

We Circle Around
Community Spiritual Dances
with Mark Stanton Welch

Table of Contents

Dance One: Bismillah *Islamic*

Dance Two: Gate Gate *Buddhist*

Dance Three: Blessed Be*

Dance Four: Wa Taho *Native American Zuni Nation*

Dance Five: Heart Please Open*

Dance Six: Kuake Lano Lano Mahote *Native American*

Dance Seven: One Another*

Dance Eight: We Circle Around *Native American*

Dance Nine: Father/Mother*

Dance Ten: Gopala *Hindu Tradition*

Dance Eleven: God in Every Face* *Jewish*

Dance Twelve: Hey Ungua *Native American Chumash Nation*

Dance Thirteen: I Can Tell*

Dance Fourteen: You Are Beautiful*

Dance Fifteen: Radhe Bol *Hindu*

*Original Songs and Dances by Mark Stanton Welch

Some Elements about Community Spiritual Dancing

1. The intention of the dances is to deepen one's personal spiritual connection with self, community, and the creative self.
2. The dances embrace many musical traditions from a variety of world cultures and religions. They intend to unify and build bridges between peoples of all lands.
3. Dances of Universal Peace are one of the premier sources of organized world dances. Sometimes called Sufi Dances, the idea has come from deep sacred dancing in that tradition for quite some time.
4. Though some dances are up tempo and a great deal of fun they are all considered sacred and are invited to be experienced as such.
5. One of the wonderful elements of the dances is that all are doing the same steps/dance. The unification of movement, sound, word, and intention is a foundation for a powerful and expansive spiritual experience.
6. Each dance begins with a centering breath and ends with silence to allow the vibration to settle into the cells.
7. Typically, the lyrics are taught first. The melody comes next, and the steps are last.
8. The power of the dances is repetition. The repetition becomes a mantra of its own. The steps are learned, the melody and lyrics become fluid, and the vibration of the dance rises in frequency. As it moves into the flow the collective energy lifts all to a higher and deeper spiritual experience.
9. Dances are full group or done in partners. To establish partners, have all members form a circle. Count off as Alpha and Omega. Omegas can step into the circle and turn around to pair up with an Alpha. Some dances are in a single circle with partnered moments. Do the same Alpha Omega action and then remind all that the Alpha turns right and the omega turns left. Thus, at the right time they will have a partner.
10. Sometimes individuals will not desire to participate or be physically challenged by the tempo of the dance. Honor their particular needs and invite them to sit or stand in the center of the circle. This includes them and also allows them to feel and contribute to the growing energy and vibrational collective.

Dance One: Bismillah *Islamic*

Music and dance steps

Islamic tradition. *Bismillah* translates as "In the Name of the One Unity", *Er Rachman* translates as "All Compassion", *Er Rahim* translates as "All Mercy"

This song begins many evenings of Dances of Universal Peace. All surrender to the will of the Divine and allow the heart connections to sweep away resistance or differences. It is about emptying out so that we may be filled. The dance is done in humility and with a sense of awe at the miracle of each breath

Am Dm Am
Bismillah Bismillah
 Dm Am
Er Rachman Er Rahim
 F G Am
We begin in the name of Allah

1. Bismillah
Facing center, dancers cross hands over chest, right arm on top of left, fingertips on own shoulders, and bow deeply
2. Bismillah
Arms stretch up and out widely, as dancers gaze upwards and bend back slightly, keeping knees flexible
3. Er Rahman
Spin once to the right with palms facing outward (like the sun, radiating compassion)
4. Er Rahim
Spin once to the left with palms facing in (from the moon, receiving mercy for oneself and others)
5. We begin in the name of Allah
Big circle, hands on shoulders move to the right

Recording available as complete CD, download CD, or download song at
https://stores.modularmarket.com/music_for_every_soul/we-circle-around-cd-p888.php

Dance Two: Gate Gate *Buddhist*

Music and Dance Steps

From the Hindu tradition this song is referred to as the Heart Sutra Song. The phrase "*Gate Gate Paragate Parasam Gate Bodhi Svaha*" translates as "*Going, going, going on beyond, always going on beyond, always becoming Buddha.*" It suggests movement toward awakening. It expresses the enlightenment of a Buddha as an unfolding process, rather than a steady state. It puts us in the hopeful position of one who may not have arrived, but who may be on the way. The destination may not be an end, but the trip itself. Use the mantra to take you beyond. Let it take you to the other shore. Allow it to awaken you. Let it remind you of your becoming. Let it carry you away without your leaving.

