

The Deer's Cry

By Shaun Davey

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| <i>I arise today</i> | start in squat position, slowly rise, with arms sweeping up overhead, palms up |
| <i>Through the strength of heaven:</i> | hands come together, fists stacked and lower to front of chest (away from chest) |
| <i>Light of sun,</i> | right hand does a double circle, ending with palm out, indicating upward right, "toward" sun |
| <i>Radiance of moon,</i> | left hand does a double circle, ending with palm out, indicating upward left, "toward" moon |
| <i>Splendor of fire,</i> | hands quickly to front of groin area, then fingers make quick flickering movements and hands rise |
| <i>Speed of lightning,</i> | hands together, make 2 slashing movements, first shorter, second longer and lower, end with hands by hip |
| <i>Swiftness of wind,</i> | hands back to chest level, wide sweeping windy gestures back and forth |
| <i>Depth of sea,</i> | hands down to knee level, sweep once in front of body |
| <i>Stability of earth,</i> | straighten, hands at sides, palms down, as if pressing earth |
| <i>Firmness of rock.</i> | one hand out in front of chest, palm up; other hand sweeps up, fist closes, comes down on open palm, then that "rock" hand pushes palm and entire body back down to squat |
| <i>I arise to-day</i> | All slowly stand, arms raise |
| <i>Through God's strength to pilot me:</i> | Arms come down, fists clench, then hands flatten together and arms spread out and up |
| <i>God's eyes to look before me,</i> | Hands to the eyes then turn out/forward |
| <i>God's wisdom to guide me,</i> | Right hand forefinger to the forehead and out, pointing forward |
| <i>God's way to lie before me,</i> | hands out in front, palms up, as if pointing out the road, 2-3 feet in front of dancer |
| <i>God's shield to protect me,</i> | palms together, hands push forward away from body and apart, then to sides (as if tracing a shield) |
| <i>From all who shall wish me ill,</i> | hands come together to belly; head and body slightly bowed, as if in pain |
| <i>Afar and a near,</i> | One hand pushes out to the front, with a step; then hand comes back toward the body, step back |
| <i>Alone and in a multitude.</i> | hands at side, head down; hands come out, toward others, head up and looking around; turn side to side |
| <i>Against every cruel merciless power</i> | hand slowly goes up, facing out, then clenches to fist, comes down slightly, curled fingers toward body |
| <i>That may oppose my body and soul</i> | Left hand pushes the fist to the right and leads body in a circle to the right; as body turns, fist releases, so when front again, hands are spread out to each side and open |
| <i>Christ with me,</i> | hands move up to cross over heart |
| <i>Christ before me, Christ behind me,</i> | hands in front, palms up, then hands move behind back, facing out |
| <i>Christ in me,</i> | hands in prayer/namaste position |
| <i>Christ beneath me,</i> | lean over, hands move back and forth in front of body, as if smoothing ground |
| <i>Christ above me,</i> | hands move up in front of body to overhead, repeat back and forth movement toward sky |
| <i>Christ on my right, Christ on my left,</i> | right arm unfolds to the right; left arm unfolds to the left |
| <i>Christ when I lie down,</i> | hands together to the right side of the face, head to one side (as if sleeping) |
| <i>Christ when I sit down,</i> | hands at sides, press toward floor, with body moving toward sitting position (squatting) |
| <i>Christ when I arise,</i> | hands up and knees straighten |
| <i>Christ to shield me,</i> | palms together, hands push forward away from body and apart, to sides (as if tracing a shield) |
| <i>Christ in the heart of every one who thinks of me,</i> <i>Christ in the mouth of every one who speaks of me.</i> | hands slowly move, one at a time, to cross over heart hand pointing to the mouth, then finger slowly whirling upward (like smoke); as phrase ends, let smoke-finger flow downward and lead body into squat (as at start) |
| <i>I arise to-day</i> | Slowly rise from squat, with hands in front of body, rolling outward in a circle, slowly moving up; hands become extended and begin to spread apart above head. With last 3 beats of music, arms are spread wider and higher. Hold as music fades. When music ends, SLOWLY bring arms down. |