

The lone wild bird in lofty flight

Point finger up to way up high as you turn individually clockwise, pointing at a bird in flight

Is still with Thee nor leaves thy sight - Become the bird, and turn counterclockwise

And I - Hands on heart

Am thine – look up and reach up to sky, encompassing universe

I rest in Thee - deep bow with arms relaxed and hanging down as far as is comfortable

Great Spirit Come – As you stand up, reach out to the side, big, like little kids, how much do I love you?

And rest in me

Bring arms slowly to cross at heart, hands on arms, hugging self, rocking

The ends of Earth are in thy hand

Holding hands in a circle waltzing step to right, then to left, while moving towards center

The sea's dark deep and far off land

Continue waltzing side to side and move back outwards, swinging arms more as ocean waves

And I am Thine

Stretch arms out to side opening to everyone in the circle, Thou is the sangha

I rest in Thee

Walk in towards center and put arms around people at your sides, relaxed arms holding their backs, hips, whatever is comfortable for you – everyone walking in as close to center as possible while holding each other

Great Spirit come and rest in me

On the word Spirit, with arms still around each other, rock to right and left till end of the rest measures (counting slowly, there are three beats after the word 'me')

The lone wild bird

Begin again, spinning out from center to the larger space

