

Full Moon Chenrezig Dance (Om Mani Peme Hung Hri)

melody: Trad / Ven. Robina Courtin

movements: Dakini

Om ma ni pe me hum hri Om ma ni

pe me hum hri Om ma ni pe me hum hri

Om ma ni pe me hum hri

Inspiration for the dance:

When Tibetans gaze at the full moon, they see Chenrezig, the Buddha of Compassion, with a thousand arms. Within each palm is an eye, allowing him to see the suffering of all beings and reach out to offer his help. When His Holiness the Dalai Lama escaped Tibet in 1959, travelling in disguise, he was questioned by Indian border guards: "Who are you?" He replied: "You can look at me as the reflection of a full moon on a still lake." This dance invites you to live your life and perform every action with the intention of developing **Bodhicitta**—the aspiration to attain enlightenment for the benefit of all sentient beings.

OM MANI PEME HUNG HRI x4

I

1. Going for refuge - hands in prayer position (thumbs inside the palms throughout the dance = jewel of compassion in the lotus flower of the heart) moving from crown (taking refuge in Buddha, the enlightened teachers) to 3-rd eye and throat (taking refuge in Dharma, the teachings, the path) to heart centre (taking refuge in Sangha, the fellow practitioners, friends on the path)
2. open hands (=lotus =heart) to reveal the jewel of compassion (bodhicitta - a spontaneous wish to help all sentient beings to be happy). As lotus flower grows in mud, our compassion is growing from the mud of sufferings, working its way through the waters of life to the surface of enlightenment.
3. raise arms, describing a large arc (thousand arms of Chenrezig looking with compassion at all beings – think of suffering of friends, people you don't know, people you don't like – they all want to be free from suffering)
4. turn right alone, arms raised up (thumbs still in palms), shine the diamond light of compassion unto all beings, purifying them and filling them with love and compassion

OM MANI PEME HUNG HRI x4

II

Once we have done the practice inwardly, it is time to take it into our everyday life and to see Chenrezig in each person we meet

5. same as 1, facing partner
6. same as 2, facing partner
7. same as 3, facing partner, finish with hands up, palms facing partners palms, not touching
8. half-turn with partner, hands reflecting each others jewels, not touching, finish facing the centre, ready to begin again.

PLEASE NOTE: the musical notation might not be 100% accurate, it is better to rely on your own 'ear memory'.