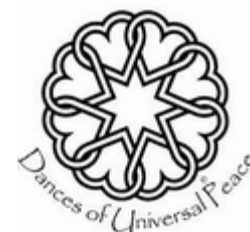


Ahebw Labwheldbabaykhun



Open tuning: Capo 5

A - he - bw Lab - wheld - ba - bay - khun _ A -

he - bw Lab - wheld - ba bay - khun _ A - bay - khun _ A -

In the Aramaic language, Ahebw Labwheldbabaykhun is the phrase of Jesus usually translated as "Love your enemies". Our "enemy" in the Aramaic sense is one who is out of rhythm with us and as a result we feel out of balance. The love Jesus is referring to is different from the sentimental kind and is a more mysterious force which creates harmony. The work is to bring ourselves back into our natural rhythm and find the place inside that can restore the rhythm of our "enemy" and the way we relate.

In some ways this is an odd sort of dance to lead and the anti-clockwise turns can initially be slightly disorientating for people going backwards to "progress", as it were. After a few times through, people do usually "bring themselves into the rhythm within" and settle into the dance.

For an expanded translation of the phrase, see "Prayers of the Cosmos" by Neil Douglas-Klotz (published by Harper, San Francisco, 1990).

1. Ahebw Labwheldbabaykhun
2. Ahebw Labwheldbabaykhun
3. Ahebw Labwheldbabaykhun
4. Ahebw Labwheldbabaykhun

1. Holding hands in a circle all walk anti-clockwise. First step with R on 'heb', L on 'lab', R on 'bab', L on 'khun'.
 2. Turn individually in place anti-clockwise.
 3. Repeat 1.
 4. Holding hands with partner at waist level, make a half-turn anti-clockwise landing on the opposite side of the partner, ready to repeat next time around with a new partner.
- Dance repeats.

Words: traditional

Music and movements: Philip Tansen O'Donohoe