

# Ana El Na

Adaptation of a Prayer by Moses, lyrics and music by Susan Sheely  
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I ask the Power of Love, please heal her.  
I ask Power, please heal her.

Ana El na, refa na lah.  
Ana El na, refa na lah.

1: English I ask the pow er of Love ple ase heal her. I ask Pow er ple ase heal her

2: Hebrew A n a El na re fa na lah. A na El na re fa na lah

## Attunement:

The Hebrew lyrics are a prayer of Moses, asking for the healing of his sister Miriam (Numbers 12:13). These Hebrew lyrics have been spoken for thousands of years.

ana = I ask, I beseech  
El = God, divine Power  
na = please, now, I pray

refa = heal  
na = please, now, I pray  
lah = her

## Commentary:

Before singing this healing song, please take a few moments to visualize an intention that is personally meaningful to you. Something that you are ready to plead for with all your heart.

Sing the lyrics in English for a while, then each singer can begin to sing in either language, freely adding harmonies, soaring, whatever touches them at that moment.

## Dance Lyrics:

1. I ask
2. the Power of Love
3. please heal her
4. I ask Power
5. please heal her
  
6. Ana El na refa na lah. Ana El na refa na lah.

## Dance Movements:

1. partners begin facing one another, hands reaching toward heavens
2. turning clockwise, half turn, looking deep into partner's eyes bringing hands to heart on Love
3. standing facing partner, hands from heart position, open toward partner
4. turn independently clockwise to end up facing new partner, hands again reaching up in asking
5. bring hands to heart, with slight head bow as in receiving the healing

After experiencing this for awhile, move on the breath, then leader may invite dancers to face center and sing the Hebrew words.

6. Then facing partners, with hands still at heart level, everyone steps left (to form two circles going in opposite directions) and begin walking in line of direction, dancers sing lovingly to one another with eye contact as the circles pass

Facing center invite dancers to sing both parts simultaneously, perhaps men and women singing separate parts, or inner and outer circle....may try free form sing "Ahh". Gather arm-in-arm or spiral in close, let the heart take it.

## Lyrics and guitar chords:

Em Am D Em  
I ask the Power of Love, please heal her.

Em Am Em  
I ask Power, please heal her.

Em Am Em  
Ana El na, refa na lah.

Em Am Em  
Ana El na, refa na lah.