

Sufi Concentrations
James Burgess

Flower

Words: Traditional Music: Nasrudin

$\text{♩} = 160$ **G** **C** **G** **C** **G**
Capo3
Ishk Al lah Ishk Al lah Mah bud li

Am **C** **Bm**
llah Mah bud li llah Mah bud li llah

(2) **Em** **D** **Em** **D**
Ishk Al lah Mah bud li llah

Em **D** **Em** **Bm**
Ishk Al lah Mah bud li llah

1. *Ishk Allah, Ishk Allah*
2. *Mahbudlillah x3*
3. *Repeat*
4. *Ishk Allah Mahbudlillah x2* (God is Love, Lover and Beloved)

Define partners.

- 1 Sway right-left, sidestep right, together. Repeat.
- 2 Spin right alone, very slowly raising arms with hands back to back, until at last opening as flower to centre. Lower hands towards centre.
- 3 Repeat all this to the left.
- 4 With first partner $\frac{1}{2}$ spin right holding hands and progress. With second, raise arms together as you spin. Spin alone to finish facing centre.

It seems quite important to have a degree of containment if the inner sense of joy and celebration is to be fully experienced. The flower opens slowly in its season and feels itself to be beautiful and elegant. Expression perhaps is secondary to feeling within this particular dance.