

Sufi Concentrations
James Burgess

Om Mani Peme Hung

Words: Traditional Music: Nasrudin

Capo 3 *Am* *Em* *Am*

Om Ma ni Pe me Hung Om Ma ni Pe me Hung Om Ma ni Pe me Hung

Em *Am*

Om Ma ni Pe me Hung Om Om

1. *Om Mani Peme Hung*
2. *Om Mani Peme Hung*
3. *Om Mani Peme Hung*
4. *Om Mani Peme Hung*
5. *Om Om*

1. Walk R 4 paces, then swivel on the 4th step to face left, ready to...
2. ...Walk R 4 paces backwards, finishing with right foot slightly raised so to...
3. ...Walk L 4 paces. Swivel on 3rd step to face right ready to ...
4. ...Walk L 4 paces backwards, finishing facing centre
5. Very very slowly: in R, together. Out R together.

Hail to the jewel in the lotus. A metaphor for the opening heart chakra