

Sufi Concentrations
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Go Placidly

Words: from Desiderata Music: Nasrudin

The musical score is written on three staves in 4/4 time with a tempo of 80. The key signature has one flat (Bb). The first staff contains the melody for the first line of lyrics, with chords Em, Bm, Em, and Bm. The second staff contains the melody for the second line of lyrics, with chords D and F. The third staff contains the melody for the third line of lyrics, with chords G and Bm. The lyrics are: "Go placidly Go placidly Re member what peace there may be in si lence Be gen tle with your self keep peace with your soul".

1. *Go Placidly (x2)*
2. *Remember what peace there may be in silence
Be gentle with yourself*
3. *Keep peace with your soul*

- 1 Walking freely.
- 2 Find partner, hold hands, exchange gentle eye contact.
- 3 Withdraw from partner, place hands on your heart and move on.

These words are from a script called the Desiderata that was found perhaps almost four hundred years ago in Baltimore, USA.

The dance is very refined and intimate, so typically would end a session in a soft heart-opening attunement. There are one or two surprising notes – perhaps the E flat ‘self’ is the trickiest – and it pays to focus attention on the melody a bit more than usually. The chords are a little unfamiliar for a beginner, yet the Bm and F can be played in an abbreviated form with just the top 4 strings.