

“Songs, Prayers, and Chants” CD by Bernie Heideman
Dance all the dances slower than they are sung on the CD.

Song 1 Capo 2-3 – Creator Open Our Hearts

Em C Am G Am G
Creator open our hearts to peace and healing between all people (4)
Am G
Thank you for the gifts of this day and every day.(2)
Am G Am G
Yah hey Yeh hey yeh hey hey hey hey yeh hey hey hey hey yeh
Em C Am G Dm G
Creator open our hearts to protect and provide for all children of the earth(4)
Em C Am G Dm G
Creator open our hearts to respect for the earth and all gifts of the earth(4)
Em C Am G C G C
Creator open our hearts to end exclusion violence and fear among all (4)
Em C Am G Dm G
Creator open our hearts to know our true selves and spread love in the world (4)

Song 2: Oh Great Wave Capo 1

Em G Em G D
(1)Oh Great Wave, Wipe away, wipe away my false face, (2) Awaken from my sleep the radiant light,
G D G D C Em D
(3) Touch me, (4)Touch me , (5) I am once again (6) beyond the beyond, (7) I am that I am.

1. Back to back with partner, raise arms from sides to overhead – then lower arms with palms facing front of body, clearing energy from crown to base chakras
2. Hands come to touch heart and opening out while turning to face partner and point to just above the head or embrace crown chakra (depending on your height)
3. Hands on sides of head blessing your partner.
4. Hands come to shoulders of partner
5. Backing away from partner, letting hands slide down arms until holding hands
6. Half turn with partner holding hands
7. Gently walk backwards to meet next partner’s back

Song 3: SHANTE PRASHANTE SARVA BHAYA UPASHA MANI SWAHA Capo 2

“Invoking supreme peace I offer (surrender) the quality of fear to its source in the higher and formless universal mind. Salutations.” A Sanskrit mantra to transform fear.

Dm Am Dm Am C G Am
Sha an teh pra ah shan teh sa ar va buy ah oopah ah sha ma ah ni swa ha
f e d e f a e d e d c a a e d c b a g a a

Not holding hands in the circle.

1. Shante Prashante. Side step to right, step close, step close. With each “step and close” the hands make a circle to right with palms up, starting at waist level rising to about heart level and then circling back to waist level. Sway with hips as sidestep.
2. Sarva Bhaya. Same movements to the left. Sidestepping to left and hands make circles to the left.
3. Upasha. One step in to center, palms up, as take this one step to center hands come up to ear level with the palms facing back.
4. Mani. One step back, palms continue to face behind and push a little farther back (about 4 inches)
5. Swaha. Standing in place hands come down with palms parallel to earth connecting with the earth and allowing any fear to be released.

Song 4: HUNG VAJRA PEH - Capo 2

“By the power of will, through the spoken word, I invoke the thunderbolt of my mind.” A Tibetan mantra capable of clearing any space (physical, mental, or emotional) of negativity.

Am G Am Am G Am C G C C G C
 Hu ung vajra peh, hu ung vajra peh hu ung vajra peh hu ung vajra peh
 a c b g a a c b g a c e d b c c e d b c

3 movements done one after the other. Do each movement for all four repetitions of the mantra.

1. Walking clockwise in the circle, starting on left foot, with left hand on the right shoulder of the person in front of you. The right hand is extended downwards sweeping back and forth at first chakra level cleansing this area.
2. Turning on your own to the left. Sweeping with right hand in front of face, then left hand in front of face. Continue this sweeping and turning to the left for all four repetitions of the mantra.
3. For the first repetition, backing out of the circle 4 steps, arms are down at sides, palms back sweeping further back as step back, finally ending with a last push back on the 4th step. Second repetition, 4 steps in toward center of circle, palms facing forward and sweeping up this time and ending the sweeping motion with a last motion up and away. Third repetition again back out, same movements as the first repetition of this part. Fourth repetition, again going in, same movements as the second repetition of this part.

Song 5: OM RAM RAMAYA SWAHA Capo 2

A very energetic and fun dance. Practice this a lot before you lead it and call out the changes for each movement to remind the group what comes next.

Am	Dm
Om Ram ra maya swaha (2)	Om Ram ra maya swaha (2)
c b c b a a a	d c d c b b b

6 movements each repeats the mantra 4 times as above.