D C D

Gate Gate Paragate

D C D

Parasamgate Bodhi Svaha

1. Gate Gate
Dancers face clockwise and walk in a circle, hands opening outward from the heart on each Gate
2. Paragate
All hold hands in circle and move backward, lowering arms as if gathering energy to go in
3. Parasam Gate
Still holding hands, all move in raising arms towards the center
4. Bodhi Svaha
Dancers spin individually out to the right out from the center and end bowing toward the center. Bring hands to the prayer mudra position in front of the heart, with a definite ending on the Sva in Svaha.
5. *Dance begins again moving in the clockwise direction continuing at leader's discretion*

Recording available as complete CD, download CD, or download song at
https://stores.modularmarket.com/music_for_every_soul/we-circle-around-cd-p888.php

Dance Three: Blessed Be

c. 2010. Mark Stanton Welch. All Rights Reserved

Music and dance steps

This original song and dance honors and blesses the Earth and all her inhabitants. Great for use as an opening, a prayer, a meditation, or even a discussion starter. It is a large circle dance that moves alternatively left and right after each full sequence.

Em

Blessed be the Earth and all her creatures

Blessed be the Earth and all her land

Blessed be the air, the sky, and water

Blessed be each woman, child, and man

C B7 Em

Ah, Ah, Ah.....

1. Blessed be the Earth and all her creatures

Dancers in circle take small, gentle steps towards the center on pulse of the song starting with right foot. On "blessed" hands on heart. On "be" hands in prayer mudra at the mouth. At "all her creatures" each makes a motion representing some Earth creature.

2. Blessed be the Earth and all her land

Dancers take small, strong steps backwards back out on pulse of the song starting with right foot. On "blessed" hands on heart. On "be" hands in prayer mudra at the mouth. At "all her land" each hold hands parallel to Earth and pulse with the beat.

3. Blessed be the air, the sky, and water

Staying in the large circle, pulse the beat with steps in place. On "blessed" hands on heart. On "be" hands in prayer mudra at the mouth. On "air" hands push up towards the sky, on "sky" the arms sweep across the sky, on "water" use the palms to make like the movement of waves

4. Blessed be each woman, child, and man

Circle turns and moves to the right as one while doing the same hand moves on "Blessed be". On "woman" palms to earth for Mother Earth. On "child" hands to heart to represent the Inner Child. On "man" hands reach back up to the sky to represent Father Sky.

5. Ah, Ah, Ah

On first "ah" dancers, still walking to the right in the large circle, slowly bring the hands down as if gathering energy. On the second "ah" hands form the prayer mudra at the lip, while still moving forward slowly circling to the right. On third "Ah" dancers stop, now facing towards the inner circle, place hands on the heart and bow from the waist...coming up to begin again.

Recording available as complete CD, download CD, or download song at
https://stores.modularmarket.com/music_for_every_soul/we-circle-around-cd-p888.php

Dance Four: Wa Tahoe (*Native American Zuni Nation*)

Music and dance steps

This is a sunrise song from the Zuni tribe in the Southwest part of the United States. This call for the sun to wake up is a beautiful morning dance. It lifts the spirit and moves to unify the human and the natural world, a wise choice indeed. Allow the song to grow in intensity as the call is made for the return of the sun to bathe and nourish all on this earthly plane. *Wa Tahoe* means wake up, arise!

D

Wa Tahoe taho Wa taho taho

Bm

Gmaj7

Bm

Gmaj7

Wake up, arise, life is calling you Wake up arise, life is greeting you

Em

Bm

Em

Bm

Mother Earth God, she is calling you Mother Earth God, she is greeting you

1. Wa Tahoe Tahoe

Dancers in a large circle facing outward. Arms reach up to the sky as if calling the sun to shine in the morning

2. Wa Tahoe Tahoe

Dancers make a 180 degree turn to the inside of the circle and again call for the sun with arms raised

3. Wake Up arise life is calling you

Turn to the right in a personal circle palms facing inward then up to ears to listen

4. Wake Up arise life is greeting you

Turn to the left with palms turned in then hands move from heart outward in a greeting

5. Mother Earth God, She is calling you

Entire circle moves in the solar direction (right) side step (right together left) with palms facing the earth.

