

Sakyamuni Buddha

Am F E Am E

Om Sak ya mu ni Ma ni Ma ni Om Sak ya mu ni Ha re Ha re

5 Am F E Am Dm Am

Om Sak ya mu ni Ma ni Ma ni Ha re om tat sat sat a na am Om ha re
Thoughts a rise in Si - len ce

10 F E Am

om ha re o o o Om ha re om ha re

Dance and Traditional chant modified by Connie Zareen Delaney.

1. Om Sakyamuni, Mani Mani.
2. Om Sakyamui, Hare Hare
3. Om Sakyamuni, Mani Mani
4. Hare Om Tat Sat Sata Nam
5. Om Hare Om, Hare Om
6. Om Hare Om, Hare Om

Holding hands in circle

1. Four steps in, hands naturally rise
2. Four steps out, hands naturally come down and end with slight bow and hands swung backish.
3. Four steps in, hands naturally rise
4. Let go of hands in up position, and while stepping back four steps, with both hands, gently touch forehead, heart and then open hands to the earth.

* Repeat 1-4

5. Sidestep to right & stop
6. Sidestep to left

Sakyamuni Buddha chant is an ancient chant from Tibet that has been simplified for easy dancing and chanting. Sakyamuni is where the Buddha was from, so he's called the Sakyamuni Buddha. The words Mani Mani are a play on "Muni."

Tat Sat is the Absolute Truth.

Satnam is I am truth