

# Namaste

Words Traditional

Music and movement by Grace Marie

♩ = 95      Am      G

I ho-nor the place in you \_\_\_\_\_ where the en - ti - re u - ni - verse  
me \_\_\_\_\_

dwells. \_\_\_\_\_ I Na-mas - ste, \_\_\_\_\_ Na - ma

ste - e - e - e, \_\_\_\_\_ Na - ma - ste. \_\_\_\_\_

1. I honor the place in you
2. where the entire universe dwells.
3. I honor the place in me
4. where the entire universe dwells.

5. Namaste
6. Namaste
7. Namaste

8. Namaste
9. Namaste
10. Namaste

1. The dance begins intimately with your right hand on, above or near the heart, ask your partner to guide your hand to the location it feels most comfortable. Cover their hand with your left hand. A variation for comfort to your group would be to take right hands in a handshake, and place your left hand on your own heart.
2. Half turn clockwise.
3. Leaving your left hand on your heart, slowly bring your own right hand to join the left at the heart center.
4. One half turn, opening your hands from the heart center and spin to the right or clockwise.
5. Hands in prayer mudra placed at the forehead to denote true thoughts/mindfulness and bow to your partner.
6. Hands in prayer mudra placed at throat to denote true words.
7. Hands in prayer mudra placed at heart to denote true actions.
- 8, 9, 10. Facing the center, honoring all present in the circle and the universe, and bowing three times, one bow per Namaste with hands first at forehead, then throat, then heart.

**Yo honro el lugar que hay en ti (mi)  
Donde todo el universo está  
namaste**