The dance repeats.

8. OM JESU CHRISTAYA (Capo 2)

Em Am Em Am Em Am G Am G Am
 1.Om Jesu Christaya Paramatmane Purusha Avataraya 2.Namaha 3.Namaha. (repeat 1-3)
 Am G Am
 5.Je shoe ah 6. Je shoe ah 7. Je shoe ah 8. Je eh eh shoe ah (repeat 5-8)
 Am G Am
 10. Je eh eh shoe ah ah ah, Je eh eh shoe ah ah ah, 11. Je eh eh shoe ah, Je eh eh shoe ah (repeat 10-11)

1. Elbows linked sidestep to right on OM, close on JESU, open on CHRISTAYA, close on the pause. Continue to sidestep and singing.
2. On NA, step in on right, close with the pause(then sing MA) step out on HA, close on the pause.
3. Repeat 2
4. Repeat 1-3
5. Coming in 4 steps bringing hands from at sides, palms forward and up, to heart level , hands in front of body.
6. Backing out 4 steps bringing hands to heart.
7. Coming in 4 steps raising hands above head spread about 2-3 feet apart
8. Backing out 4 steps bringing hands down over yourself , receiving blessing
Repeat 5-8
- 10.Coming in 8 steps slowly raising hands up to open to the divine, to life, to light.
- 11.Backing out 8 steps slowly lowering arms over yourself, receiving blessing and embodying the Christ energy
- 12.Repeat 10-11

REPEAT DANCE

10.OD YAVO SHALOM ALEINU capo 2

C F C F G C
 1.Od yahvo shalom ahlaynu 2.Od yah vo shalom ahlaynu 3.Od yahvo shalom ahlaynu 4.ve-ahl-koo-lam
 C F C F G C
 5.Od yahvo shalom ahlaynu 6.Od yah vo shalom ahlaynu 7.Od yahvo shalom ahlaynu 8.ve-ahl-loo-lam
 C F C F
 9.Sahlam 10. ah-lay-nu ve-ahl-kol hah-oh-lam 11.Sah-lam Sah-lam
 C F C F
 12.Sahlam-Ah-am 13. ah-lay-nu ve-ahl-kol hah-oh-lam 14.Sah-lam Sah-la-am

15.hee-nay-bah shalom ahl-lay-nu (later in dance these words are substituted for 1-3 &5-7 use the same chords,4&8 stay same)

- 1.Holding hands in the circle jump back onto left foot then go forward three steps right, left , right. 2.Jump forward on left foot then back three steps right ,left, right 4.Grapevine to right.-four steps (left over right, right to side, left behind right, right open-leaving weight on right foot. 5-8. repeat 1-4 (note-the melody is slightly changed) 9.facing partner, each partner has right palm facing down and left palm facing up – the palms are over each other but not touching (a few inches apart) do a half turn clockwise with your partner 10. spin on your own clockwise ,hands out to the side about heart level 11. continue spinning but bring hands together over your head in prayer position ending by bringing them down with a bow to the center on the last sahlam. 12. turn to face next partner and repeat 9-11. Repeat the dance

11. MAY THE LOVE WE SHARE HERE capo 3

Am Fmaj 7 G Am
 May the love we share here spread its wings and fly across the earth and sing its song to every soul who is alive
 Am F maj 7 G Am
 May the blessings of your grace and love, be felt by everyone, and may we all see the light within, within, within
 Am G Am
 Om Nama Shivaya Om Nama Shivaya Om Nama Shivaya Om Nama Shivaya (repeat this line)

12. BABANAM KEVALAM capo 2

C Am
 Babanam Babanam Kevalam (2)
 Dm C
 Babana am Kevala am Baban am Keval am (2)

Stepping right(on Ba) and touching with left (on nam) then continuing in this rhythm stepping left and touching right. Continue for several repetitions of the mantra. Then break into free movement with a partner for the next complete repetition of the mantra. Then free movement on your own for the next complete repetition of the mantra. Continue alternating. Then end by coming back to the circle for a few repetitions of the mantra with the side to side stepping.. Good for ending day of a retreat.