6. Mother Earth God She is greeting you

Entire circle moves side step in the lunar (left direction)

Recording available as complete CD, download CD, or download song at

https://stores.modularmarket.com/music_for_every_soul/we-circle-around-cd-p888.php

Dance Five: Heart Please Open

c. 1993. Mark Stanton Welch. All Rights Reserved

Music and dance steps

An original chant invites the heart chakra and the greater heart chakra to open. This call to for the love I Am is potent, direct, and timely. The call breaks the hold of the energetic protection we have used to separate and isolate, allowing the power of the inner love to expand to merge with the outer frequency of Big Love. The chant repeats the question with reverence, respect, and rhythm.

Em D Bm7 Em
Heart please open wide Free the love I am inside
Em D Em
Heart please open, I Am, I Am

1. Heart please open wide

Large circle moving forward to left. Hands cover heart and open up outward

2. Free the Love I Am inside

Hands circle back to heart and lift up the "Love" energy towards the heavens

3. Heart please open

Hands back to covering heart and open on "open"

4. I Am I Am

Circle stops and faces the center with left hand palm up just below heart. Right hand drops straight down from above head at perpendicular to left palm on 2nd "I Am". Quickly turn right as circle and begin movements again in new direction.

With each repetition large circle changes direction of movement.

C. 2015. Mark Stanton Welch. All Rights Reserved.

Recording available as complete CD, download CD, or download song at
https://stores.modularmarket.com/music_for_every_soul/we-circle-around-cd-p888.php

Dance Six: Kuake Lano Lano Mahote (*Native American*)

Music and dance steps

This a Native American Sun Dance. It seeks unification with the Solar energies to allow the flow and the expansion outward. This is a large circle dance that is strong, powerful, and earthy.

Em	D	Em
Kuake lano lano mahote	Hayyano hayyano hayyano ah	
Em	D	Em
Kuake lano lano mahote	Hayyano hayyano hayyano ah	
Em	D	Em
Let me be one with the Infinite Sun	forever and ever and ever	
Em	D	Em
Let me be one with the Infinite Sun	forever and ever and ever	

1. Kuake lano lano mahote Hayyano hayyano hayyano ah
Dancers in large circle move toward center, palms down to earth pulsing the beat. At "hayyano" cup hands slightly apart in front of the body palms down. Raise hands up on "haya" and lower them on "no". Do this once to the center, once to the right, once facing out, and once to the left on "ah"
2. Kuake lano lano mahote Hayyano hayyano hayyano ah
Dancers move out from center, palms down feeling the earth and pulsing with the beat. Now in big circle rotate quarter turns with hands up on "haya" and down on "no" and "ah"
3. Let me be one with the Infinite Sun forever and ever and ever
Dancers move to the right in side step without crossing legs. On "forever and ever and ever" each makes a walking turn to the right while bringing the hands up and down his time palms up four times
4. Let me be one with the Infinite Sun forever and ever and ever
Repeat 3 but going to the left
5. *Dance begins again as many times as desired*

Recording available as complete CD, download CD, or download song at
https://stores.modularmarket.com/music_for_every_soul/we-circle-around-cd-p888.php

Dance Seven: One Another

c. 1995. Mark Stanton Welch. All Rights Reserved

Music and dance steps

A gentle song and dance about service to one another. It is a partner song that changes with each repetition. The inside circle faces the outside circle

C Am
I Am here for you as you are here for me
F G C
We are here to serve (help) one another (repeat 2 lines twice)
 F Em F G C
One another, one another, together one another
 F Em F G C
One another, one another, together one another

1. I Am here for you as you are here for me
Partners reach out and take hands. On "you are here for me" each takes the others right hand and places it on their own heart chakra area
2. We are here to serve (help) one another
On "to serve" both separate hands and bow with Namaste gesture to the other
3. Repeat 1 and 2
4. One another, one another, together one another
Partners take hands and turn in small circle to the right
5. One another, one another, together one another
Still holding hands turn now in a left circle stopping on "together" back in the original position. Bow with palms together to one another and then inside circle moves one person to the right to begin the dance again.