1. Hand joined in the circle. Bowing right then left with a bouncy felling-Bow right on Om, left on Ramaaya-eight bows in all
2. First repetition of mantra, four steps in toward center of circle, starting on right foot and continuing to alternate feet for the rest of the dance, raising hands starting a waist level a little more with each step in. Second rep, four steps out lowering hands a little with each step out. Third rep same as first rep. Fourth rep stepping in place but lowering hands some each step till arms are at waist level.
3. Sidestepping to right, as step right, arms swind to the left, as feet close arms swing across body to right getting a twist in the body as arms go back and forth. for each repetition of the mantra hans swing left, right, left right. Continue this for all four reps.
4. Keep side stepping to the right and with the first side step to the right, bow and let arms swing behind. As close with the left foot body comes upright and hands swing forward to about heart level. Continue side stepping and swinging arms for all 4 repetitions of the mantra. I recommend a big swinging motion on this.
5. Continue side stepping to the right and arms come up in “w” position and shake arms and hands (8 times for each repetition of the mantra).
6. After a few times doing 1-5 you may ad bouncing in place in time with the mantra. After doing the dance a few times with the bounce, do at least once without the bounce. I usually end the dance by coming in and out raising the hands like in the second movement and emphasizing “swaha” each time it its said.

Song 6: OM HUM SO HUM (Capo 4)

A Sanskrit mantra for balancing masculine and feminine energies and focusing their combine force. This is a great dance early in a dance. It brings the group into balance-often making a perfect circle.

G	D	G	Em	G	D	Em	D
Oh oh ohm hum	oh oh ohm hum so hum	oh oh ohm hum so	huh	um			
b c b a	d g f# e d g	b c b a	f# g a				

Hands at the heart in fists as if grasping a shirt or coat. On “Om” sidestep to right with a slight bow opening arms to the side and opening palms fully. Hands end about a foot away from the body. Then hands come back to the heart and back into fists as the left foot closes and we are upright again. By the finish of the first Hum you should have done step and close twice-hands opening and closing twice. After 6 sidesteps (and opening and closings), stop, raise hands and arms open to heavens and chi (on last Huh) and then on last Um, hands come to the heart with palms open on heart.

Song 7: GAYATRI MANTRA - Capo 2

“O Self-effluent Light that has given birth to all the lokas (spheres of consciousness), who is worthy of worship and appears through the orbit of the Sun, Illumine our intellect.” Invoking (connecting to) the seven spiritual planes (lokas) of light and asking for spiritual assistance from all beings who have ever been enlightened. This Sanskrit mantra is used by Hindus and some Buddhists all over the world.

A very popular dance that leads to a deep experience. Once your group knows the mantra the men can sing first on 1. and the women second. Make sure you are comfortable with the words.

C Em F G F
1.Om Bhuhr (2) Om Bhuvaha (2) Om Swaha(2) Om Maha (2) Om Janaha (2)
c c b b a b c a a b g g c c a c

Em F G
Om Tapaha(2), Om Satyam(2), Oh Oh Om,
b b a b c a a b c d

C G C G F Am
2.{Om Tat Savitur Var enyam}(2), {Bha argo De vasya Dhi mahi} (2)
g g g f e e f e d e d c c d d f e c

C Em F G
{Dhiyo Yonaha Pracho oh dayah at}(2)
g g g g g g g a f e d

4 movements.

1. Holding hands in the circle, side stepping to right with bow and as left foot closes head comes up. Arms loose with a swing. This continues through all of 1. with each mantra repeated twice-call and response.
2. Four steps in on first 4 beats of line two. The first step in is the beat before singing the start of line two. 4 steps back starting on the En of VarENyam. The in and out is repeated on the second repetition of the line.
3. Same movements as 1
4. Continue side stepping in same rhythm as rest of the dance, sidestepping all together. With hands scoop up the light and guidance that has been invoked and bathe your body with it. You can use your own timing for the scooping.

Song 8: Powerful Ram Healing Mantra (Capo 1)

“Om. O most compassionate Rama. Please send your healing energy right here to the Earth, to the Earth. Salutations.”

