

Grace Ram Nam

Music and Movements: Grace Marie
Words: Traditional Hindu Mantra

Sri Ram, Jai Ram

Sri Ram, Jai Ram, Om

Sri Ram Jai Ram Jai Jai Ram, Om Sri Ram Jai Ram Jai Jai Ram, Om Jai Jai Ram.

Form one, two, or three circles. Select partner within your own circle. Take hands in circle facing center.

1. Sri Ram - Beginning on the right foot, take 4 steps in, stepping in on 'Sri', raising hands slowly.
2. Jai Ram - Beginning on right foot, take 4 steps back, stepping out on 'Jai', lowering hands slowly.
Repeat 1 and 2.
- *3. Sri Ram - Turn to face your partner and take hands in front of you at waist level, and make a half turn clockwise to progress.
4. Jai Ram - With hands in prayer mudra position at heart level, bow to your partner from the waist.
Repeat 3 and 4. Your next partner will be behind you.
- *5. Om Sri Ram Jai Ram Jai Jai Ram - On all four repetitions of this phrase, the circle walks to the right, taking one step for each word, beginning on the right foot with the word 'Sri'. As you are walking this mantra, embody the walk of Mahatma Gandhi.

If there are two circles, the inner circle moves to the right and the outer circle, to the left. If there are three, the first and third move right and the second, left. If you are moving left, begin walking with the left foot on 'Sri'

If there are two or more circles, at some point the leader can have the inner circle rest and the outside circle(s) continue. Begin the inner and second circles at the places marked above with an asterisk (). At his or her discretion, the leader may want to make a call for the inner circle(s) to pause once again for the appropriate length(s) of time so that all circles finish the dance singing and moving in unison.

This dance was created with the thought of Mahatma Gandhi walking across India with this mantra on his breath. The dance begins with traditional Hindu-style movements forward and backward like the waves of the ocean. In the second part, we are meeting people along our journey, our partners, and giving them a traditional gesture of respect. The last phase is the walk of Gandhi, very Mercury and Mars. Nothing would deter him from sharing his message of non-violence. May we continue to share this message.

This mantra is one for all people: "God, who is both truth and power, personal and impersonal, victory to Thee."