Recording available as complete CD, download CD, or download song at
https://stores.modularmarket.com/music_for_every_soul/we-circle-around-cd-p888.php

Music and dance steps

Em G D Em

Hey ya hey ya hey ya hey ya Hey ya hey ya hey ya hey ya

Wearing my long tail feathers as I fly (2x)

1. We circle around, we circle around
Dancers in a large circle move right in a solar direction side stepping step together step
2. The boundaries of the Earth
Still moving extend hands out in front as all make a right circle while still walking
3. Hey ya hey ya hey ya hey ya
Each moves in toward center with toe heel steps. Right toe/right heel, left toe/left heel four times inward
4. Hey ya hey ya hey ya hey ya
Each moves out with toe heel steps. Right toe/right heel, left toe/left heel four times outward
5. Wearing my long tail feathers as I fly 2x
With hands in the small of the back to represent tail feathers dancers dance their own dance with arms extended and flying during the words "as I fly"

Recording available as complete CD, download CD, or download song at
https://stores.modularmarket.com/music_for_every_soul/we-circle-around-cd-p888.php

Dance Nine: Father/Mother *Native American feel*

c. 2010. Mark Stanton Welch. All Rights Reserved

Music and dance steps

A reverent dance to Grandmother Earth and Grandfather Sky, to our own Father and Mother lineage, and to the fathering and mothering we must provide lovingly to our own self. A large circle dance that moves with the pulse

Em

Father (Mother) of the living Father (Mother) of the ancient

Father (Mother) of all things to come

Father (Mother), how I love you Father (Mother), how I love you

Father, (Mother) you and I are One

C B7 Em

Ah Ah Ah

1. Father of the living

Outer circle takes four steps forward toward partner in inner circle, while inner circle takes four steps backwards in pulse with the music and in sync with the oncoming outer circle.

2. Father of the ancient

Outer circle takes four steps backward to original position, while inner circle takes four steps forward in pulse with the music and in sync with the retreating outer circle.

3. Father of all things to come (2, 3, 4)

Both circles face right and move to the right while turning a moving circle to the right. Palms facing upward in a receptive position. Stop on the word "come" and face a new partner

4. Father, how I love you

Facing partners raise right hands and connect palm to palm while circling the partner in step with the music

5. Father, how I love you

Facing partners raise left hands and connect palm to palm while circling the partner in step with the music

6. Father, you and I are One

Stop and take partners hands and, face to face, look in partner's eyes, allowing an open hearted connection

7. Repeat entire sequence using "Mother" in place of "Father"

8. Ah, Ah, Ah

At conclusion of Mother verse all face right and, reaching front with right hand to grasp the left hand of the person in front of you while reaching back with your left hand, walk with a quarter note pulse (1, 2, 3, 4) to the right during Ah (4 steps), Ah (4 steps), and stop on the third Ah turning to face a new partner (1, 2, 3, 4)

Recording available as complete CD, download CD, or download song at
https://stores.modularmarket.com/music_for_every_soul/we-circle-around-cd-p888.php

Dance Ten: Gopala *from Hindu tradition*

c. 2010. Mark Stanton Welch. All Rights Reserved

Music and dance steps

This is a very joyful and spirited large circle dance. *"Devaki, Krishna's mother, still loved him and found ecstasy in being his mother, even when he was in his mischievous state. Gopala is the name for Krishna, referring to him as a young cow herder, who would steal his mother's butter, churned with great effort*."*

The song is, essentially, a celebration of the child-like spirit in all of us. It must be retained at all costs...*Gopala* means Krishna. *Devakinandana Gopala* means Krishna in Devaki's happiness.

Traditionally, the Dance is sped up with each repetition, until it is quite fast. Finish with one or two slow rounds to ground the energy. The dance works well with all ages

C G C F C G C

Gopala Gopala Devakinandana Gopala (2x)

C Gm7 F C G C

Devakinandana Gopala Devakinandana Gopala (2x)

1. Gopala
Holding hands in a large circle, all move in toward the center, raising held hands
2. Gopala
Move back out, lowering hands
3. Devakinandana Gopala
Release held hands and spin individually to the right, both hands up at shoulder level, twisting in opposite directions
4. Repeat 1-3, spinning to the left this time
5. Devakinandana Gopala Devakinandana Gopala
As a group dancers take hands and move to the right in a circle
6. Devakinandana Gopala Devakinandana Gopala
As a group dancers take hands and move to the left in a circle
7. Repeat, as desired, speeding up each round, ending with one or two slowed rounds to bring energy back in.

