

# Om Shanti



open tuning (capo 2)



Om is both one with Brahman, essential spiritual reality and also the medium connecting humanity with Brahman. Om is also called the pranava mantra, meaning something that pervades all life through prana or breath. Shanti - peace.

1. Om Shanti Om Shanti Om Shanti Om
2. Om Shanti Om Shanti
3. Om Shanti Om
4. Om Shanti Om Shanti Om Shanti Om
5. Om Shanti Om Shanti

6. Om Shanti Om
7. Om Shanti Om Shanti
8. Om Shanti Om
9. Om Shanti Om Shanti
10. Om Shanti Om

Define partners. Dancers hold hands in a circle.

1. Circle moves anti-clockwise; right foot is on "Om", left foot on "Shanti" and so on.
2. Turn clockwise in place.
3. Facing centre with hands at the heart in prayer position, bow slowly.
4. Circle moves clockwise, first left foot on "Om", right foot on "Shanti".
5. Turn anti-clockwise in place.
6. Repeat 3.
7. Partners face each other and holding hands at waist level, half turn clockwise.
8. Partners bow to each other with hands at heart in prayer position.
9. Turn to face a new partner then repeat 7.
10. Repeat 8.

Words and music: traditional

Movements: Philip Tansen O'Donohoe

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