Sufi Concentrations James Burgess

Nabi al Rahman

Words: Traditional Music: Nasrudin



1. Nabi al Rahman

Prophet who was sent as Allah's mercy

- 2. Nabi at Tawbah
- Prophet of repentance, striving for humanity's welfare
- 3. Allah Hu
- 4. Allah Hu.

Walk right (only right) in line of direction.

- 1 Right hand on the front neighbour's left shoulder. Step right [Nabi], step left [Rahman]
- 2 Step right [Nabi] lift left foot [Tawbah]
- 3 Spin out with hands open
- 4 Face centre with hands on heart, opening hands out and down to earth, palms face centre.

More of a walking practice really. Extremely sensitive attunement for advanced dancers.