Motions to verse "Be ye the very essence ..."

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| Be ye | Both hands over heart |
| the very essence | clasp both hands together in front of chest and bow your head down |
| of cleanliness | wiggle your fingers and move hands above head and down both sides as if you are sparkling |
| amongst mankind | elbows bent, arms to either side, palms open upward, move them up and down while looking from side to side |