# THURS SEPT 19 CIRCLE DANCE

# WHEN

7pm - 9ish FREE



# WHERE

# White Tent on the Hill

Bar Hill: 609 W 4th Ave Behind the Red House in the Orchard

Simple and fun... We all join in the jam! Enjoy community, sing great songs, move your body and learn about the world at the same time.

More info: Connie at 756-3076

MYSTICDANCECARAVAN.COM

#### Honoring World Traditions with Movement & Melody

#### HAIDA HAIDA

A simple nonsense dance (niggun) from the Jewish tradition.

#### GANAPATAYEI

From the Hindu Tradition: using elephant energy to move obstacles.

#### MAY ALL BEINGS HAVE HAPPINESS

A traditional Buddhist Blessing turned jazzy.

#### HAVA NAGILLA

Learn to sing the whole thing and dance it!

#### TE AURO AH

Maori song and dance from New Zealand

#### DOWN BY THE RIVERSIDE

Lively Gospel song and dance promoting peace in the world



# Haida Haida

**Jewish Niggun:** This is a Jewish "nonsense" dance. The words have no meaning and it's danced simply for community, praise and happiness.



#### Dm

Haida haida hai di dee dai da A7 Dm A7 Dm haida haida haida

#### Dm

Haida haida hai di dee dai da A7 Dm A7 Dm haida haida haida

#### Dm

Haida hai di dee dai da A7 Dm A7 Dm Haida haida haida

# Om Gum Ganapatayei Namaha

# Capo 2

This is a dance from the Hindu Tradition to celebrate the strong and powerful energy of elephants and the "Remover of Obstacles" from our path.

Am G Am
Om Gum Ganapatayei Namaha
Am G Am
Om Gum Ganapatayei Namaha
C G Am
Om Gum Ganapatayei Namaha
C G Am
Om Gum Ganapatayei Namaha
F C G
Om Gum Ganapatayei Namaha-aaaa
F C G
Om Gum Ganapatayei Namaha-aaaa

Salutations to the remover of obstacles

<sup>\*</sup> Translation:

# **May All Beings Have Happiness**

This is a jazz riff with words adapted from the Buddhist "Four Immeasurables". Each of the four ideas correspond to a mental state: loving kindness, compassion, sympathetic joy, and peace (or equanimity).

D Bm G A7 around and around

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May all beings have happiness & the causes of happiness D Bm G A7

May all beings be free from sorrow And the causes of sorrow D Bm G A7

May all beings never be separated From the great happiness D Bm G

That is sorrowless, sorrowless, sorrowless

A7 D

Light of this world

Bm

Just as long as I live in this world

G A7 D

I am the light of this world

Bm

Just as long as I live in this world

G A7 D

I am the light of this world

Bm

G A7

Do n doo doo Do n doo doo Do n doo doo Do n doo doo

D Bm

G A7

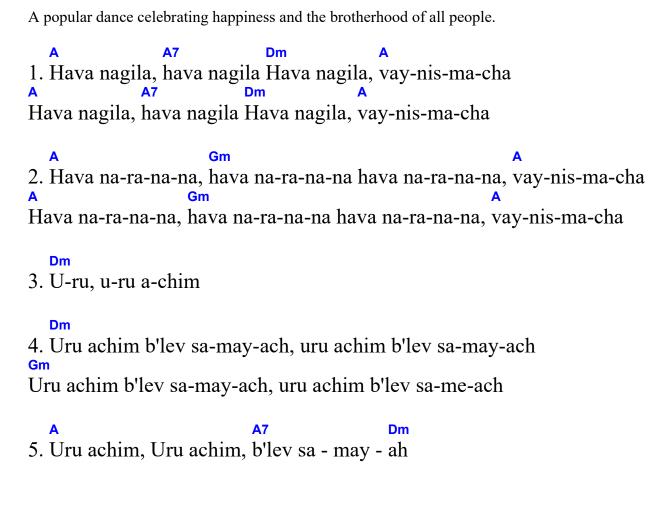
Do n doo doo Do n doo doo Do n doo doo Do n doo doo

D Bm

G A7

Do n doo doo Do n doo doo Do n doo doo Do n doo doo
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# Hava Nagila



#### **Basic translation**

Let's rejoice and be happy Let us sing and be happy Awake my brethren with a happy heart

# Te Aora Ah

#### **New Zealand**

This waiata (song) is at least 100 years old and is often sung as a response to a speech at a gathering (hui). The dance uses the traditional wiri wiri Maori hand movement. The image of the wiri is of the slight trembling of tree leaves in a breeze, signifying the awakening of the spirit up through the body which stands between and connects earth with sky.



Te Aroha, Te Whakapono

G D A D

Te Rangi-mari-e, Tatou Tatou e

We believe in love
G
D
We respect the beliefs of all people
D
Peace comes from within us
A
D
And spreads out to everyone

# Down by the Riverside

I'm gonna lay down my burden Down by the riverside

**A7** 

Down by the riverside

D

Down by the riverside I'm gonna lay down my burdens Down by the riverside

•

I'm gonna study war no more

|: Well I ain't a gonna study war no more,

Ain't a gonna study war no more

Ain't a gonna study war no more :

# JOIN US FOR THE WEEKEND

The Dances of Universal Peace feature movement and songs from traditions around the world. It's a great way to learn about other people, share in community, relieve stress, and promote peace.

No partner or experience needed!

Singing and dancing have been proven to make us healthier on a cellular level... and it's good for your brain!

# Dance Schedule

Thurs: Sept 19

7:00 PM

Fri: Sept 20

10 AM & 7:00 PM

Sat: Sept 21

9:30 AM 7:00 PM

Sun: Sept 22

10 AM to noon

More at

MysticDanceCaravan.com