

*Sufi Concentrations*  
James Burgess

*Hare Krishna*

Words: Traditional Music: Nasrudin

Capo 2 Csus9 C Csus9 C Em  
Ha re Krish na Ha re Krish na Krish na Krish na Ha re Ha re  
Csus9 C Csus9 C Em Fmaj7 Em  
Ha re Ra ma Ha re Ra ma Ra ma Ra ma Ha re Ha re Ha re Krish na  
Fmaj7 Em  
Ha re Ra ma

1. *Hare Krishna, Hare Krishna*
2. *Krishna Krishna, Hare Hare*
3. *Hare Rama, Hare Rama*
4. *Rama Rama, Hare Hare*
5. *Hare Krishna*
6. *Hare Rama*

- 1 Circle: 2 sidesteps left; head moves left and back to centre twice
- 2 Spin left four steps – the first step on second Krishna.
- 3 Bend elbows to raise holding hands in fist position. 2 sidesteps right more strongly, head always faces centre.
- 4 Spin right four steps – the first step on second Rama, hands still half raised in fist position while spinning alone, lowered at the end of spinning.
- 5 Hands not held, 4 paces in on right foot, raising hands (Ha-a-a-a-re) and spin out to the left (4 paces) beginning with left foot. As you spin the hands fold across the body coming down (Krishna).
- 6 Holding hands, walk in and walk out.

Krishna and Rama are avatars of Vishnu the sustaining force of the Hindu cosmology. If Rama is the perfection of human embodiment in mental and physical capabilities, a warrior of goodness, then Krishna is the perfection of spirit, unbounded divine joy, love, harmony and care.

Two similar Sanskrit words Hari and Hare have different meanings, the first is a name of Vishnu, the second means Hail! This particular mantra (which is called Mahamantra - the great mantra) was first given to an ancient Indian wise man called Narada.