

Ana El Na

Adaptation of a Prayer by Moses, lyrics and music by Susan Sheely
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I ask the Power of Love, please heal her.
I ask Power, please heal her.

Ana El na, rafa na lah.
Ana El na, rafa na lah.

1: English I ask the pow er of Love ple ase heal her I ask Pow er ple ase heal her

2: Hebrew A n a El na re fa na lah A na El na re fa na lah

Dance Lyrics:

1. I ask
2. the Power of Love
3. please heal her
4. I ask Power
5. please heal her
6. Ana El na rafa na lah. Ana El na rafa na lah.

Dance Movements:

1. partners begin facing one another, hands reaching toward heavens
2. turning clockwise, half turn, looking deep into partner's eyes bringing hands to heart on Love
3. standing facing partner, hands from heart position, open toward partner
4. turn independently clockwise to end up facing new partner, hands again reaching up in asking
5. bring hands to heart, with slight head bow as in receiving the healing

After experiencing this for awhile, move on the breath, then leader may invite dancers to face center and sing the Hebrew words.

6. Then facing partners, with hands still at heart level, everyone steps left (to form two circles going in opposite directions) and begin walking in line of direction, dancers sing lovingly to one another with eye contact as the circles pass

Facing center invite dancers to sing both parts simultaneously, perhaps men and women singing separate parts, or inner and outer circle....may try free form sing "Ahh". Gather arm-in-arm or spiral in close, let the heart take it.

Ana El Na movement addendum – Feb 2003:

Try doing this with three circles...

Innermost small group sitting in center singing only Ahhhhhh

Middle circle singing English words doing independent or partnered movements like this: open hands reaching above (chalice like) funneling down through heart and spreading out over earth throughout the whole phrase "I ask the power of Love please heal her". On second phrase movement is drawing power up from earth palms back to back, up to heart and turning them fingertips toward heart then continuing outward/palms up and spreading

Outermost circle stands facing in containing sacred energy of the circle palms directed toward center, may sway or side step right/close left /close.

Attunement:

The Hebrew lyrics are a prayer of Moses, asking for the healing of his sister Miriam (Numbers 12:13). These Hebrew lyrics have been spoken for thousands of years.

ana = I ask, I beseech
אל El = God, divine Power
na = please, now, I pray

רפא rafa = heal
na = please, now, I pray
lah = her

Commentary:

Before singing this healing song, please take a few moments to visualize an intention that is personally meaningful to you. Something that you are ready to plead for with all your heart.

Sing the lyrics in English for a while, then each singer can begin to sing in either language, freely adding harmonies, soaring, whatever touches them at that moment.

Lyrics and guitar chords:

Em Am D Em
I ask the Power of Love, please heal her.

Em Am Em
I ask Power, please heal her.

Em Am Em
Ana El na, rafa na lah.

Em Am Em
Ana El na, rafa na lah.