

## **A talk on a Tibetan Song by Chögyal Namkhai Norbu Dzamling Gar**

**Date :** March 10, 2014



Public Dance Performance in La Caleta, Tenerife, Spain

### **Gordr? ñamtràb – We are dancing all together**

Gordr? means when we are dancing all together, this is called gordr?, in general, and namtràb means dancing together. This is the title.

**d? rin na co gá ~ va ~ la ye ~,**

d? rin means today. Today we are happy, that is what this means.

**d? rin na co gyid ~ ba ~ la,**

gá ~ va la means we are enjoying and we are happy

**gá ~ va la d?n gyi ~ dba la,**

there is happiness and enjoyment.

**gá ~ gyid zòm bai ñin ~ mo la**

we have this kind of moment perfected

**?a ~ cos ñam d? gor~ dr? ~ tràb ~**

then we dance altogether

**gá ~ va la d?n gyi ~ dba la,**

**gá ~ gyid zòm bai ñin ~ mo la**

**?a ~ cos ñam d? gor~ dr? ~ tràb ~**

then it is repeating the same meaning.

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**d? ri? dr?g bo lhan~ zòm~ jy?? ye ~ ,**

today. dr?g bo means friends. lhan~ zòm ~ jy?? is being altogether.

**?a ~cos ñám d? gor~ dr?~ tràb~ ,**

then we are dancing together

**gá ~va la d?? gyid~ba la,**

happiness

**dag ~xar gód bo kòr ~ kòr yin,**

males when they are dancing they are just like vultures how they are flying and very high. They are dancing something like this. Just like eagles.

**gód ~bo kòr drài gor~ dr?~ tràb~**

for that reason they are dancing just like that

**gá ~va la d?? gyid~ba la,**

**dag ~xar gód bo kòr ~ kòr yin,**

**gód ~bo kòr drài gor~ dr?~ tràb~**

—

**Then we repeat these verses again:**

**d? rin na co gá ~ va ~ la ye ~,**

d? rin means today. Today we are happy, that is what this means.

**d? rin na co gyid ~ ba ~ la,**

gavala means we are enjoying and we are happy

**gá ~ va la d?n gyi ~ dba la,**

there is happiness and enjoyment.

**gá ~ gyid zòm bai ñin ~ mo la**

we have this kind of moment perfected

**?a ~ cos ñam d? gor~ dr? ~ tràb ~**

then we dance altogether

**gá ~ va la d?n gyi ~ dba la,**

**gá ~ gyid zòm bai ñin ~ mo la**

**?a ~ cos ñam d? gor~ dr? ~ tràb ~**

then it is repeating the same meaning.

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today. dr?g bo means friends. Ihan~ zòm ~ jy?? is being altogether.

**?a ~cos ñám d? gor~ dr?~ tràb~ ,**

then we are dancing together

**gá ~va la d?? gyid~ba la,**

happiness

**b? ~mo tru? tru? xàr ~ drà yin,**

females, just like the birds when they are going in autumn time to the south, how do they go? In a line. Similar. In that way the females dance.

**tru? ~ tru? xàr drài gor~ dr?~ tràb~**

we are dancing that way. This is repeating.

**gá ~va la d?? gyid~ba la,**

**b? ~mo tru? tru? xàr ~ drà yin,**

**tru? ~ tru? xàr drài gor~ dr?~ tràb~**

\*\*\*\*\*

**d? rin na co gá ~ va ~ la ye ~,**

**d? rin na co gyid ~ ba ~ la,**

**gá ~ va la d?n gyi ~ dba la,**

**gá ~ gyid zòm bai ñin ~ mo la**

**?a ~cos ñám d? gor~ dr?~ tràb~**

**gá ~ va la d?n gyi ~ dba la,**

**gá ~ gyid zòm bai ñin ~ mo la**

**?a ~cos ñám d? gor~ dr?~ tràb~**

**d? rin dr?g bo lhan ~ zòm ~ jy?n ye, ~**

today we are meeting all friends

**na ~ cos ñám d? gor ~ dro~ trab**

we dance together

**gá ~ va la d?n gyid ~ ba la**

we are enjoying and we are happy

**dr? ~ ra a long gú ~ kyil yin**

**dr? ra**: when we are dancing, that place where we are dancing is called **dr? ra**. For example, where are dancing Vajra Dance and this kind of dance we call **kar**, not ordinary **dr?**; **dr?** means dancing in an ordinary way, **kar** means there is something a little different way. So where we are dancing for example, on the mandala, where there is a mandala in general this place, this hall, is called **karrà**. **Kar** is dance, **ra** is where it is. **dr? ra** is where there is dance here [the Gonpa tent at Dzamling Gar] is **dr? ra** in this moment. **a lon** means round. In general everything round like a thigles, etc., are called **a lon**. Also there are many objects made by iron, **a lon**. But **a lon gú kyil** means sphere [spiral], something like this turning not only one time, turning nine times. Something like this, when we are dancing, also if there are many people, but we are dancing like a conch shell, then leading and going inside, this is called **gú kyil**, how we are doing that way. **dr? ra a long gú kyil yin**: our dance is something like this [spiral].

**a ~ lo? kyil drài gor~ dr?~ tràb~ . s**

just that way we are dancing

**gá ~ va la d?n gyi ~ dba la,**

then we are happy and we are dancing. This is the meaning of this dance. Now we dance!

**dr? ~ ra a long gú ~ kyil yin**

**a ~ lo? kyil drài gor~ dr?~ tràb~**

**a ~ lo? kyil drài gor~ dr?~ tràb~**

Transcribed by Rita Bizzotto



