

DANAAS



Danaas is a prayer that is recited by young children at night before going to bed. It is a prayer for protection. Visit [the Seereer Resource Centre \(SRC\)](#) for resources on Seereer religion (*A fat Roog*).

SEEREER	ENGLISH
Danaas	I am going into sleep
Nqoox paal	(me) black bull
Yaay um Roog	My mother is Roog
Daapaam lanq	Earth is my bed
Hakandu bil	Rock is my pillow
Hulwa roog	Sky is my blanket
Dingoor juwaam	Ocean is my fence
Wegoor njelem	Strong iron is my door

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