

Sufi Concentrations
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Troubadour Song

Words: Traditional Music: Nasrudin

A rose is a sign A rose is a sign of the One as she shines
Love Love is a bud in the heart of the One as she
shines

1. *A rose is a sign*
2. *A rose is a sign of the One*
3. *As she shines*
4. *Love*
5. *Love is a*
6. *Bud in the heart of the One*
7. *As she shines*

Define partners. Partners facing anti-clockwise are Alpha, others Omega.

- 1 Face partner. Alpha's do an elaborate gesture bowing down on one knee as if a troubadour offering courtesy to a lady. The ladies (Omegas) open the arms to receive the gesture. Alpha's come up.
- 2 Reverse roles (Omega's go down, Alpha's receive).
- 3 On "shines" partners holds hands and turn half together.
- 4 Alpha's walk toward centre in (right first) and out raising and lowering hands (lo-o-o-ve), palms always up. Omegas stand in place
- 5 Omega's repeat movement 4 as Alphas stand in place
- 6 Circle hold hands on "bud" and walks in (right first) raising arms.
- 7 Face your next partner on "shines" two sidesteps coming out, arms coming down and round shining like the sun.

Since twelfth century popular wisdom didn't readily acknowledge the Divine Feminine, it was quite dangerous to teach of Gnostic principles. Troubadours would entertain quite openly, often in the houses of Cathars - those "heretical" seekers whose influence quickly grew to a point that the powers of the age persecuted them into extinction. When secretly offering a teaching coded within their songs, the troubadour would place a rose before him as a sign, and those "in the know" would listen more carefully.