

## **Sun and Moon - Ya Rahman Ya Rahim**

### *Dyad Practice & Progressive Partner Dance*

1. This is a Sun/Moon, Expressive/Receptive-Responsive partner practice and Dance using Ya Rahman (solar) and Ya Rahim (lunar)
2. Face a partner and decide who will be solar and who lunar for the first cycle. Also be aware of your line of direction in the circle for the progression to a new partner at the end of the 4th cycle.
3. Taking right hands, the solar partner intones Ya Rahman, the lunar partner responds with Ya Rahim, as they rotate clockwise, 4 times
4. Switching polarities, and switching directions, taking left hands, the previous lunar partner is now solar and intones Ya Rahman, the previous solar partner is now lunar, responding with Ya Rahim, as they rotate counter-clockwise, 4 times
5. Each partner now combines Sun & Moon in their own being, and radiates to and receives from the other partner in a space of Oneness and Unity,. Reversing direction (now clockwise again), partners take both hands, and both intone Ya Rahman Ya Rahim together, 4 times
6. Reversing direction again (now counter-clockwise), both partners continue to intone both Waza'if as they rotate, a final 4 times
7. Each partner now progresses to their next partner, in their line of direction, and the new partnership repeats all 4 cycles.