



Buddhists use the threefold *shanti* to greet the three jewels of refuge (the Buddha, the Dharma and the Sangha, or – in a broader sense – your spiritual ideal, the way to get there and everyone who helps you on your path).

In the Jewish tradition, the Sabbath is the doorway to the *Shalom* peace at the beginning of Creation that can return when the Sabbath doesn't stop and the end of times brings us to the everlasting Peace of Paradise.

For the Sufis, *salam* is the highest state of the *nafs* or soul-self, which is seen as journeying through life in order to establish a closeness to the One.

The present chant emphasizes not the role of Jesus as forgiver of our sins – as the time is ripe for a belief in original blessing – but is directed to the One and invokes the peace in the original meaning and connotation of the Latin *pax*: a peace of mind, an equanimity and harmony that only can be found within and without.

### **Dance description**

Participants stand in circle holding hands.

1. Dona nobis
2. Pacem
3. Dona nobis Pacem
4. Dona,
5. dona
6. nobis Pacem
7. Dona, dona
8. nobis Pacem

1. Step in with right on *dona*, left on *nobis*.
2. Back (right – left) on *Pacem*.
3. Turn right in same rhythm, palms up to receive the peace. End facing center, then face partner.

Repeat 1 – 3, now turning left at *Dona nobis Pacem*

4. Hands on the heart facing partner. Step in on *dona*, opening hands from the heart toward partner.
5. Step back on second *dona*, hands returning on the heart.
6. Hold hands with partner and make half turn clockwise.
7. All face center, sidestepping two steps to the right, hands on heart to find peace within.
8. Continue sidestepping, now with holding hands to find peace with one another and the outside world.