

Sufi Concentrations
James Burgess

Bismillah 2001

Words: Traditional Music: Nasrudin

Musical notation for 'Bismillah 2001'. The score is in 4/4 time with a tempo of 60 beats per minute. It features three chords: Am, Em, and Am. The melody is written on a single staff. The lyrics are: Bi - - smi llah - ir Rah man ir Ra him.

1. *Bismillah*
2. *irRahman*
3. *irRahim*

- 1 Slowly walk R 8 paces.
- 2 Spin R 8 paces hands facing earth.
- 3 Spin L 8 paces hands facing sky

The timing is not so difficult if one concentrates and accepts the pauses in music. It seems important to offer a clear attunement to Rahman and Rahim states beforehand.

This dance works well as a long meditation, even upto an hour perhaps. It also is used to open the cycle of dances 'Mustaqim Cycle' that has as its theme the principle of Divine Guidance:

Bismillah / Hadi Qayyum / Mustaqim / Mustafa / Turning Hu