



We are opening up in sweet surrender

dm C

We are o - pen ing up in sweet sur - ren - der to the lu - mi - nous love light

dm C dm

of the One. We are o - pe - ning, we are o - pe - ning. We are

A light hearted lively partner dance, 2 part voices option. Originally these words were part of a prayer (Fourth Mystery of the Union of Saint Symeon - www.livingrosaries.org/symeon.htm): *"Mother of Grace, we are opening up in sweet surrender to the luminous love-light of the Lord, who in turns opens to us and with open arms welcomes us home. Aid us in awakening to our true nature in the Body of Christ. Amen."*

This chant has become an inter-faith chant and is easily accepted by people from all religious backgrounds.

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| We are opening up | Walk R L back out of circle holding and raising hands & looking up (image: the circle is opening its petals like a flower) |
| in sweet surrender | Walk R L into the circle, holding hands & bowing down |
| to the luminous love-light o-of the One | Sway 2x right & left with hands (w-hold) and upper bodies REPEAT all |
| We are o---pening | Face 1 st partner, own hands flat on your heart & slowly open arms wide |
| We are o-o-openi-ing | Take your partner's hands (butterfly hold) and half turn clockwise.
Turn to the person behind you and REPEAT with your 2nd partner |

The dance can be danced in two circles – or at the end of the dance all can come close together, sway in the rhythm and men can sing part 2 while women sing part one - and vice versa.

Melody: unknown, probably traditional -
Movements: Ralph Nimmann