

Om Ram Ramaya Swaha

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The image shows two staves of musical notation in G major (one sharp) and common time. The first staff begins with a Bm chord and contains two measures of music. The second staff begins with an Em chord and contains two measures of music. The lyrics are: Om, Ram ra - ma - ya, swa - ha, Om, Ram ra - ma - ya, swa - ha, Om, Ram ra - ma - ya, swa - ha. A small number '5' is written above the first note of the second staff.

This is a simple Ram healing mantra to awaken and activate the solar plexus chakra. It also balances the energy currents that run down the left and right sides of the body.

Take hands in a circle. There are six movements in this Dance, each of which repeats the mantra four times (i.e., lasts for one cycle of the melody shown above).

1. Bow to the right on "Om" and left on "Ramaya," with a bouncy feeling--eight bows in all, four to a side.
2. On the first repetition of the mantra, take four steps in toward the center of the circle, starting on the right foot, beginning with hands at waist level and raising them a bit more with each step in. On the second repetition, take four steps out, lowering hands with each step. On the third repetition, step in as on the first, and on the fourth, step in place, lowering the hands with each step.
3. Sidestep to the right, swinging the arms to the left; close with the left foot, swinging the arms across the body to the right. The body twists in the direction of the arms as the arms go back and forth. Continue this motion throughout all four repetitions of the mantra.
4. Continue side-stepping to the right, bowing toward the center of the circle and allowing the arms to swing behind. As the left foot closes, bring the body upright and swing hands forward to about the heart level. Continue this movement through the four repetitions of the mantra, with a big swinging motion.
5. Continue side-stepping to the right. Bring the arms up into a "W" position and shake the hands (still joined) and arms for all four mantra repetitions--eight shakes for each repetition.
6. After doing the Dance with the five movements described above, add bouncing in time with the mantra. Then return to doing the Dance without the bouncing.

The Dance ends by repeating the movements in 2. several times, but stepping out (instead of stepping in place) on the fourth repetition of the phrase. An alternative ending is to repeat the movements in 1. several times.