

Sufi Concentrations
James Burgess

New Moon Zikr

Words: Traditional Music: Nasrudin

Capo 5 Dm C Dm 2. C
A - - - - llah A - - - llah Al lah Hu Hu Al lah Hu Al lah Al lah
Dm C Dm 2.
Hu Al lah Al lah Hu Al lah Al lah Hu Al lah Hu Hu Hu Hu Hu Hu Hu Hu Hu Hu
(2)
Hu Hu Hu Hu Hu

1. Allah
2. Allah Allah Hu
3. Allah Allah Allah Hu
4. Allah Hu Allah Allahu Allah Allahu Allah Allah Hu
Allah Hu Allah Allahu Allah Allahu Allah Allah Hu
5. Hu Hu Hu Hu Hu Hu Hu Hu Hu Hu Hu Hu Hu Hu
6. Hu...
7. Hu Hu Hu Hu Hu Hu Hu Hu Hu Hu Hu Hu Hu Hu
8. Hu...

- 1 Leaning onto right foot, raise left hand onto right shoulder
- 2 Leaning onto left, raise right hand onto left shoulder
- 3 $\frac{3}{4}$ turn with Mevlevi posture, releasing arms into...
- 4 ... circle, hold front neighbour's wrist with left hand. Stylized walk right-together, left-together
- 5 Hands patting towards the earth spin alone right
- 6 Stand still, hands facing earth
- 7 Repeat 5 to the left
- 8 As 6

Everything about this practice is inward and lunar in the sense of the moon's darkness of mood. It is slow and rhythmic; the Mevlevi posture allows for deep introspection, the release of the right arm to one's neighbour promotes surrender and the numerous repetitions of Hu evolves the towards fana – the merging of self into a greater being. For all that, it is grounded and has occasional moments of remembering the connection to earth – especially on the final Hu in (6) and 8).

This zikr is very meditative and can be held for a long while according to the level of attunement of the leader. It could also be done up-tempo and it actually works well enough, yet probably there would then be a counter-association created if the leader wanted to use it in its slower form another time. All these dances are forms to hold an inner state, so that they are empowered if the leader builds up a strong relationship of familiarity with the dance, best promoted by not varying it too much.