

Sufi Concentrations
James Burgess

Song of Being

Words: Amairgin Music: Nasrudin

The image shows two staves of musical notation in 4/4 time. The first staff begins with a tempo marking of quarter note = 85 and a chord of Am. The melody consists of quarter notes: A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. The lyrics 'I am a wind on the sea I am a wave up on the ocean' are written below the staff. The second staff begins with a chord of G and continues with the melody: G4, F4, E4, D4, C4, B3, A3, G3. The lyrics 'I am the sound of the sea' are written below the staff.

Amairgin was a druid / bard around about 1200 years ago

Here's the complete text of this particular translation (unfortunately anonymous)

I am a wind upon the sea
I am a wave upon the ocean
I am the sound of the sea

I am a stag of 7 tines
I am a bull of 7 battles
I am a hawk upon a cliff

I am a teardrop in the sun
I am the fairest of blossoms
I am a boar in its boldness

I am a salmon in a pool
I am a lake upon a plain
I am a tree upon a hill

I am that which shapes
I am myself shaped
I am that which dreams

I am myself a dreamer
I am all beings
I am that which all beings become

If you have 11 minutes available, you can follow the following sequence:

Verse 1 x3 / Verse 2 x3 / Verse 1 and 2 / Verse 3 x3 / Verse 1, 2, 3 / Verse 4 x3 / Verse 1,2,3,4 / Verse 5 x3 / Verse 1,2,3,4,5 / Verse 6 x3 / Verse 1,2,3,4,5,6 / Repeat last line