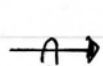


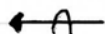
Circle dance, "V"-hold for sways, "V"- or "W"-hold for dance

sway R - L till the singing



R	L	R	L	L	R	L	R
s	cl	s	xf	f	cl	f +	lift
			tap			knee	

tucked behind L ankle  
slight raise of left heel



R	L	R	L	L	R
b	cl	b	cl	s	cl
			tap		tap

sway R - L when singing stops, hands down to "V"

"A meditation dance Anna Barton created to the Greek music Menoussis. The song is about love and death, but when Anna taught the dance to a group in Greece they saw nothing strange in doing a meditation dance to it. "That's how life is", they told her.

For Anna the meaning of this dance is becoming conscious of the Spirit and our life's journey.

1. Represents the physical body. "This is me."
2. We recognise the Spirit and we move forward and acknowledge it.
3. We take the Spirit into our lives and integrate it with the physical.
4. As we journey through life we experience a setback, but our setbacks are never as great as the steps we make forward (or, in this case, to the right!).

Music from Odes CD by Irene Papas and Vangelis