

Sufi Concentrations
James Burgess

Allah 7

Words: Traditional Music: Nasrudin

Very Slow

Al lah Al lah Al lah Al lah Al lah Al lah Al lah

1. Allah Allah Allah Allah Allah Allah Allah
2. Allah Allah Allah Allah Allah Allah Allah
3. Allah Allah Allah Allah Allah Allah Allah
4. Allah Allah Allah Allah Allah Allah Allah

- 1 Holding hands in the circle, 8 sidesteps to the right.
- 2 Spin right.
- 3 Spin left.
- 4 Holding hands in the circle, 8 sidesteps to the left.

This simple tune gains so much from being sung very slowly indeed. There is to be found a greater profundity in the simplicity of things and yet for the dance leader, the challenges can be greater. One feels the impatience of the circle to push forward, one feels boredom of the dancers and sees how this robs them of their power to concentrate so that mistakes are made, which in turn disturbs others. The answer is to say little or nothing in teaching it, and then to maintain a high degree of focus throughout. It's possible to keep it going as long as a long meditation – but only for as long as the leader can hold the meditation space.

Allah is known in Sufism as the complete practice. It pleases us linguistically because it is inherently beautiful for the voice and the heart, which through such repetition of the *aaah* sound can be massaged into surrender.