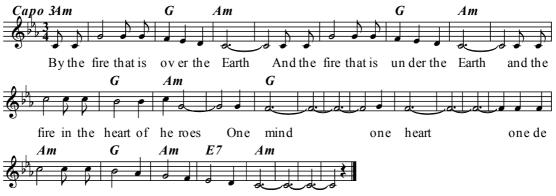
Sufi Concentrations James Burgess

Heart of Heroes

Words: Ella Young Music: Nasrudin



- sire with the shining ones of Tir Nan Og
- 1. By the fire that is over the Earth
- 2. And the fire that is under the Earth
- 3. And the fire in the heart of heroes
- 4. One Mind One Heart
- 5. One desire with the shining ones of
- 6. Tir Nan Og
- Facing partner, clap your own hands allowing the right hand to rise, then with hands on hips, change places, ½ turning right together
- 2 As 1, turning left instead
- 3 Vigorously clap and join right hands with partner at shoulder level, then $\frac{1}{2}$ turn right together
- 4 Spin right alone, hands at head, hands at heart, then hold hands to make a circle.
- 5 Walk in together 4 paces, release hands towards sky
- 6 Walk out, dropping hands and face new partner

This is a marching song for the Fianna, the heroes of Celtic lands, especially Eire. It is vigorous and proud, ennobling and ardent in temperament.