

# Madre Tierra, Madre Vida

♩ = 90

Music and words by Alonso del Rio

Movements by Grace Marie

Capo fret 2

The musical score is written in G major and 4/4 time. It consists of two staves of music. The first staff begins with a G chord and contains measures 1 through 5. The second staff begins with a C chord and contains measures 6 through 7. The lyrics are written below the notes, with some words spanning across measures. The lyrics are: "Ma-dre Tier-ra, Ma-dre Vi - da Llé - va-me en tu Cor ra zon. la Me-di - ci - na de tu A- mor".

## Translation:

Mother Earth, Mother of Life  
Mother Earth, Mother of Life  
Hold (or carry) me in your heart  
It is the medicine of your Love.

The love for the Earth by the Peruvian culture is deep. Ceremonies honoring the Earth are frequent and common. Andean spirituality and cosmology uses and honors Nature as its teachers. Using these simple words and movements will assist you to remember our connection to the Earth, and to all beings.

This Dance uses a few words from a song, *Madre Tierra*, written by my friend and heart brother, a Peruvian Shaman, Alonso del Rio, who has been involved with the Dances of Universal Peace since my first visit to share them in March 1999, in Lima, Peru.

1. Madre Tierra
2. Madre Vida
3. Madre Tierra
4. Madre Vida
5. Llévame en tu Corazón
6. la Medicina
7. de tu Amor.

## Circle preparation:

Face line of direction to the Left. Place your L hand on the R shoulder of the person in front of you. Your R foot will step into the center on the beat before singing, then rocking back on the L foot singing "Madre....." keeping the rocking rhythm throughout "Madre Tierra, Madre Vida" while moving the circle forward.

1. Your R palm faces center and toward the earth during Madre Tierra. Step in with R foot. Rock back on the L foot singing "Madre". R foot on "Tierra".
2. The R palm now will face up singing "Madre Vida" while raising the R arm slowly to the sky. L foot on "Madre", R foot on "Vida".
3. Repeat 1.
4. Repeat 2.
5. Individual R slow turn 8 steps while bringing both hands to the heart, ending to face the center.
6. 4 steps into the center while both arms are harvesting the blessings of the Earth.
7. 4 steps back bringing hands with the Earth's blessings to the heart.

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Notation by Wayne Rollack