



As we found out only later, Kadosh Shemayiem also can be seen as a Hebrew rendering of the second line of the Aramaic Lord's prayer and, following Saadi, can be translated as: Creating space for the world of Unity. The feet coming together at the end of the grapevine is a symbol of Unity and an expression of the Jewish idea that angels stand on one leg.

## **Movements**

- 1. Kadosh kadosh kadosh Shemayiem*
- 2. Kadosh kadosh kadosh Shemayiem*
- 3. Kadosh kadosh kadosh Shemayiem*
- 4. Kadosh kadosh kadosh Shemayiem*

Form a circle, with hands held for the parts 1 & 2. The movements are light and flowing (water and air, but in a grounded fashion).

1. Grapevine to the right, starting with sidestep on -DOSH, cross in front, etc. Every KADOSH has a side step and cross step. On SHEMAYIEM left foot closes by, symbolizing Unity. Also in the Jewish tradition angels are supposed to have only one leg.
2. Mirror the movement of 1. to the left.
3. Let go of hands and move to the center, a step on every KADOSH: right, left tips by. Left, right tips by etc. The hands are in namaste position (palms and fingers touching) and go with every KADOSH from the heart chakra to throat chakra and third eye. Dancers come to a stand on SHEMAIEM and raise arms and hands to the front and above, creating a channel for the light (SHEM) to enter the crown.
4. As in 3, but going backwards and in the end spreading the SHEM over the earth with the hands.