

Sufi Concentrations
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Vasudevaya

Words: Traditional Music: Nasrudin

Om Na mo Ba ga va te Om Na mo Ba ga va te Va su
de vaya Va su de vaya Va su de vaya Va
su de vaya

1. *Om Namo Bagavate*
2. *Om Namo Bagavate*
3. *Om Namo Bagavate*
4. *Om Namo Bagavate*
5. *Vasudevaya*
6. *Vasudevaya*
7. *Vasudevaya*
8. *Vasudevaya*

- 1 Bring hands around in circle to make elaborate 'namaste' prayer bow.
Bow to corner (1) (on Bagavate)
- 2 Bow to partner (2), progress (R shoulders) to partner 3.
- 3 Bow to partner (3).
- 4 Bow to partner (2).
- 5 Walk in raising arms (Va), lower (su), sweep in self cleaning (devaya)
- 6 Spin R twice, end facing out
- 7 Walk out as 5
- 8 ½ to centre, hold hands in circle.

We take refuge in Krishna, our divine guide.

Bagavate is God as the guru. Vasudevaya refers to Krishna (actually his father's name) and is composed: Vasu = the goodness in Man and deva = angelic spirit.