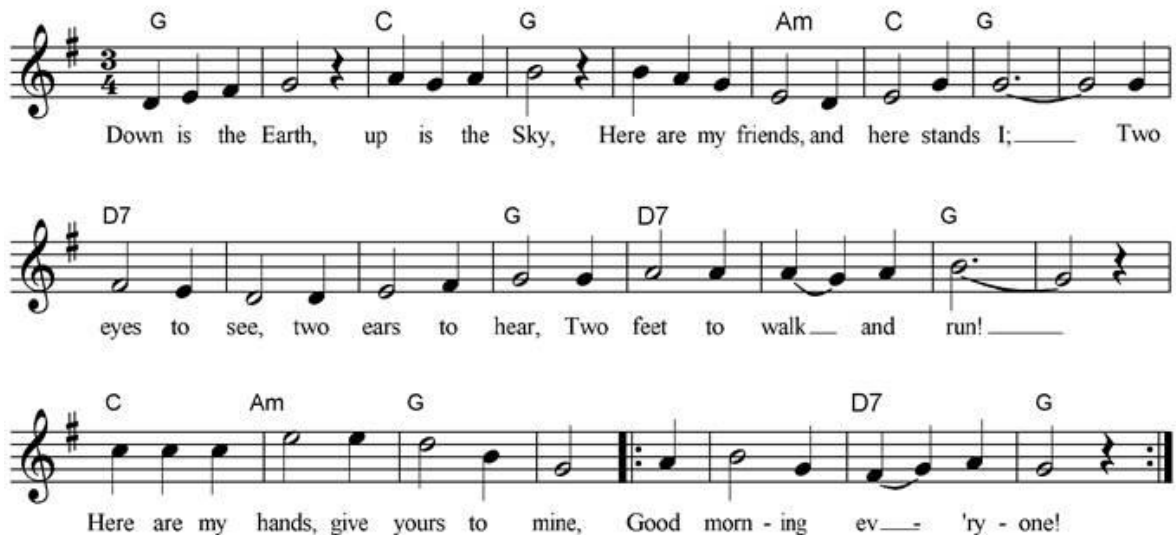


Down is the Earth, up is the Sky

<https://rivgrofsong.uk/>

*This is a traditional early morning circle greeting rhyme from the Waldorf canon.
Music by Dany Rosevear.*

Stand in a circle holding hands. 1. Point hands down then raise hands and stretch them upwards. 2. Throw out hands then cross on chest. 3. Point to eyes and then ears. 4. Point to feet, run on spot. 5. Show hands then hold hands. 6. Gently shake hands.



Down is the Earth, up is the Sky,
Here are my friends, and here stands I;
Two eyes to see, two ears to hear,
Two feet to walk and run!
Here are my hands, give yours to mine,
Good morning everyone!