

KYRIE ELEISON

(best in standard tuning, key of C;
open tuning, key of C, capo 5th fret;
well suited to piano accompaniment, if available)

1. Kyrie eleison *Lord, have mercy*
(or, Let me be an instrument of mercy)
2. Christe eleison *Christ, have mercy*
(or, as above)
3. Kyrie
4. Eleison, eleison

Repeat at leader's discretion; if desired, can change to:

1. Requiem aeternam *Eternal rest*
2. Dona eis (nobis) requiem *Give them (us) rest*
3. Requiem
4. Aeternam, aeternam.

Alternate words; underlining indicates accent of beat.

3. Et lux perpetua *And perpetual light*
4. Luceat eis (nobis) *shine on them (us)*

1. Face a partner, standing with arms outstretched to the side, making a cross with the whole body. Feel the weight of whatever is heavy in life right now. As the music begins, make a half turn clockwise with the partner, spinning past this partner to a new partner and raising arms while turning, as if a weight has been released and the arms can float up. This Dance is unusual in that the first thing the dancers do is progress; it is as if the release of weight allows movement forward.
2. Facing a new partner, stand as if holding an infant in one's arms, one's own self, or another. Bathe this being in love, and then proceed to offer from that place of loving acceptance to the partner in 3.

The musical notation consists of four staves of music in 3/4 time, written in treble clef. The lyrics are written below the notes. Chord symbols (C, F, G, am, G7) are placed above the staves to indicate the harmonic structure.

Staff 1: Chords C, F, C, F. Lyrics: Ky-ri-e e-le-i-son, Chris-te e-le-i-son,

Staff 2: Chords C, G, am, F, G7. Lyrics: Ky - - ri - e - - e - le - i - son, e - le - i - son.

Staff 3: Chords C, F, C, F. Lyrics: Re-qui-em ae-ter- nam, do-na no-bis re-qui-em,

Staff 4: Chords C, G, am, F, G7. Lyrics: Re- - qui- em - - ae-ter- nam, ae-ter- nam.

3. Bring arms from cradled position, reaching from deep within the inner "womb" to cupped hands at own heart. Move hands out from the heart to the partner, offering more, limitless, loving acceptance. Hands separate, right moving up, left down, as one moves gently into an embrace. The movement is fluid and graceful.
4. Gently hug partner, cradling him or her in comfort. Release and stand with arms outstretched in cross to begin again.

Variation for 2. Facing the new partner, move hands from the apex to which they have risen, down over the partner in blessing. Bathe the partner in love, release, honoring her/his love and beauty. Hands drop to a low position to reach from the inner "womb" in 3.