*From Dances of Universal Peace V booklet

Recording available as complete CD, download CD, or download song at
https://stores.modularmarket.com/music_for_every_soul/we-circle-around-cd-p888.php

Dance Eleven: God in Every Face *Jewish*

c. 2010. Mark Stanton Welch. All Rights Reserved

Music and dance steps

An original dance song in the Jewish tradition. It combines large circle movement at increasing tempos as well as partner to partner activity. Set it up as a partner song with two lines of equal number, if possible, facing one another in concentric circles. Meant to be joyful and spirited, celebrated the Oneness of all humans in the big picture. Celebrate...la chaim!

Em		B7		Em			
We come together to behold the power of Love the power of Li-ee-ight							
Em		B7		Em			
We come together to behold we are Divine							
Am		Em		B7		Em	
Lift up our hands lift up our hearts Lift up our vision lift it to the stars							
Am		Em					
Dance in the glory, whirl in the grace							
	B7		Em		B7		Em
See God in every face see God in every face							

1. We come together to behold the power of Love the power of Li-ee-ight
Starting with two equal circles facing one another. Each circle takes the hand of the person next to them in the same circle and move to the right in step with the song tempo
2. We come together to behold we are Divine
Continue circles until the word "divine" when all stop and face the partner across from them.
3. Lift up our hands lift up our hearts
Facing partner each do the movements suggested by the lyric. Lift hands up then lift from under the heart upward
4. Lift up our vision lift it to the stars
From the eyes lift upward, then wave both hands high in the air
5. Dance in the glory, whirl in the grace
Each partner moves as they wish, and then whirls around once in either direction
6. See God in every place, see God in every place
Each partner takes the right hand of the other and moves it to place palm down in the vicinity of the heart, being respectful of anatomy. Often shoulder is a safe

place to place it. Holding the hand in place look into the eyes of the other and see the God in every face

7. *Quickly take hands of the persons on either side in the same circle to begin the dance at an ever increasing tempo*

Recording available as complete CD, download CD, or download song at

https://stores.modularmarket.com/music_for_every_soul/we-circle-around-cd-p888.php

Dance Twelve: Hey Ungua *Native American Chumash Nation*

Music and dance steps

From the Native tradition of the Chumash tribe in the Central Coast of California comes this beautiful greeting song that also honors the seven directions: north, South, East, West, Above, Below, and Within. The dance connects beings and draws power from the natural world vibration to make an expansive experience. According to legend it is the song that was sung every day by the Chumash above Point Conception, CA where the portal for souls leaving the Earthly plane lies.

Em

1. Hey hey hey hey hey ungua Hey hey hey hey hey ungua

E

2. Hey hey hey hey hey ungua Hey hey hey hey hey ungua

Em

3. Hey hey hey hey hey ungua Hey hey hey hey hey ungua

4. Hey Ungua Hey Ungua Hey Ungua Hey Ungua

- 1. Facing front, hands go from heart down to Earth, palms down. Take quarter turn right and do the same heart to Earth movement. Quarter turn right and do the same. Another quarter turn right and do the same*
- 2. Now facing inner circle again move hands from heart straight out palms outward. Quarter turn left and palms push out to front direction. Do this two more times after quarter turns left*
- 3. Side Step 2 times R L R L to the right side palms tapping neighbors palms at both sides. Then reverse with same hand moving with 2 side steps to the left L R L R*
- 4. While taking quarter turns to the right raise hands up and flip up to the sky on "Hey" (4 quarter turns and hey's)*

Recording available as complete CD, download CD, or download song at

https://stores.modularmarket.com/music_for_every_soul/we-circle-around-cd-p888.php

Dance Thirteen: I Can Tell

c. 2010. Mark Stanton Welch. All Rights Reserved

Music and dance steps

This is a call and response partner song. It is fun and recognizes and celebrates the deeper Spirit part in each of us. Partners simply repeat and let Spirit move them to move with each successive partner. Good for inserting into the middle of an evening of dances to shift the energy, if desired. Or it can start the evening in a playful, active way. (R) means response. After each chorus/verse move to a new partner to begin chorus with next verse.

