

Om Sri Rama

music and movements by wahiduddin
Canyonlands September 2003

(capo 4 and play the indicated chords)

Am G Am
Om śrī rāma jaya rāma jaya jaya rāma

Am G Am
Om śrī rāma jaya rāma jaya jaya rāma

Am G Am
Om śrī rāma jaya rāma jaya jaya rāma

Em
lā ilāha illa-llāh

Am
lā ilāha illa-hū

Lyrics:

1. Om śrī rāma jaya rāma jaya jaya rāma
2. Om śrī rāma jaya rāma jaya jaya rāma
3. Om śrī rāma jaya rāma jaya jaya rāma
4. lā ilāha illa-llāh
5. lā ilāha illa-hū

6. Om śrī rāma jaya rāma jaya jaya rāma
7. Om śrī rāma jaya rāma jaya jaya rāma
8. Om śrī rāma jaya rāma jaya jaya rāma
9. lā ilāha illa-llāh
10. lā ilāha illa-hū

Attunement:

This is a mantric dance, and as such, the effects are beyond any simple translation of the words.

The dance movements are a body prayer which celebrates the Divine, the true Self, while letting go of the self-centered ego, the little self.

Dance Movements:

This is a partner dance.

- 1-3. Holding hands in circle, side step to the right on downbeat, close on following downbeat.
(side-step right on śrī, close on jaya, side-step right on jaya, close on rāma)
4. Turn to partner, and take normal handhold of both hands while facing partner.
5. While still holding hands, raise hands outward at heart level, in a gesture of heart-opening.
6. Facing partner, put hands at sides at lower chakra-level, palms toward partner, not touching, and slowly begin half-turn clockwise with partner.
7. Continuing half-turn with partner, move hands up to heart chakra-level, with palms still toward partner, not touching.
8. Continuing half-turn with partner, move hands up to crown chakra-level, with palms still toward partner, not touching.
9. Turn towards the center of the circle, stepping inward, individually raising hands upward, to full extension on “Ilah”.
10. Step backwards, individually bringing arms down, palms downward, bringing the Light to earth.