

Heart Kyrie

The musical score is written in 4/4 time and consists of three staves. The first staff has the lyrics "Ky - ri - e E - lei - son" with chords Fm (Em), Db (C), Eb (D), and Fm (Em). The second staff has the lyrics "Chris - te E - lei - son" with chords Fm (Em), Db (C), F# (F), and C (B). The third staff has the lyrics "Ky - ri lei - son" with chords Fm (Em), - Db (C), Eb (D), and Fm (Em). The music is written in a treble clef with a key signature of three flats (B-flat, E-flat, A-flat).

Music: W & A van der Zwan
Words: traditional Greek
Dance: W & A van der Zwan

Kyrie Eleison *Lord have Mercy*
Christe Eleison *Christ have Mercy*

This dance focuses on Jesus as healer and teacher of the heart. Jesus is often pictured with his hands full of compassion and love spreading out to the earth, the open hands at waist level with palms up in a receptive manner. This 'mudra' is central to this dance.

In the sixth and seventh century the major language for hymns and prayers was Greek, even in Italy. Later Latin completely took over, leaving the Kyrie as the only Greek words in the ordinary Mass. In the later Middle Ages the common Kyrie phrase was Kyrie Eleison – Christe Eleison – Kyrie Eleison, but before the turn of the first millennium this order was not yet established, so we felt free to use this Greek phrase more freely.

As we explained in our booklet *Show me the Path*, the Greek *Eleison* is derived from the word for 'olive' and originally referred to bounty and victory. The whole idea of original sin came only later with St. Augustine and proof for this concept is not easy to find in the Bible.

As in the end we are free to believe what we want to, we rather follow the Irish opponent of St. Augustine, Pelagius, and opt for original blessing, as we feel this gives us a more positive outlook on life and makes it easier to try and live towards an optimistic goal than original sin does.

See our earlier dance booklet *Show me the Path* for more on this.

Movements

This is a partner dance. All stand in line of direction (anti- clockwise) with the partners established.

1. Kyrie
2. Eleison
3. Kyrie

4. Eleison
5. Chris-
6. -te
7. Eleison
8. Kyrie
9. Elei-
10. -son

1. Walk anti-clockwise with hands folded on the heart (right hand covering the left hand), starting with the right foot. Walk in the attunement of Jesus as teacher of the heart. Be aware of the silence at the end of the KYRIE.
2. Keep walking. On singing ELEISON, open and lower your hands from the heart to the sides at waist level with palms up, offering love and compassion to the world.
3. All face center with hands still in this mudra and step four steps back (r - l - r - l).
4. Step four steps in (r - l - r - l) while bringing the hands back to the heart as in 1.

Repeat 1 - 4.

5. Step towards your partner, taking two small steps (right in, left by). The hands are still on the heart.
6. Step back the same way.
7. Raising arms while spinning clockwise along the right shoulder of your partner, thus changing position.
8. All face center, holding hands while stepping in four steps (r - l - r - l) and raising arms.
9. Release hands and lower arms while stepping back four steps (r - l - r - l).
10. End with folded arms on heart facing center till and stay in this position until the very end, focusing on the compassion in your heart. Turn facing the line of direction no sooner than at the start of a new cycle.