D A7 D G D F#nah7 G
(1) Om Apa-damapa (2) Hataram Dataram (3) Sarva Sampadam Loka Bhi (4) Ramam Sri ramam
A D
(5) Bhuyo Bhuyo Naman-yaham

Each line repeats twice

1. On first repetition, walking to the right (counterclockwise) in procession, not holding hands, starting on the right foot. Draw a heart in front of your body horizontally starting on your heart. On the second repetition draw a heart in the vertical direction.
2. Left hand on your heart and right hand on the person in front of you's heart, continuing to walk in procession.
3. Hands stay in same position backing up two steps, then in toward center two steps, out two steps, in two steps.
4. On this line we bow to right and left – bowing first on the beat *before* Ramam. Same moves on repetition.
5. On “Bhuyo” start sweeping head and heart from left to right on “Namam” head goes back a little and on “Yaham” head comes toward heart. Repeat. Dance begins again.

Song 9: Mantra of Padmasambhava (capo 3) ***dance slower than on CD

“I invoke you, Vajra guru Padmasambhava, by your blessing may you grant us ordinary and supreme realization.” A Sanskrit mantra to connect to the enlightened consciousness of the Buddha. The mantra is reported to contain the teachings of all the branches of Buddhism.

Am C G Am G Am

(1) Om Ah Hum Vajra Guru Padma Siddhi Hum (repeat twice)

Dm G Dm G Am

(2) (3) Oh Oh Om Ah Hum Vajra Guru Padma Siddhi Hum (repeat twice)

1. Join hands in circle, step to right sweeping arms (describing a crescent) and heart (describing a crescent) to the right. On “Hum” step to the left with the same swinging of hands and heart to the left. Continue same movements back and forth through the two repetitions of the mantra.
2. Weight is on the left foot. The right foot steps back and the left foot points. Then the left foot steps back and the right foot points. This continues through the 3rd repetition of the mantra. (six step/points in all). During the backward step and point I encourage a slight opening of the heart to the heavens (by slightly leaning back).
3. On the last repetition we come in with the same step and point steps, starting in on the right foot. When coming in we raise our hands some, if that is comfortable.

Song 10: Om Ha Ksa Ma La Va Ra Yam Swaha

Mantra invoking Kalachakra, the Tibetan Shiva. Chanting it in a personal way will help you evolve more quickly. Chanting it for the planet will help the Earth on her own spiritual journey.

Em C Em C Em

(1)om Ha Ksa Ma La Va (2) Ra (3) Yam Swaha

Holding hands in the circle

1. Lifting in starting on the right foot. On “Om” step in on right, weight on right, weight on right, balancing lightly with the left foot. Then on “Ha” step in on left balancing lightly on the right foot. Continue in for a total of 6 steps.
2. On “ra” we stop, with weight on both feet, drop hands and bring them to waist level
3. Three steps back on “Yam Swaha” arms are loose at sides with palms back, sweeping back as you step back.

Song 11: Oh God I Open My Heart to You (capo 3)

C Dm C Em C G C Em C G C

(1) Oh Oh Oh God (2) I open my heart to (3) you (4) Come sit inside my heart (5) Please come sit inside my heart

1. Facing a partner in line of direction with the circle, hands in prayer mudra.
 2. Start opening hands out from chest as start a half turn facing your partner
 3. on “you” spin on own to face next partner
 4. take a small step toward new partner
 5. take another small step toward this partner
- start dance again with this same partner. The progression is with the half turn.

Song 12: WE ARE THE HANDS OF GOD-Capo 3 and play the chords below

C G Am G C G Am G

We are the hands of God, We all are the living hands of God

F G F G F G C Am F G

Spreading harmony, speaking truth, living lo ove and joy o oy, living lo ove

C Am F G C G

and joy o oy. living lo ove and joy

C Am F G C Am F G C G

We are holy ho oh oh oh oh oh ly ho oh oh oh oh ly

C Am F G C Am F G C G

Sing al leh lu yah ah ah ah ah leh loo yah ah ah ah leh loo yah

Song 13 Capo 1

Fmaj7 (NOTES B&A) A7 Dm7 E7 Am G

Light descends on us. It fits like a glove. Overwhelmed by grace. I am love.