

# Peace Pilgrim

Words inspired by Peace Pilgrim

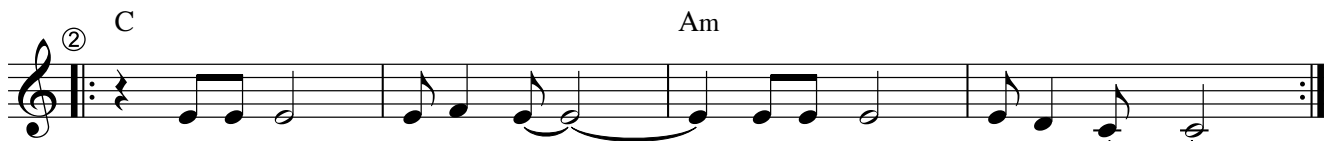
Music and movements by Grace Marie

A round for 2 voices

♩ = 105



I am Love, I walk the path\_ of Love.\_\_\_\_\_  
I am Peace, I walk the path\_ of Peace.\_\_\_\_\_



Ev' ry step that I take\_\_\_\_\_ is the path of my Heart.\_

1. I am Love,
2. I walk the path of Love.
3. I am Peace,
4. I walk the path of Peace.
5. Every step that I take
6. is the path of my Heart.

## Dance Directions:

Form a circle, establish partners and then face that partner.

1. As if you are introducing yourself as, I am Love, take both hands at waist level with your partner, and hold the gaze, standing in place.
2. Half turn clockwise progression with your partner, beginning on the word 'Walk'.
3. As if you are introducing yourself as, I am Peace, take both hands at waist level with your partner, and hold the gaze, standing in place.
4. Half turn clockwise progression with your partner, beginning on the word 'Walk'.
5. Everyone faces the center holding hands, taking 4 steps into the center, stepping in on Right Foot, then singing "Every" before the left foot makes the second step.
6. Release hands, taking 4 steps backward, stepping back on the Right Foot, then singing "is" before the left foot makes the second step. Repeat step 5 and 6.

*Mildred Lisette Norman was the first woman to hike the entire length of the 2,050 mile long Appalachian Trail in one season in 1952. This, together with meditation practice, inspired her to continue walking for a purpose: for Peace. She changed her name to 'Peace Pilgrim', and from 1953 to 1981, walked more than 25,000 miles across the United States, devoting her life, to promoting world peace.*

"In order for the world to become peaceful, people must become more peaceful. Among mature people, war would not be a problem – it would be impossible." - Peace Pilgrim



**Originator-approved write-up collected by  
Dances of Universal Peace International**

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