CHORUS

C C7 F C
I can tell that you're lookin' (R), and you like what you see (R)
 G7 C
You're thinkin' it's my body (R), but that's my spirit that you see (R)
 C7 F C
It makes you feel warm and fuzzy (R), makes you wanna jump and play (R)
 G7 C
So, take me by the hand (R), cause Spirit moves this way (R)
 C7 F C
It goes la di dah di dah di (R), it goes zipadeeay (R)
 G7 C
It says baby, baby, baby (R), it says hey, hey, hey (R)

Chorus

It goes ram a lam a ding dong (R), it goes woh, woh, woh, woh (R)
It says mama, mama, mama(R), I love you so (R)

Chorus

It says glory hallelujah (R), hallelujah, Amen (R)
Says Lordy, Lordy, Lordy (R), let's sing it once again (R)

*In call and answer format move to new partners after each Chorus/verse combo.
Typically, unless you desire to extend, four times is enough to create an experience. On the fourth round, you recycle back through all the verses in a row starting with the Glory Hallelujah one up to the La-di-la-di, where it ends...*

Recording available as complete CD, download CD, or download song at

https://stores.modularmarket.com/music_for_every_soul/we-circle-around-cd-p888.php

Dance Fourteen: You Are Beautiful

c. 1997. Mark Stanton Welch. All Rights Reserved

Music and dance steps

This an original partner song that often ends the evening of dances. It is a tender and heartfelt song that honors, witnesses, and celebrates the person in front of you as a magnificent one. Each is invited to sing through the heart and send the Love vibration out in energy, voice, and eye contact. Two circles facing each other with equal partners in each. Inner circle moves one dancer to the right after each round to begin again for as many times as desired.

F	C	Dm	C
You are beautiful, you are wonderful,			
F	Bb	C	Bb
My heart is open wide to let you in			
F	C	Dm	C
You are so beautiful, you are so wonderful			
F Bb F	C Gm7	C	F C F C7
And I do love you as you are, my friend			

1. You are beautiful
Partners facing place hands on either side of the head of the other as if cradling them energetically
2. You are wonderful
Partners mirror hands that sweep the field of the other from the top out in both directions in a circular motion
3. My heart is open wide to let you in
Hands on heart open up to the other. Then point back to self with both thumbs
4. You are so beautiful
Repeat 1 but with strong emphasis like the love expressed from a Grandmother
5. You are so wonderful
Repeat 2 but with strong emphasis
6. And I do love you as you are, my friend
Take partner's right hand and place it in the vicinity of your heart being respectful of anatomy. Holding the hand in place as you sing and look into your partner's eyes, end with a hug.
7. *Inside circle moves one to the right and the next round begins with a new partner.*

**I have done two concluding rounds with one asking the dancers to think of one in their life who is not present and sing to them as if they were. Each can use the other as a proxy or they can close their eyes and sing as they go through the motions. The last would be to sing the song to oneself, going through the motions as if the inner child, or current self were standing in front of them. Sing the song in first person..."I Am beautiful, I Am wonderful, My heart is open wide to let me in...I Am so beautiful, I Am so wonderful, and I do love me as I Am, my friend"*

Recording available as complete CD, download CD, or download song at
https://stores.modularmarket.com/music_for_every_soul/we-circle-around-cd-p888.php

1. Establish partners and join hands in a circle
2. Radhe Radhe Radhe
Take 4 steps into circle, starting on right foot, raising hands no higher than shoulder height
3. Govinda Bolo
Take 4 steps out of circle lowering hands and bowing slightly
4. Repeat above
5. Govinds Govinda Govinda
Circle moves to right. On 3rd Govinda all drop hands and raise hands turning to right...circle still moving...then repeat to left
6. Radhe Bol Radhe Bol Radhe Bol Radhe Bol
Partners face each other in line of direction with hands at shoulder level. After "Radhe" partners clap right hands together three times. Then with left...then both hands. Partners progress in line of direction to next partner
7. Radhe Radhe Radhe Bol
Face new partner for instant then raise hands high and spin individually in place to right
8. Radhe Bol
Clap right...clap left...clap both...progress past partner and join hands in circle

ready to begin cycle again

Recording available as complete CD, download CD, or download song at
https://stores.modularmarket.com/music_for_every_soul/we-circle-around-cd-p888.php