



I love what comes, and I love what goes



melody dm C

I love what comes and I love what goes, I

harmony

5 dm C dm

love what comes and I love _____ what goes. _____

- I love what comes** 2 steps RL into the centre of the circle, while hands move forward from hip level up to head level (palms up, sides of thumbs and forefingers touch the neighbours' fingers' sides all the time.
- and I** At the apex ("the turning point") all turn palms down, keeping contact with the neighbours' hands (rolling across the tops of the hands), ending with sides of little fingers touching, all palms facing down. This movement needs practicing.
- love what goes** Step back 2 steps out RL while lowering hands from head to hip level, palms down.
- Repeat Repeat 2 more times (in total 3 times in and out). The last "love" is long.
- 3rd "what goes" Stand, drop hands, loosing contact with your neighbours' hands.
- I love what comes** **Face partner**, take hands one arm length away, 2 steps RL towards partner, opening arms wide, holding hands, coming really close together.
- and I** At "the turning point", when you touch your partner with your body, it is easy to turn together ½ a turn (180°) clockwise.
- love what goes** Take 2 steps RL back to the other side of your partner, ending 2 arm lengths away from each other, still holding hands.
- Repeat Repeat 2 more times (3 times together and apart = 3 half turns).
- 3rd "what goes" Drop hands, loosing contact with your partner – let go.

This is a Buddhist proverb, if fully understood is said to be all one ever needs to know; it is one of the most profound spiritual lessons we need to learn. This powerful dance is suitable to end a dance session. The circle and partner parts alternate. The moment, when partners are closest, probably touching bellies and chests, is very intimate.

The higher harmony voice can be sung as an option together with the lower melody – this needs practicing or skilled singers.

At some point (best for the partner part) the leader can call out alternative words to "I love": "I accept" - "I enjoy" – "I dance with" – "I sing with" – "I pray with" etc. Before returning to sing "I love" for the one circle part, the leader can call out: "because:". "I love" should be sung alternating with these options.

Movements: Ralph Nimmann. Melody: circle chant.