

One possible attunement to the Body Prayer (Movements) of this dance:

- 1 - We begin by beseeching, humbling the ego, asking for a great gift
- 2 - We take action to prepare ourselves for the gift
- 3 - As we awaken to the Light --- (arms stretching out to greet the Radiant Light in our partner and in all of creation)
- 4 - We reach out to each person whom we meet and honor the Divinity that they truly are, and we allow ourselves to be touched --- (heart-to-heart)
- 5 - We dance this moment of life with our partners --- (turning together)
- 6 - And move willingly, with faith in the Divine Presence, into the process of change --- (longingly separating and trustingly stepping into the unknown)

The Phrase “Great Wave”:

In the Kriya Yoga school from which this song comes, the Great Wave is a radiant emanation of the Source. As the Source manifests, it does so through this Great Wave.

The Phrase "I am that I am":

The recognizable sacred phrase in this song is "I am that I am", which in Hebrew is:

אֶהְיֶה אֲשֶׁר אֶהְיֶה

Exodus 3:13-14 -

13 And Moses said unto God, Behold, when I come unto the children of Israel, and shall say unto them, The God of your fathers hath sent me unto you; and they shall say to me, What is his name? what shall I say unto them?

14 And God said unto Moses, I AM THAT I AM: and he said, Thus shalt thou say unto the children of Israel, I AM hath sent me unto you.

Another translation of this phrase is "I am that which I have become", which might also be rendered as "I still am those things which I have become" or "I am everything".

As Sri Aurobindo wrote in his commentary of the Isha Upanishad: “God is the only Being and all other existences are only His becomings.”

In these interpretations, the Divine Presence is at once everywhere, the underlying essence of all existence. Existence is not what it seems, not these ten thousand things, only the Divine Presence, much the same as the Arabic phrase "la ilaha illa-llah".

Everywhere we look, everything we touch, all of existence quietly whispering "Yes, this is Me".

Credits:

lyrics by A. Allison , music by S. McLinn,
musical arrangement by Bernie Heideman,
movements by wahiduddin Richard Shelquist