

Shiviti Dance

E (C) - A (F) B (G) E (C)
Shi - vi - ti A - do nai l' neg - di ta - mid

C#m (Am) B (G) A (F)
shi - vi - ti She - chi - nah neg - di ta -

B (G) E (C) A (F) B (G)
mid A - do - nai A - do - nai She - chi - nah She - chi -

E (C) B (G) E (C)
nah A - do - nah She - chi - nah

Words traditional Hebrew
Music and Dance W. & A. van der Zwan © 2016

Shiviti place
Adonai the One, spoken wherever the ineffable name YHVH is written
L'negdi before me
Tamid always
Shechinah the indwelling aspect of the One, the Bride of the Sabbat

According to the late Rabbi David Zeller, these words from Psalm 16, verse 8 form one of the important Jewish mantras. The full text of this verse reads:

*I have placed God before me always.
He is always at my right hand: I will not stumble.*

Psalm 16 is the first of ten psalms to recite in a spiritual practice, given by the Ukrainian Rabbi Nachman of Breslov (1772 – 1810). The number ten refers to *minyan*, the quorum for Jewish prayer. According to the Talmud, when a *minyan* is formed the Shechinah is with them.

Adonai ('Lord') is one of the Jewish ways to refer to the unpronounceable Tetragrammaton JHWH, the transcendent aspect of the One.

Shechinah (pronounced with the CH as in the Scottish LOCH) is the indwelling or immanent aspect of the One. As Shechinah is a female noun, this aspect is often seen as the 'bride of God', in some ways comparable to the Hindu concept of Shakti.

To honor this feminine side of the One, we follow Debra Kolodny, a Jewish renewal Rabbi from Portland, USA. She came with the female version of this Jewish mantra, substituting Shechinah for Adonai.

Best have a circle of at least ten to do this dance.

Dance description

1. Shiviti Ado-
2. -nai
3. L'negdi tamid
4. Shiviti Shechi-
5. -nah

6. L'negdi tamid
 7. Adonai
 8. Adonai
 9. Shechinah Shechinah
- Repeat 7 - 9

Dancers stand in line of direction (counterclockwise), hands on the heart.

1. Start walking on -VITI, (4 steps, R-L), bringing the hands from heart to eye level, looking at palms as if in a mirror, placing the Divine before you.
2. Turn clockwise, opening arms wider to heart-with-wings position, end up facing center
3. Hold hands in circle, taking 4 sidesteps anti-clockwise, starting on NEG-, in a feeling of affirmation, concentrating on the center, symbolizing the Source.
4. As in 1, but walking clockwise
5. Turn anti-clockwise, arms to the sides, palms facing earth
6. As in 3, but side-stepping clockwise
7. 4 steps in (R-L), holding hands and raising arms, starting on -NAI.
8. 4 steps out (R-L), lowering arms.
9. Turn clockwise, starting on -NA, position as in 5.

Repeat 7 - 9, now turning anti-clockwise on Shechina.