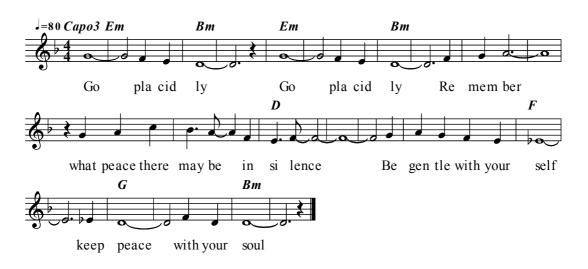
## Sufi Concentrations James Burgess

Go Placidly

Words: from Desiderata Music: Nasrudin



- 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.