

Hla Gya Lo!

Words: Tibetan Sacred Phrases & Anahata Iradah

Music: Anahata Iradah

Dance: Prema Dasara

Tradition: Tibetan Buddhist

Open tuning in C

We greet you in friend-ship We show - er you with flow - ers We
5 hon - or your com - mit - ment to man - i - fest wis - dom com - pas - sion and power. Hla Gya Lo!
10 Hla Gya Lo! Ki - ki so so Hla Gya Lo! Hla Gya Lo! Hla Gya Lo! Ki - ki
15 so so zam - bu - ling, shi - day (We) day Ya Pa Du

This dance allows the group to gather in a joyous way with a strong rhythm to bring the movements into unity of purpose. One of the strengths of this dance is that it invokes the qualities of enlightened mind, the union of wisdom, compassion and power. It is reminiscent of the Tibetan New Year Celebration (Losar) where families gather punctuating their prayers by tossing roasted barely flour to an enthusiastic chorus of "Hla Gya Lo!". Losar brings the whole Tibetan community together with aspirations for a joyous, successful and uplifting new year. "Hla Gya Lo!" means "Victory to the Shining Ones, the Buddhas, Bodhisattvas and Enlightened Beings". This declaration is often followed by someone shouting "Ki Ki So So" (Hip Hip Hooray) or "Dzambuling Shiday" (May There Be Peace On Earth).

HLA GYA LO MOVEMENTS

Everyone is in a circle holding hands and swaying "right, left, right, left", in time to the music. The music is played for a few measures at a moderate tempo until the whole circle is swaying with ease.

This swaying continues throughout the first section of the dance.

We greet you in friendship

.....R.....L.....R.....L

Holding hands, looking around the circle in friendship

We shower you with flowers

.....R.....L.....R.....L

Let go of held hands and "sprinkle" imaginary flower petals from above the head to waist level two times. We start to move our hands down on the words "...shower..." and "...flowers"



On the word “commitment” the right hand makes a fist and strikes the palm of the left hand.
“wisdom” - hands crossed over heart,
“compassion” - hands, palms out, at shoulder level, outstretched,
“power” - hands in fists, at side, shoulder level

Hla Gya Lo! (2x)

“Hla Gya”

Right foot crosses over the left foot with the right toe touching the ground
The right hand reaches into a cup of barley flour which the left hand is holding
“Lo”

Right foot stretches out to the right side, heel touching earth
Right hand tosses the barley flour into the air up and to the right

Kiki So So, Hla Gya Lo!

“Kiki”

Clap hands twice, as stamp feet, R (“Ki”), L (“Ki”)

“So So”

Clap hands twice with the people on either side of you, as stamp feet, R (“So”), L (“So”)

“Hla Gya Lo!”

Twine fingers with the dancers on either side, bend forward together with hands down and then arch back up, hands up, and look up

Hla Gya Lo! (2x)

“Hla Gya”

Right foot crosses over the left foot with the right toe touching the ground
The right hand reaches into a cup of barley flour which the left hand is holding
“Lo”

Right foot stretches out to the right side, heel touching earth
Right hand tosses the barley flour into the air up and to the right

Kiki So So

“Kiki”

Clap hands twice, as stamp feet, R (“Ki”), L (“Ki”)

“So So”

Clap hands twice with the people on either side of you, as stamp feet, R (“So”), L (“So”)

Zambuling, Shiday

Hands palms down blessing the earth. Turn right all the way around in the rhythm of the music, bringing peace to the earth until facing front ready to start again.

The dance gradually speeds up until the feeling of a group celebration is established.
When finished the seal is “Ya Pa Du” ... “Very Good” in Tibetan! We raise both hands up in joy.

